

THE ONLY CANCER PATIENT CURE

DR. COLDWELL



THE ONLY ANSWER TO®  
**THE ONLY  
CANCER  
PATIENT  
CURE**



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**DR. LEONARD COLDWELL**  
INSTINCT BASED MEDICINE®

# **THE ONLY PATIENT CANCER CURE**

**Dr LEONARD COLDWELL**

## **IBMS® Instinct Based Medicine System®**

**The Only answer to® THE ONLY CANCER PATIENT CURE**  
**Dr LEONARD COLDWELL**

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# **DEDICATION**

This book is dedicated to my 16 Family Members that the medical Profession murdered, and to my mother that I cured 45 years ago from Hepatitis C, Liver Cirrhosis, and terminal liver cancer with the Prognosis only six months to live, over 45 Years ago. She is today in 2019 the healthiest 83-year-old person that you will ever see. (See her on [www.DrLeonardColdwell.com](http://www.DrLeonardColdwell.com) and [www.DrLeonardColdwellDeutschland.com](http://www.DrLeonardColdwellDeutschland.com) ) and to my sister that I cured in 48 hours from Cervical Cancer.

This book is also dedicated to my hatred and disgust of the criminal actions of the medical profession that are killing millions of Cancer and Healthy Patients on a continuous basis, with their Fake Medicine and Fake Medical Approach. The Medical Profession, founded by Rockefeller and Carnegie, is the most fraudulent profession of our time and is a religion (meaning based on belief, mainly false belief, and NOT on Facts or independent science and evidence, result proven Medicine.)

The reason for this book is to help Cancer Patients not to die because of unnecessary techniques such as the following: Fake Medical Treatment of Chemotherapy, Radiation therapy and or unnecessary and often botched Surgery; or the hoax and often crime of absurd early detection or prevention techniques.

The number one cause of death in the western world today (see Gary Null studies) is the so-called Medical Doctor and or Medical and Pharmaceutical Profession.

This book has been written to avenge my Grandmother that was healthy and well until the Medical Profession murdered her with unnecessary surgery followed by the torture of Radiation Burns and the Poisoning of Chemo Therapy, over the period of two years. I, as a result of this, will avenge her Murder!

The medical profession manipulated her with fear, psychological pressure, and all kind of criminal persuasion techniques into unnecessary (fake) Medical treatments that caused her endless suffering, unbearable pain and death. Her arm was so swollen that it did not fit into the casket, her skin was broken open all over her body where the Chemo Poison broke out. The air in her Hospital room was so toxic that you could not enter it without protective glasses and breathing masks. But they left her unprotected in that room 24 hours a day.

Medical and Pharmaceutical Industry, you will pay for this murder of the strongest woman I ever knew. She was a Nurse for over 40 Years, a Midwife that worked after her retirement for free in a hospital for mentally retarded children. A woman that was completely healthy before you threatened and tricked her into the murderous and fake medical treatments, simply to make more money. A woman that you talked into signing at the

last days of her life a consent form that you could try on her untested Chemo (so it could help other people) just to make even more money on her.

I was a child standing at the bed of my just dead Grandmother that I could not even recognize anymore when I asked the attending MD: "What Happened?" and he said, "We did not expect it would happen that fast." I asked full of disgust: "You knew that would happen to my Grandma? And still did it to her being healthy and without any problems or pain?" he answered, "Yes, but we had to take the chance!" I said, "You had to take the chance on my Grandmothers life?" He said, "Yes."

That was the day that changed my life forever and even that they tried four times to kill me and that we get countless death threats a month. Even that they (the Medical and Pharmaceutical Industry) paid over 42 Million Dollars in just 18 months for people to destroy my reputation, name, and life, even that they finance groups on the internet and media to produce lies and defamation campaigns on me, I hereby swear;

That I will never give up fighting the criminals in the Medical and Pharmaceutical field that are ONLY in it for the money until they get their deserved justice. I will never stop fighting or educating Cancer Patients until there will not be one single cancer patient dying from the Murder of Chemo or Radiation Poisoning or the Slaughter they call surgery. I will never give up exposing your fraud and greed and your sociopathic approach to

make money on the unnecessary suffering and death of innocent Humans. I will never stop educating Cancer Patients in the Fact that ONLY they can cure themselves and that NO ONE else has a magic bullet or the cure for their cancer, except they themselves. I will never stop educating Cancer Patients in the use of their Instinct and Common sense and the answers from Nature and the use of my IBMS System to identify and Eliminate the root cause of their own cancer. I will teach them that cancer comes only from Mental, Emotional, Spiritual Stress and conditioned unhealthy behavior and how to reverse the sickening behavioral patterns and I will show them the way back to themselves and how to cure themselves holistically without any damage or assault and murder committed by the lying and greed-driven medical profession. I will make them understand that only they can make themselves sick or allow to be made sick and how to use their own Champions Potential and self-healing powers from within to cure their Life. There is no healing besides Self-Healing. Use your instinct that is God or the Universe or Nature or the Earth; however you want to call it, talking to you.

You were healthy when you were born. All you have to find out is what went wrong, what has changed, since then and fix this root cause. My IBMS System is the cure for Life. This knowledge is the ONLY way to a happy, healthy, successful life based on your individual self. IBMS is using the champions or God potential in you the

way it was meant to. If a dog has babies, they are dogs. If a cat has babies, they are cats. You can create everything you want. Just aim for the best. Only the Best.

Even that I don't know you: "I love you, and through this book and my IBMS® system, I will be and stay on your side until you made your dream and goals come true in your own life and world. I believe in you because I have seen Humans doing, producing, and achieving unbelievable, impossible dreams and results. I know you can do, be, and achieve everything you want to as long as you are believing in yourself and are willing to take responsibility and charge over your own decisions, actions, and life! You are born to be a Champion! I know and believe that!"

With all my love and Care:

Your new friend, Dr. Leonard Coldwell,  
better known as Dr. C, or if you want to  
call me that as Lenny!"

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# **INTRODUCTION**

## **The Instinct Based Medicine® System®**

All illness comes from a lack of energy, and the greatest energy drainer is mental and emotional stress, which I believe to be the root cause of all illness. Stress is one of the major elements that can erode energy to such a large and permanent extent that the immune system loses all possibility of functioning at an optimum level. The fact is that 86% of all illness and doctor visits are stress related and then I just read that the Stanford University concluded after a major study that 95% of all illness is stress related. I am referring to the mental and emotional stress that is caused by continuous and/or long-term compromises against yourself. These vary from person to person, but some examples include living in unbearable relationships and marriages, doing jobs you hate or hating your boss, or experiencing problems with family, all of which lead to you compromising your sense of self. Emotional and mental stress comes from living with feelings of constant fear, doubt, hopelessness, lack of self-esteem, worry, and, most of all, always compromising your inner feelings, instincts, and personal needs. The main component of all these energy drainers is fear. But the Bible tells us over 100 times: Not to worry and to trust in God! Your faith can heal you from fear!

The solution is to start by defining what it is in your life that keeps you from feeling happy. Can you answer the question of why you don't respect yourself enough? Or love yourself? Now identify what needs to change or happen in your life to make you feel good about yourself and your personal environment. What is it that you don't want to do, accept, or take anymore from yourself, your spouse, your children, your boss, or your coworkers? Is there someone in your life that makes you feel bad that needs to go? What are your wildest dreams and goals? Looking at your life, what is it that always takes away your energy, and where do you compromise your personal needs and feelings? Identify everything in your life that keeps you from being your true self, and start working on the development of the true you! This is the first and most important step toward achieving optimum health and happiness. And remember that happiness and hope are the most powerful healers and energy creators in your life. Pay attention to your instincts, listen to your inner voice, and start loving and respecting yourself so that you behave according to your true personality. You need to accept the statistical fact that the medical doctor or medical profession is the number one cause of death in America. That means you cannot rely solely on another person, the MD, with your health and life. What is even worse is that I believe today that the US Government or better the different agencies of the Government like the FDA and FTC are the leading

cause of death in this world because of their manipulations, suppressions, rules and regulations that prevent natural health, natural healing methods, natural cures, healing foods and supplementation and natural healers to do God's work.

If you do not live your life according to your needs, you will get or stay stressed, which will reduce your energy and eventually produce an illness. You are the only one who can change your life and improve your health. So start today by defining, creating, and living your life the way you believe is right and good for you. Create your self-healing system: (Here is my personal opinion for educational purposes only:)

Disclaimer: The following information is for educational and research purposes only and does not intent to prevent, treat or cure any condition or disease! If you have any health challenge, please consult a qualified health expert before you consider implementing any of the information below! Educate yourself and make qualified and educated decisions about your health. Please be advised that the entire content of this book is only based on my personal opinions, beliefs, conclusions, research, results and convictions! Nearly the entire organized medical establishment disagrees with the context this book. Except of course the ones that are making a difference. They know I do have the results to proof my case! Please read the entire book first before you attempt to apply

any changes for your life and health and before you do anything ask a qualified professional for help and support. You can also write to me and or a licensed and practicing MD that I have personally trained in my system (Instinct Based Medicine® IBMS®)

Remember: "It is only my opinion – but I may be right®"  
In love, faith, and respect, Dr. Leonard Coldwell, better known as Dr. But you can call me Lenny.

### **A Personal Message**

I promised God when I sat on my mother's bed as she was screaming from pain, begging God to let her die, that if He helped me to cure her, I would do everything in my power to help prevent other mothers, fathers, and their children from having to go through the same thing.

With this book, I am fulfilling my promise to God, and nothing will stop me. I have been threatened, shot at, my car has been bombed, they've tried to bribe me and pay me off. My books have been banned and taken off the shelves; my newspaper columns were stopped, under pressure from the pharmaceutical industry. In fact, groups have been financed to defame and attack me, and so much more. We got the information from reliable friends within the enemy's system that they did spend 51 Million dollars until today to defame, ruin and destroy me. I even have an active arrest warrant for the leader and lawyer of the team of professional defamers and Internet Trolls.

I know it will get even worse with the publication of this book because in it I tell you how easy it can be to cure cancer patients and how I did it. I will share my personal experiences and opinions with you, and I know that anyone else can be cured of cancer as well. I have the results to prove this is true, and even my mother was cured of Hepatitis C, liver cirrhosis, and terminal liver cancer over 45 years ago. This book is a testament to God's truth and healing power, and my loving gift to you!

Be prepared, because once this second book hits the mass market they will attack me personally and will try to destroy my name and reputation, but they cannot attack or disprove my message and my cure—God's cure and Nature's cure. I know how to cure cancer, and I will tell you how it works! I have my mother and sister and countless Patients to prove the effectiveness of my IBMS® system. However, the pharmaceutical companies, medical industry and their pawns—like the politicians they bought off, or the criminal organizations like the FTC or FDA, or the even more harmful American Cancer society—will attack me. They will attack my character, bring up lies and create fraudulently false “facts,” but I really don't care. Here it is, my friend. The only Answer to Cancer!

“I will not start the fight! But I will finish it!”™

### **The Self-Help Education System for Champions!™**

This book is the introduction to the IBMS Science of Self-Healing, creating optimum Health and Prevention, through the use of common sense, the law of Nature and the wisdom of our God-given self-healing and Prevention System. Every Cure, every healing is and can only be: "Self-Healing!"

The content of this book is the introduction into my IBMS® – Instinct Based Medicine System®, the Science of Identifying and eliminating the root cause of every negative result in a human's life!™ Cancer is only a symptom of the thorn in your soul and when this has been pulled out, being eliminated, the symptoms they call cancer will disappear on their own!™

Cancer, if not caused by Poison or Radiation, is always (86% to 95%) caused by mental and emotional Stress and by making Compromises against oneself. It is caused by a life consumed by worries, doubts, and fears. By living without Self-Love or Self-Respect; with Guilt or feeling of unworthiness, feeling helpless or hopeless; by making compromises against oneself, by doing something consistently that we hate or can't bear any longer. These are the ONLY true causes of autoimmune diseases because every illness is caused by lack of energy and only a life in self-

denial, self-hatred, self-destruction and all of the above can cause this chronic lack of energy that eventually leads to self-destruction or self-sabotage, resulting in cancer or any other autoimmune disease.

86% of all illness and doctor visits are stress related. Science even supports the much higher percentage of 95%.

Healing must be holistic, meaning it has to include your entire life! Career, financial independence, professional and private relationships, self-love and self-embrace, self-love and self-respect, self-motivation and dreams and goals that are truly your own, as well as a strategy to create a life based on your own individuality, values, needs and personal goals.

Please understand, when I uncover the criminal activities of the Medical and Pharmaceutical Industry and show their crimes like Poisoning and Radiating people to death, and that they know what they are doing, including withholding natural treatments, that are well known to help or even eliminate the Cancer Symptoms, that I don't mean that everybody working in this field is a bad person. The opposite is true. Everybody caring enough to spend their life helping other people is usually a good and great person. Most Doctors or Medical Practitioners are simply not aware of the huge conspiracy and the crimes that have been committed since the early 1900's by the Pharmaceutical industry, the largest financial Investment Industry, ever created.

When I show in my books how Doctors are manipulated with false and fraudulent Information and Studies (some Studies never even happened) as well as bribed or encouraged, brainwashed and manipulated and lied to by the Pharmaceutical Rep, and by the Medical Professors, that get their funding and information only direct from the Pharmaceutical Companies; I do this ONLY to educate my readers and give them potentially the knowledge that they need to make educated Decisions about their own lives.

You need to understand it is not the Doctors fault that they have not been trained in the Science of Homeopathy, Naturopathy or simply Natural Healing. They have only been trained and educated, by the information they got from a curriculum that the Chemical Industry, through the Rockefeller and Carnegie Foundations, have created and provided to them. The Medical Schools, are all teaching, Pharmaceutical, and Chemical, Patented Applications, that where provided to them by the largest investment Industry, that was ever created. They are often unknowingly, misinformed and turned into the sales force for the Big Pharma, by fraud, flawed science, false conclusions and manipulated studies, as well as “Financial Incentives” of all kinds. For the oncologist, the bribe is called reimbursement. They can legally make money on the chemicals they prescribe. This is a huge conflict of interest, to only or mainly prescribe the most expensive chemicals, if they believe

they work or not. Does it even matter to them most of the time?

But PLEASE hear me clearly: "It is not the fault of a pilot if the plane was hijacked and forced to fly in a different direction and to land at a different location, as originally planned. In the same way, it is not the fault of the Medical Doctors that their education has been hijacked and they are constantly brainwashed and manipulated by Big Pharma, fake Studies, and fraudulent sales information. My books and information are ONLY for the people that are willing to take charge and control over their own life and to take responsibility over their own health and happiness, and that are willing to do whatever it takes to get and stay healthy. My books and information are not against MD's or the people that are working in the medical field. My books have the purpose to educate people so that they can protect themselves and cure themselves with natural means. They are written to expose the crimes of the Patent driven chemical or better named Pharmaceutical Industry. The ONLY driving force for Big Pharma is Money and Power. I will show you that they knowingly sell deadly toxins that harm and kill their Customers and withhold or even forcefully prevent the use and sale of natural treatments. I will show you how they manipulate the medical market and eliminate competition. How they fake studies and commit bribery and fraud through all means possible, even commit murder and destroy people

like Hoxsey, Rife, Gerson, and others, who have found easy simple and effective cancer cures. The entire fake and fraudulent profession of BIG Pharma has been created by John D. Rockefeller and Andrew Carnegie to take over the world, though the bribes, fraud, and manipulation of their Foundations. I will also let you know that BASF, Bayer, and Hoechst, financed WW2. Provided the explosives, chemical rubber, and gasoline. They created the death camps of Birkenau and Auschwitz only for slave labor and to produce their chemicals. Since Rockefeller, with the use of the Flexner Report, created the largest investment industry, ever created, they have been taking over the entire world. They murder children and adults with Vaccination or cancer patients with chemo, radiation, and surgery. (Poison, Burn, and Slaughter). They are using chemicals, and deadly procedures that don't work and that can cause harm and death to their Customers. I want to expose the Criminals that run and control our world and that live from our suffering and death and not attach or indict the unknowingly mislead and fraudulently educated Medical Doctor that obviously went into the medical profession to help people. I have never heard any doctor say, "I went into the business of medicine to kill people." Many of my dearest friends are medical doctors or are working somewhere in the medical system.

The ONLY enemies of Humankind in the field of health and healing is the Pharmaceutical Industry (That by law

has to provide Profits for their stock holders) and the doctors and politicians that know about the fraud and don't do anything about it. Since the early 1900's the producers of deadly toxic chemicals, conspired to take over the world. That is exactly what they did. They succeeded.

And let me make very clear, that I don't tell you not to go the route your doctor tells you to go if you are sick. I don't tell you not to do any of their suggested treatment. I do not tell you to do what I say or do or did. That is ONLY your own personal decision because you have to live with the consequences, right or wrong, no one else. I and no one connected, direct or indirectly, to or with, the production of this book is taking any responsibility for the use of any information or system or technique mentioned in this book. WITH the reading of this book you automatically agree to the policy of the IBMS related companies or people. You assume sole responsibility for every action or use of the information in this book or provided elsewhere in regards of the IBMS Science, education, training, coaching or therapy. The IBMS System is ONLY an educational Self-help System. IBMS is no treatment of any kind. IBMS does not diagnose, treat, prevent or cure any health condition or disease. IBMS works on the belief that you are the ONLY person that can make you sick and therefore you are the only person that can cure yourself. IBMS is the education and coaching to find your own way to health, happiness,

and success, based on your own individuality and based by on your own personality. IBMS is Help to Self-help, to produce the desired results based on proven outcomes, common sense and instinct. IBMS Provides the knowledge and skills to take charge and control over you own life and to be able to live the life of a champion and make educated decisions. No IBMS Coach will ever tell you what to do or not to do. IBMS will not manipulate or create dependencies of any kind. IBMS is solely based on the founder's experience, conclusions, successes, and findings.

Healing can only be, and must always be, the healing of the entirety of your own life. The goal of IBMS is to get you back to who you really are, finding out what you really want and giving you the means to learn and create your own way to get there, based on your own individuality; that is IBMS; that is healing. Living with true health, living as you wish without fear and compromises, with hope and faith in yourself and your own future, willing to do whatever it takes to achieve your goals and to stand up every time that life throws you down; that is life, that is love, that is your own individual Health, Wealth, Happiness and Success guarantee. That is: IBMS® Why am I the ONLY one that can cure the life of a Cancer Patient is based on the fact that no one else is the Leading Cancer Cure Expert with unmatched results, that is also the leading expert for every part of a humans life? I am the leading Personal

Development, Motivational, Relationship,  
Communication, Self-Help and Self-Healing Trainer,  
Teacher and Coach.

I have consulted and trained for many of the famous people you know from TV or the News, the Largest Companies in the World and most prestigious Institutions and most powerful people. I have seen over five Million live Seminar Attendees and every Company or Institution, every person I ever worked with, trained or consulted, stated the I am the best of the best in every field, and I am the ONLY one that is producing long-term, consistent and constantly growing results. Why am I saying all of this? Because I want you to find out in this book if I am right or if you can prove me wrong or right! I don't want you to believe me. I want you to read with an open mind into my publication, training, education and coaching and learn to understand me and IBMS. The reason is this; IBMS can't be learned, it can only be understood. When you understand, you can use it to cure your own life and every part of it, and you can do the same for your children, spouse, patients and loved ones. I want you to become my co-trainer, my Master Student! I will show you the way to take charge and control of your own life and future. I will help you to turn your life into the adventure, the masterpiece it was meant to be from the beginning. This is your life, and I will give you the tools, education, training, coaching and understanding to

create Health, Success, Happiness, Financial Independence, loving and successful relationships, vitality and love for yourself and your own life. Just give me a chance to prove to you that you are a champion, born for greatness in your own life and give us, you and me a chance to prove to you, that you can do, have, be and achieve anything you really want.

Since you only want to learn from the best! From the creator of a system not a follower or plagiarist, mediocre person or fraud, you now have the chance to learn from ME!

Even if I don't know you, believe me, I love you! And thank you for giving me and my IBMS a chance.

**Learn more at [www.IBMSMastersSociety.com](http://www.IBMSMastersSociety.com)**

—Your Dr. Leonard Coldwell, better known as Dr. C.

# **Chapter 1**

## **MY PERSONAL STORY**

### **Nobel Prize Winners Talk About Cancer...**

“But nobody today can say that one does not know what cancer and its prime cause be. On the contrary, there is no disease whose prime cause is better known, so that today ignorance is no longer an excuse that one cannot do more about prevention. That prevention of cancer will come there is no doubt, for man wishes to survive. But how long prevention will be avoided depends on how long the prophets of agnosticism will succeed in inhibiting the application of scientific knowledge in the cancer field. In the meantime, millions of men must die of cancer unnecessarily.”

—**Nobel Prize Winner Otto Warburg** in a meeting of Nobel Laureates, June 30, 1966.

Dr. James Watson won a Nobel Prize for determining the shape of DNA. During the 1970's, he served two years on the National Cancer Advisory Board. In 1975, he was asked about the National Cancer Program. He declared, “*It's a bunch of bull.*”

—**Nobel Prize Winner James Watson.**  
“Everyone should know that the ‘war on cancer’ is

largely a fraud.” —**Two Time Nobel Prize Winner Linus Pauling**, Author of several books on Vitamin C and cancer.

The only way to survive your illness and your doctor is to not trust anybody with your life or health and to get at least three different opinions before you even consider surgery or major treatments. Never take any drug that is not absolutely necessary, because the side effects and addiction potential is usually worse than the symptoms they are supposed to treat (they never cure the root cause, they only treat the symptoms). Never trust a medical doctor or the pharmaceutical industry because they live from your pain fear and suffering. Never trust the government in regards to making health decisions for you. Historically they killed millions of people with mandatory treatments like chemo, radiation and surgery or vaccinations (there is no safe and effective vaccination). Never trust the FTC or FDA because they are, as I believe, the bodyguards and sales promoters of the pharmaceutical and medical and chemical and food industry. They are paid, bought, owned and controlled by special interest groups. The fact that millions of dangerous and usually ineffective drugs are sold daily is proof of that. Vaccines, in my opinion, kill, cause autism, neurological diseases, (mainly the flu vaccine) and infertility, (mainly the HPV vaccine). All of this and most of all Fluoride, chloride, and radiation in our tap and

drinking water will make sure of our early decay, unnecessary suffering, and early death.

That they fight everything that is curing diseases, like colloidal silver, vitamins, herbs, minerals, and frequency machines (that can cure cancerous tumors within minutes as Dr. Royal Rife has proven), and that they destroy our food supply with GMO seeds and deadly toxins in our food, and water supply is 100% proof that they are not for you, don't care about your health and are only interested in their own power and money. There are over 400 known natural cancer cures, that usually have a near 100% success rate and no harmful side effects, but they still murder the cancer patients with chemotherapy (a leftover of the second world war chemical warfare), radiation which always burns healthy tissue and causes cancer and surgery which usually destroys the immune system and can spread cancer throughout the entire body and MAKES it very aggressive and fast growing.

If the government takes a natural (or God-given) herb, mineral or vitamin or food off the market that has been available for hundreds or thousands of years, it is only to protect the interests of the pharmaceutical industry and to make sure we cannot cure ourselves fast and cheaply. Vitamin B 17 laetrile cures cancerous growths, as does vitamin C usually injected (IV) in my experience, but so does the Dr. Gerson therapy, or the Dr. Bursinsky's therapy. The royal rife machine cured

countless people of cancer through simply the use of frequencies, and they made all of this illegal. (Not one of the treatments ever had any negative side effect that I know of.)

So, simply ask yourself, why do you still vote for politicians that voted for the Health Destruction and early death reform? Yes, there will be death panels (politicians call that “rationed care”), forced vaccinations, mandatory sterilization and mass murder because they are making healing foods and natural elements unavailable or illegal. There will be a massive amount of illness, suffering and decay and early death due to GMO foods and other forms of gen-manipulations (please read the book of my dear friend Jeffrey Smith the author of the Mega Bestseller: Seeds of Deception or see his articles on my website [www.DrLeonardColdwell.com](http://www.DrLeonardColdwell.com)

The law states that: We have the right to self-defense; that means, to me, if any action of anyone else threatens our lives, we have the right to defend ourselves. Ladies and Gentlemen I would rather die on my feet than to live on my knees, and if you don't stand up for unlimited health freedom and a no influence role of the government in any personal health decision YOU WILL NOT SURVIVE YOUR ILLNESS, YOUR DOCTOR, THE PHARMACEUTICAL INDUSTRY PRODUCTS AND PROCEDURES AND YOU WILL NOT SURVIVE YOUR POLITICIANS AND THEIR DECISIONS!

Do you still want to let the TSA Agents cause your cancer by putting you into the airport, naked body, pornographic radiation microwave ovens called body scanners? Do you still allow them to sexually harass your children, take child porn pictures of them, sexually harass your wife and play with your testicles? Or are you finally ready to stand up for your own rights, health, and freedom? The airport scanners will cause cancer! They cause cancer for the TSA agents standing next to them and the people going through them.

It is documented and published that The Airport body scanners caused hundreds of deaths, DNA damage which means cancer and destroys the structure of our body water clusters that keep everything together. That means the older radiation body scanners caused cancer based on the huge concentrated amount of radiation, and they also could have made people potentially blind. Now, newer much more dangerous Airport Body Scanners are basically microwave ovens. They will harm your DNA and with a high probability may give you cancer and long-term may kill you.

The Constitution guarantees us the right to travel. Where did it give the Federal Government Corporation (and yes it is a corporation) the right to control airports or air travel? It does not! As I understand it, the US federal government only has jurisdiction within Washington DC and the territories, and when the Constitution gives that to them. So where do they get

the rights to harass us or harm our health, or to destroy the mental and emotional welfare of our children? We always have the right of self-defense and our inalienable and unalienable rights given to us by God or the Constitution or simply because we are born, and we own ourselves, and no one has to give us our rights; we just have them anyway!

Read my book: *The Only Answer to Tyranny* from  
[www.DrLeonardColdwell.com](http://www.DrLeonardColdwell.com)

It is time that (de jure) grand juries start to indict all criminals involved for assault with a deadly weapon, causing bodily harm, murder, genocide or crimes against humanity. That also includes judges, the representatives of government agencies, political representatives in any form, lawmakers and law enforcement. Every judge or prosecutor that puts someone into jail for curing people should be indicted and held responsible for the consequences of their actions. Every judge or prosecutor that does not prosecute anybody violating our rights, or hurts us in any form while wearing a uniform, should be indicted and tried.

So, if you want to survive your illness and your doctor: You have to stand up for yourself, fight for your rights and an amendment for health freedom to the constitution (meaning the government has to stay out of any of your personal health decisions or treatment or food choices), and you have to simply grow up, take

charge, control and responsibility for your own life and health, and most of all use your common sense and your instinct again.

My belief is: "Our instinct is God Talking to us,"™ and God or Nature or the Universe or however you want to call it cannot be wrong.

"The only way to perfect health and for prevention of health challenges is to be yourself the way you were meant to be by nature, God or the Universe or whatever you believe in, it is the same thing anyway) there is no healing force outside the human body."

I am writing this book because the medical profession murdered my grandmother. They killed my unborn sister and countless family members and friends. They gave my mother liver cancer due to medical malpractice and slaughtered my father. They gave my father's second wife a vaccination shot, and she has been in a wheelchair ever since. Personally, I have had a lot of negative experience with the medical profession and learned it is nearly always about the money and power. I learned that medical doctors don't have the right answers about healing and perfect health. They don't know where illness comes from and how to heal it but they have a lot of unfounded opinions. For example, for decades they said cancer has nothing to do with diet, yet they don't know where cancer comes from. If they don't know how cancer develops, how can they dismiss diet?

Medicine is a religion, not a science because it is just

based on beliefs and not on scientific facts and most of all not on successful results. If I ask ten different doctors for their diagnosis and treatment plan, I get ten different answers. If I ask a specialist, he or she will always come up with an answer that is within their personal field of expertise. How can that be science? If you want to get and stay healthy, you have to help yourself and stop trusting others with your health and life. Make your own educated decisions about your own life and health; don't let them kill you with their diagnostic tools like radiation machines or contrasting solutions.

Remember, you are the only one that has to live with the consequences of your decisions. I learned they don't care if you undergo surgery and get massively damaged, as long as it makes them money. They act like they care, but in my experience, they don't. You, and not them, suffer and pay the price and their bill. Statistically, a medical doctor has the shortest lifespan of all professions—56 years of age on average. Doctors have one of the highest suicide rates, and many of them are alcoholics or drug addicts. Many M.D.s are incompetent and helpless. The main subject they talk about in private is often how to make more money on the same patient. I have rarely heard them discuss a more effective cure. It is even common for male doctors to make derogatory comments about their female patients. I learned that if you have 10 different plumbers or stone masons, you can be lucky if there is one good one among them. The

same is true for the medical profession. It is just another trade.

Since no one has proven a higher cure rate for cancer and all other terminal or chronic disease than I have, I believe all my success and experience will provide you with an excellent overview of the world of therapy.

Of course, there are exceptions! Of course, your doctor is different (until you are in real trouble—and you find out the truth about your M.D.).

On the other hand, I have never heard a doctor just starting out saying that he wants to hurt or kill some patients today. Very often the M.D. starts out with a lot of ideas and good intentions, but when the reality of life (the bills and the need for a new Porsche) kicks in, there usually is a gradual change in the approach and the thought process of how to run a medical office. The kickbacks from the pharmaceutical reps for the use of their chemical drugs and all the other perks they can get in selling specific treatments and tools are overwhelming. Many fall for the “free vacation” camouflaged as an educational conference in Las Vegas or Hawaii. I have even heard that the eight-year-old child of a doctor was hired as an advisor to a specific company and paid a full salary because the doctor (the father) promoted a specific treatment from that company.

I know there are some good doctors out there, but I want you to stop believing that everybody that has a medical degree or works as a therapist is trustworthy or

even has the competence or knowledge to heal. I tell my patients: Don't believe anybody. Question everything until you have answers that make you feel confident and safe with the diagnosis and treatment. Never, have surgery (except emergency or life-saving surgery) before getting opinions from at least three other experts. It could be that the M.D.'s wife or husband needs a new Mercedes or nice spa vacation and your surgery is providing the finances for it. Let me tell you that I have many close friends that are medical doctors and good people but not necessarily good physicians, and they all need money!

As a final word of hope: There may be a few therapists out there that are really different and filled with ideals, love, and competence but I could not find them. I believe there are still enough doctors out there that would love to heal and help their patients while still making enough money from them, I offer the only logical, and in my opinion, correct solution for the good of us all: Let's heal together! Let's change the laws and **get my amendment to the constitution for Health freedom and choice of treatment.**

See [www.CancerPatientAdvocateFoundation.com](http://www.CancerPatientAdvocateFoundation.com)

I offer in this book not only the tools and information for the patients, but also for the therapist that has a real

interest in healing and optimum health. I will show some of the major challenges in the medical world and also in the alternative field. But my final goal is to find a way for all of us, working for the greater good of humankind, to work together with our knowledge and education to find the right way for every individual that seeks our advice or help.

I retired from the field of therapy in order to invest my time in research, teaching and my work for my non-profit Organizations, and today for the Cancer Patient Advocate Foundation. I also wanted the freedom to say whatever I believe is right. As long as you have a license as a therapist, you are bound to use the systems that are set in place. The systems that make money for the pharmaceutical and medical industry and, in my opinion, have nothing to do with healing, prevention or health. That is the same reason for me to not sell any products of any kind.

If all patients are cured (and they could be), the entire illness profession would be bankrupt. Please be aware of the fact that minerals and vitamins can cure many illnesses that are based on nutritional deficiencies, toxemia, and acidosis, which means that your body pH is below 7.36 and therefore acidic. Your body needs to be slightly alkaline to be healthy because illnesses like cancer cannot develop in an alkaline and oxygen rich environment. However, the pharmaceutical and medical

industries and their almighty powers have made sure that laws were passed that all nutritional supplements provide a disclaimer that states:

"This product does not heal, prevent, treat or diagnose any disease." Even if the nutritional supplement, vitamin, herb or mineral could heal an illness or symptom, by law, only the pharmaceutical drugs can cure the above-mentioned diseases and their symptoms. To make sure that the pharmaceutical industry does not lose any money because of natural products it has its bodyguards the Federal Trade Commission and Federal Drug Administration creating laws and regulations that forbid herb and supplement companies to mention any connection between health benefits and their products. If they state what kind of illness their products cure and which symptoms are eliminated, they would go to jail and their products would be destroyed. Besides stress relief, I used only natural products to cure my patients, mainly natural cleanses (cleanses that are based on certified organic whole foods).

# **Chapter 2**

## **INSTINCT BASED MEDICINE®**

*The guide for healthy action*

Nearly every health and self-healing book I have ever read is written in a manner that is too complicated, too specific, too hard to understand, too manipulative, too out of this world, too new age or too much like traditional medicine. After being an award-winning author, after writing 22 best-selling books many in 9 languages or more and seeing why they are so successful, I decided to write an educational book about health and self-help for all those people who don't have as much knowledge about medicine or natural healing as a fully educated practitioner. This book is written for the person with common sense and the will to achieve optimum health without getting killed by the medical profession, pharmaceutical industry or the hocus pocus new age "wannabe healers" and the new crowd of naturopathic practitioners with no formal education, experience or real life knowledge about health.

In my experience, the fact is only 0.8% of all therapists are willing, competent and able to help a person with any health challenge. The Pharmaceutical Industry, that is brainwashing the Physicians oh sorry I mean educating the MDs and the medical profession the sales people for

Big Pharma, just wants your money. They get rich by all the unnecessary and mostly dangerous tests and the senseless and usually harmful therapies. No medical doctor I know has even the slightest idea about healing any illness. They treat symptoms instead of the cause of all illness. Many try to make sure you never get well so that they have you as a “customer” for life. A doctor’s office has about 300 patients. If they all become healthy, the doctor is broke. So how much interest does the doctor have in your everlasting health and well-being? The pharmaceutical companies have little interest in creating a drug that would cure the cause of an illness and, therefore, make their drugs unnecessary.

Please be aware that there are many strange people in the field of alternative healing but, at least in this field, we find open-minded people that are interested in natural health and healing and that means we can have hope. Stay away from direct or indirect Voodoo practitioners and I mean with that the spooky, unusually weird, physically dirty and financially poor wannabe practitioners in the natural health field. Often they wear Birkenstock shoes and very dirty jeans and shoes. Body Odor is another indication for a loser. Because the way they see their own self-worthiness is the way they treat themselves. Yes, you can and should judge everybody by their physical appearance, because they decide to look that way for a reason. Outside as inside. The way someone looks expresses exactly how this person is on

the inside. Physically dirty mean dirty inside. If someone doesn't have a lot of money and pretends to be an expert, you know they lie. Because success leaves clues and creates money. In the end, listen to your instinct! When you meet someone new, decide based on your instinct if you want to work with this person or not. Never work with a loser.

Let's be aware of the psychologists, who usually studied psychology to find out what is wrong with themselves. Psychology is not even a science. It is nothing more than the accumulation of often unfounded ideas. Sigmund Freud, the founder of what later became psychiatry, had more problems than all his patients combined. Freud's psychotherapy and psychoanalysis are the most absurd technique taught in medical schools. Most of his theories have already been proven wrong and more people committed suicide as a result of this psycho junk than in any other therapy form. To whine and complain about your past does not make it better. It makes it worse and gives you more mental illnesses. It is teaching you to learn to live in denial and schizophrenia. Psychiatry never cured anybody. All they do is numb the poor patient with dangerous psycho drugs or brain surgeries and turn them into zombies so that they are just unable to function or feel anything at all. Of course, the pharmaceutical industry loves these patients because they get addicted to their drugs, and they make

money on their victims forever. These companies don't even care that they turn children on prescription drugs like Ritalin into drug addicts, not to mention all the horrible side effects all these drugs have on patients. They give people dangerous, addictive drugs with horrible side effects instead of teaching them how to control their behavior and their emotional states with natural techniques.

So now, you ask, what is left if they're all not worth the money and time? Listen to your instincts. Learn to develop and use your common sense and try, if possible, to stay away from any doctor. Why do you think most 100-year-old people questioned in a study reported they never went to a physician except in the case of an accident? Psychiatry is a total fraud. Just Google it.

Many studies around the world have found: The more often you visit a doctor, the higher the possibility of developing serious illnesses. Also, you will most likely die from the side effects of treatments and medications than from the illness. Studies show that at least one in four people develop a dangerous or even deadly bacteria infection in a hospital. It is a known fact that the overuse of antibiotics has caused a deadly, super-resistant bacteria.

The only way to survive the influence of greed of the illness society is to get as educated as possible about your own health. Would you give a stranger the power to do what they like with your money and everything you

own without questioning them about the risks and dangers and if there are any guarantees? Why do you do this with your health and your doctor?

We are so brainwashed and manipulated by the media to trust and believe in our doctors and their advice and treatments. That is where the root of all dangers and most suffering lies: the childlike acceptance that the doctor knows best because he or she is an expert. So what makes him or her an expert? The fact that they read a couple of medical books that usually are already outdated before they left medical school? They were taught about hypothetical theories that have no conclusive or scientific evidence and no proof that they work.

The so-called medical field is nothing more than a religion because it is based on beliefs instead of scientific facts. For example, there has never been any proof that artificial vaccination is safe or effective. There is much evidence that it is harmful to people and causes many illnesses and even death. They say polio, smallpox and other deadly illnesses were eradicated through vaccination. However, in countries where people were not vaccinated the illnesses disappeared even faster. These illnesses disappeared through better nutrition and cleanliness and not because of vaccinations. If vaccinations are safe, why did the public have to pay billions for vaccination damage when many people died

or got seriously ill shortly after being given the swine flu vaccination? They gave the kids with the Measles outbreak in Disney World, the Measles with the vaccine. That is a proven fact.

For me, the connection between vaccination and autism is just a fact. In my opinion, vaccination is the ONLY cause for Autism since no child that is not vaccinated has autism and every child that has autism is vaccinated, that is a clear scientific proof. The only exception were children that lived near mines that mined these toxic ingredients that cause autism.

But, as you know, there are many people making a lot of money on vaccination and they—or the scientists they pay—contend that vaccinations are safe and effective. I question those findings.

Nearly all men who got vaccinated in the 1960s with a vaccine that was derived from ape kidneys later got prostate cancer! I believe that Sudden Infant Death Syndrome can be connected to vaccination. Most absurd is the flu vaccine. That cannot work! The virus is in constant change and to get vaccinated with the virus from last year is just not worth the effort, risk, and money. Many scientists agree: it cannot work.

All they teach in medical school usually has nothing to do with facts and science. It is based on the momentarily belief system of the medical profession which is usually manipulated and controlled by the pharmaceutical industry and the medical society for power and profits.

I just read a publication *Death by Doctors*, from Gary Null, ND and others, which stated that the main cause of illness today is from the side effects of prescription and over-the-counter drugs. In addition, the main cause of death today is the medical doctor.

Think about your neighbor or colleague at work. Think about everybody you know. Think about the plumbers, or handyman you know. How many of them would you trust? How many are competent, trustworthy and honest?

Do you think doctors are different? They are people like you and I and all the other people we know. So how many good ones do you think you will run into by coincidence?

Now here is the main question: Why should you believe and trust me and what I have to say? The answer is very simple. I had countless illnesses myself that I conquered without the medical crooks. My mom, as well as seven of her siblings, had cancer. My mom was told she was terminal with liver cancer more than 45 years ago. My grandmother, as well as my father, died of cancer. By the age of 14, I had already had more contact with illness and horrible death than most people will ever experience in their lifetime.

I learned through my own experience and from patients that cured themselves, from extraordinary people that had stunning healing results. I accumulated and put together the essence of what I learned to

become the person with the highest cure rate ever.

Why should you trust me? Because I made a pact with God. I promised Him, that if He helped me cure my mother of terminal liver cancer, I would spend the rest of my life helping other people with their health. I am not a religious freak or radical—I believe in God but not in any specific form of organized religion. I am a Christian the way I understand it. I respect each person's religious beliefs as well the right for people not to believe in religion or God at all.

My mom was cured, and today, over 46 years later at the age of 83, she is one of the healthiest most energized and enthusiastic people you will ever meet. She was my very first patient. By the age of 18, I had more success than anybody out there. Of course, the authorities wanted to take me to court for practicing medicine without a license, despite my near 100% success rate. So, I went to the schools of brainwashing, false ideas, pseudo-science and lies (the official schools for physicians) just to legally help dying and sick people to get and stay healthy.

The people that make money from our illness and suffering don't care about results. They care about the power to brainwash, control and manipulate you in their universities. They want control over everything you think and do. They tell you how you have to treat a cancer patient (through deadly radiation and chemotherapy and disabling slaughter called surgery). If you don't harm

your patients

the way their therapy and treatment plans tell you to, you lose your license. I just learned that in California a doctor's license was revoked and he was jailed because he cured multiple patients with vitamin B-17 instead harming or killing them with the mandatory "treatment."

They make sure that natural healers and their individual successes and cure rates are unknown. If a natural healer dares to cure an illness or patient that is supposedly incurable, they are all of a sudden a quack, or it was a false diagnosis, to begin with, or it was just luck that cured the person. Modern medicine will not even look into my unconventional ideas or treatments. The traditional medical establishment is afraid of being proven wrong. If that were to occur, then what? They would have to throw away all the lies and get rid of all the brainwashing from medical education. Never! It is better, then, for them to ignore you. If this doesn't work, they try to defame you and destroy your reputation. Today, the Internet provides a new way to distribute lies to destroy your reputation. People look at these lies instead of facts. Websites that supposedly expose people are set up to control the opinions of the masses. Have you ever asked yourself why someone would go through all the effort and financial costs to set up a free website to defame people and their ideas? It is all about control

and power and the pharmaceutical industry and other power groups paying people to set up these defamation sites. There are scientists and doctors that are specifically paid to fraudulently debunk credible alternative doctors or natural treatments to preserve the income for the pharmaceutical industry. If the paid Internet Trolls that constantly attack me and spread lies about me would disappear, I could spend 700,000 Dollars each year to help cancer patients without costs.

If all of this fails they try to take over you and your system. They say that your system is too powerful to be used by untrained people. They come up with a curriculum for “your system.” They haven’t the slightest idea of what you are doing. But they want to control it and make money from it.

Sometimes, they simply want to pay you off. Representatives of the pharmaceutical companies offered me a lot of money if I would stop performing my work and writing my publications and change my opinions in their favor.

The most dangerous M.D.s of all are the so-called integrated practitioners! They pretend to give the patient the best of both worlds in combining traditional medicine with natural healing methods. There is no way to combine traditional medicine and natural medicine. That is because traditional medicine harms or even kills and natural medicine helps the body to heal itself. If a doctor uses both treatment methods, the effect of the

treatments is canceled out, and the patient's health is destroyed even more than if just one form of treatment is used. I have learned through my experience with thousands of cancer patients that if both methods are used, the death of the patient is certain. The doctor may pretend to give you the best of both worlds, but if it comes down to it, they will prescribe antibiotics, vaccinations, and other harmful treatments. The real danger of these people is that they imply they have knowledge about how to create natural healing (which they usually do not) and that you are safer with them because they use harmful chemicals if necessary. Otherwise, they use helpful and harmless natural medicines.

Riding the wave to make money is one thing. Fraudulently pretending they are natural healers but, in fact, promoting all the dangers of prescription drugs and therapies is misleading and dangerous for the patients. In addition, pretending to be experts, they undermine the value of supplements and natural medicine and further promote the use of chemical toxins. It seems to me that their only goal is to sell their own products. They also mislead people to believe you can safely mix chemical drug based medicines with natural healing methods.

Then there is sunny boy Sanji Gupta (the always charming smiling TV doctor that every mother wants to have as their son-in-law)  
who spreads the propaganda of the pharmaceutical

mafia. With his youthful appearance and a nice smile, he sells the messages of the pharmaceutical industry.

In October 2005 in a live interview with Bill Maher, Gupta was asked if it was not a known fact that if your body is healthy, you cannot get sick. Gupta, stunned for a moment, blatantly lied and said that even if you live a healthy lifestyle, you can still get sick, especially with the flu. This is absolutely not true! You cannot get sick from any microbe if you live a healthy lifestyle and your body is detoxified, alkaline and oxygen rich, de-stressed and full of energy. Gupta is the most effective sales person out there for the pharmaceutical industry, chemical drugs, medical tests, and procedures.

Who are they? They are the individuals and groups of people that make money on your suffering, pain, illness, helplessness, hopelessness, lack of knowledge and education and, most of all, capitalize on your fear—the fear of illness, suffering or death.

### **Take charge or your health!**

I am about to share with you the most suppressed and overlooked secrets to optimum health. My educational, self-help and self-healing system, the Instinct Based Medical System® (IBMS®) can help you to identify and remove the root cause of every disease! That is the only way to optimum health! My system does not just treat the symptoms because they disappear anyway after the root cause of the health breakdown is defined and

eliminated. In this book, you will learn exactly what it takes to experience optimum health and how you can reverse the progress of virtually any disease.

In my opinion, a disease is only caused by lack of energy that is originally caused by stress. This is usually mental and emotional stress, that is caused by living in fear, with doubts, worries, feelings of hopelessness, helplessness, and lack of self-esteem, lack of self-love and self-acceptance. Over 86% of illness is caused by stress alone. Only 14%, if even that much, is caused or supported by acidosis caused by bad diets and nutritional deficiencies and the accumulation of toxins in the body, dehydration, lack of oxygen, and lack of movement or exercise. Some people say you get cancer from radiation and not from stress. In my opinion, that is an accident caused by an outside force. I believe the cause of every illness is mental and emotional stress.

Don't wait for a second longer to educate yourself about your body's natural healing power, and start using it immediately! Making educated decisions is the best defense against illness and the best way to return to optimum health.

Do you suffer from a so-called incurable disease? Have your doctors told you that you have only a short time to live? Or that you have to learn to live with these limitations or pain? Are you suffering from anything labeled chronic or terminal? Then this book is for you! Even if you just want to maintain optimum health, you

will find out how to achieve that here in this book.

Do you suffer from depression, lack of energy or are you on any medical drugs or treatment? Have you been told you have to live with some kind of medication for the rest of your life? Then this book is defiantly for you!

You have to take charge of your life and health, your energy and happiness right away! Regardless of your age or physical condition, you can recover from virtually any disease and achieve optimum health, if you are willing to do whatever it takes to achieve your goal and as long as you are willing to do it yourself instead of expecting me or someone else to do it for you.

I have treated directly or indirectly over 66 000 Patients and over 35,000 cancer patients in my clinics, workshops and my Modern Therapy Centers™ MTC™. Over 5.2 million people have attended my seminars. More than 157 million people have read my books, columns, and newsletters. My videos have been seen over 1.9 Billion times. My speeches have been broadcasted worldwide to millions of people with huge success and a phenomenal response.

My IBMS® stress reduction and relaxation system (is recommended for nearly every illness. The main authority on Fibromyalgia, Dr. Bowersox, also recommends my system for his patients in his book. I have been called on as an expert for TV, radio and newspaper interviews countless times.

My personal experiences and beliefs are that every

illness is curable. It doesn't matter if the doctors have given you a short time to live, or if they insist that your disease is terminable or incurable. You can recover from disease!

The only exception to the success of my system is if a person is so damaged by medical treatments—surgery, radiation, chemotherapy, etc.—that there is not enough substance left to work with. The only prerequisite is that you must be committed to doing whatever it takes to get better. I will show you how to do it!

This book will teach you how to take care of yourself mentally, emotionally and physically. From start to finish, I will show you how you can rid yourself of disease using nothing else than the natural function of the body. Your body is genetically conditioned to survive and to heal itself. In the pages to come, I will show you how to activate your body's natural healing powers. You will learn about stress, and how to use my system to reduce or even eliminate negative stress factors in your life. Your eyes will be opened to the dangers of doctors and medicine. I will also reveal my secret technology that will enable you to think clearer, stay focused, and get healthier faster than you ever thought possible. The natural state of the body is to be healthy, not somewhat healthy, or tortured by pain or symptoms of illness.

You should be excited about the journey ahead of us. Dear reader, you may not be feeling well right now, but

by the time you finish this book, you can be a new person. Your eyes can be bright and shiny. Your skin can be clear, radiant and glowing. You will have pep in your step. Your energy level can skyrocket. You will be optimistic about the future. Your feelings of anxiety, fear and depression can be replaced with a zest for living. You won't even struggle with willpower anymore because you'll be so self-motivated to achieve and maintain optimum health.

I have seen thousands of people recover from so-called incurable disease, and I am absolutely convinced that you can do the same. I have even caused and seen spontaneous healing where patients recovered in minutes from some terrible disease or symptom. Is this too good to be true? It almost sounds too easy, doesn't it? You'd think that everyone would want to be healthy. Doesn't everyone want to be their best? Doesn't everyone want to function at a peak, optimum level?

When it comes right down to it, few people are willing to make the lifestyle changes that are necessary for optimum health. Many people are not willing to take charge over their own life and don't want to take responsibility for their own recovery and healing process. Many are too afraid or just too lazy to make the necessary changes in their life, and some just don't want to take the responsibility for their own life and health. Most of our society is conditioned to pop a pill for whatever ails them or to have someone else fix their

problems for them. Surgery is often a convenient alternative. Unfortunately, surgeries always cause long-term damage, lower the immune function and the long term effects are often detrimental. Pharmaceutical drugs all have side effects that are often worse than the illness itself. In my opinion, they nearly always do more harm than good. Medicine treats only the symptoms and does nothing to identify and eliminate the root of illness. (Of course, all my statements exclude emergency and restorative medicine.)

Some people don't strive to be healthy because they don't care enough about themselves. They lack self-love and self-esteem and don't even make an effort to be the best they can be. Very often they are overweight, sick or immobile and don't do anything about it. Sometimes they even get to this state on purpose out of self-pity, self-punishment or even self-hatred.

### **Common justifications not to act include:**

“This is the way I am.”

“This is part of growing older.”

“I'll learn to live with this pain or discomfort”

“It's not that bad, let's forget about it.”

“Maybe if I ignore it, the pain will go away.”

“I don't feel any pain; it's just my imagination.”

“Eating right and taking care of myself is too much work!”

“I’d like to know more about getting healthy, but I don’t know where to start.”

“I am confused by the variety of information available. Who can I trust?”

“It will get better on its own.” “It’s just bad luck.”

“It’s genetic.”

“The doctors will cure me or the medication will help.”

This book is written for the person searching for health and happiness who is willing to do his own part to accelerate health and happiness and who is willing to take responsibility for his own well-being. This is for the person who wants the information to make a quality decision about their own health. The information in this book is the result of more than 45 years of suffering, studying, research, trial and error, devastation, countless tears, pain, hopelessness, helplessness, fear, endless struggle, determination, doubt, worries; also, three decades of therapy and unmatched results of thousands of cured patients mostly in a terminal state (some even with a life expectancy of three to nine months). Some of these people were given up on by the medical profession after they tried everything unsuccessfully.

Parts of this book were originally written for my patients and their families so that they could learn to understand why and how their loved ones became sick and how they could help them to get healthy again and

stay that way.

This book is necessary to make everyone aware of the fact that we are the only people who can make ourselves sick, and we are the only people who can make and keep **ourselves healthy**.

After working for about 15 years as a general health practitioner, I found out, that it is not the doctor, the medication or the surgery that cures patients. It is the patient himself with his own immune and self-healing system. This system is genetically prepared to survive. Only in emergency situations, in accidents or rare, unusual situations, does it need outside help. Nature builds every living being self-sufficient. I don't believe that diseases are genetic. If you are born healthy, you can stay that way. People can have genetic predispositions for health malfunctions, but they don't have to get the problem.

After I recognized that the therapist could only be a teacher, trainer or coach for the patient, my entire way of thinking, as well as my belief system, changed dramatically forever.

My colleagues hated me for that statement. They wanted to play God. They love the admiration and blind obedience and the endless income from their patients. I found they are more interested in their own egos and financial welfare than in the welfare of their patients. There are some exceptions, of course, but they are in the minority.

I had to learn to fight the media that is brainwashed by the medical profession and controlled by the pharmaceutical industry that pays for advertisements. It is very scary that it seems to be all about money. The patient is only seen as a paying customer.

Threats and all kind of attacks against me and my message were a daily part of my life, even attempts on my life were made. I needed to hire my own lawyer just to go through a normal day. I had to spend a lot of money to fight all the legal attacks. One company even offered to pay me a huge amount of money if I would cancel the publication of one of my self-healing books.

No one cared that I had cured more patients from cancer, asthma, diabetes, muscular dystrophy, depression, rheumatoid arthritis and all kind of nutritional deficiency and stress-related illnesses than all of my enemies together. No one cared about the thousands of cured patients that are a living testimony of my message, meaning that every illness is curable, cheap, fast and easy. The patient just needs to do their part.

It is not only the therapists I had to fight, I had to fight the patients. When they heard that their own behavior, their own way of thinking and acting, their decisions, and their own compromises made them sick, I often thought that they wanted to physically attack me. They felt offended. They felt guilty or just denied even the possibility that they had anything to do with their

own illness and suffering. It is a fact, however, and that fact opens up the opportunity to cure yourself because if you believe you are responsible for your own illness or symptoms, you also have the power to create your own health.

Of course, nobody wants to be sick, and no one wants to have the responsibility to have made himself or herself sick. It is so much easier to believe that it is destiny, genetics, or bad luck to get sick, or God's way of testing you than it is to accept the fact that we are the only person that is responsible for our health.

Every patient I've ever treated, who did not have chemotherapies, radiation or surgery, became healthy again as long as they were willing to take responsibility for their own life and make the necessary changes.

Of course, we need our doctors. But I am not one of them anymore. I put all the essence of what I learned from life, my patients, and my mentors into one single, easy to understand self-help system: the **Instinct Based Medicine System® (IBMS®)**.

To my knowledge, this system is the only scientific, educational holistic self-help and self-healing education and coaching system worldwide that works on the cause of the problem and helps to eliminate the root cause of the illness.

This unique system is an educational health coaching system. It gives the user all the information, the

capabilities, the tools, the training, and coaching, to reach his optimum state of health. It does not manipulate or interfere in any way. The **IBMS®** gives everyone the opportunity to find the root causes of their own life challenges and gives them the education, training and help to achieve all their goals by themselves.

My system helps the user to use what he has naturally since birth. It only uses the normal body functions and the natural way things are supposed to work in our body. We didn't need surgery or chemotherapy in the previous hundreds of years, but now we have them, and the illness rate and death rate due to these illnesses are higher than ever. I created IBMS with the use of Instinct, common sense and over four decades of research, experience, and successes. I have the results and achievements to show for it. Even 30 years later after the diagnosis to have to die in a month are with me on stage in my seminars. It's all on video [www.DrColdwellOpinion.tv](http://www.DrColdwellOpinion.tv) and [www.IBMSMS.com](http://www.IBMSMS.com) I learned by curing my mother of hepatitis C, liver cirrhosis and terminal liver cancer with a life expectancy of six months to live, that we only need the power of our own body and mind to get and stay healthy. Why was the rate of cancer 7% in 1900 and today it is 56%? They say people live longer. That is absurd because these patients usually do not get cancer at an older age. I

believe if my father had not had a colonoscopy done he would still be alive today because he had not had problems before. The doctors found a tumor and tricked him into surgery, chemotherapy, and radiation and his horrible dying process began instantly. My grandmother was perfectly fine with a tumor in her breast for 28 years until they talked her into surgery, chemo and radiation treatment and her painful and inhumane dying processes began instantly after surgery. She died after suffering for two years with the worst pain I have ever witnessed.

Therefore, I created an educational self-help training system that enables everybody to achieve their optimum level of health. The results prove it works.

If you want someone else to cure you or someone else to take responsibility for your life and health, this book is not for you. If you want to learn how to take charge of your own life and health and view your doctor more as a source of information, diagnoses, and help, as your partner (if you even need one), then my system is made for you. Remember, the natural state of your body is healthy, not sick.

Today after being trainer, coach, consultant and speaker for the largest companies, in Europe, as well as for countless medical associations, groups, and health insurance companies and after more than 30 years of experience as a therapist and teacher, I am proudly known as the Health-Educator. Professor Dr. Peter

Lange, president of the Charitee in Berlin, Germany (the German equivalent of the National Institute of Health) said, “My colleague, Dr. Leonard Coldwell, is the David Copperfield in his field.” The most effective way to help somebody is to encourage that person’s self-confidence, strengthen their belief in themselves and their own abilities and to provide education, training, support, motivation, hope and understanding and sometimes even a good kick in the rear end.

The context of this book is only based on my own personal research, conclusions, experience and is my personal opinion. This concept is created by trial and error and the essence of all existing techniques and therapy methods known today. This concept is only result oriented.

My intention is to help as many people as possible to become completely healthy, self-sufficient, as well as so strong and educated that no one on earth will be able to manipulate them ever again. I want my readers to be able to make the best-educated decisions for their health possible.

I hope to help create confident happy, healthy people who know their own potential and are willing and able to use it. That is my goal.

I stand for health education in schools and for healthcare instead of illness care and symptom treatment. That is the reason I founded the Dr. Leonard Coldwell Foundation for Drug and Crime Free Schools

and Health for Children more than 19 years ago.

When I was fighting the fight to save my mom's life from liver cancer more than 45 years ago, I constantly prayed to God, to help me and my mom. I promised God if he helped me to save **my mother, I would dedicate my life, to make sure, that other mothers and their children wouldn't have to go through** the suffering, pain, and horror that we went through. This book, **as well as the Instinct Based Medicine™ System, is one of the ways I am keeping my promise.**

To avoid misunderstanding: I believe in God because he is a daily reality for me. I don't believe in organized religion because this power has been abused since its inception. It is not the idea or concept that I have a problem with, it is the person that takes control over organized religion that, due to his own interpretation and needs, creates the problem. I believe in the creation of evolution in science and religion because without God there is no nature and therefore no future or development. The **use of my system is based on the Christian belief of free will.** The use of my techniques is scientifically proven and still based on my beliefs. I am not a radical or extremist. I believe that everybody has the right to his or her own beliefs and conclusions. Most of all, I don't believe that any person or religion has the right to tell people what to do or not to do. I believe in free will and that nobody has the right to judge another person.

## **Medicine is the fastest growing failing profession**

When I was a child I had constant abdominal pain on my right side. Doctors tried a couple of times to convince my mother and me to have my appendix removed because in their eyes I was much too young to have gallbladder problems. This misdiagnosis caused me 28 years of pain and I have lost the ability to eat anything besides rice, potatoes and similar types of foods. This misdiagnosis almost killed me and caused an inflammation of almost all my organs. They finally figured out that my gallbladder was full of stones and that it was about to burst.

They wanted to perform surgery on my shoulder, but my persistence against surgery and my chiropractic knowledge stopped me. I discovered that the cause of my shoulder problems was a disc between the fifth and sixth cervical vertebra. After a chiropractor fixed this problem, my shoulder pain disappeared completely.

They also wanted to do surgery on my ring finger because I have had chronic pain in the joints. A chiropractor fixed this completely in three weeks. They wanted to take my tonsils out when I was a child because they were working perfectly and they were inflamed because they were trying to get rid of all the toxins in my system.

The history with my tonsils led me to develop the **Instinct Based Medicine® System**. When I was a child,

doctors told me about having to cut my tonsils out and I knew that this was not something that I wanted. I also heard that when the tonsils were inflamed you couldn't get them removed. I learned very quickly that I needed my tonsils to be inflamed when I went to the doctor so that they wouldn't cut them out. I learned pretty fast that it is very easy to control your body in every possible way. I could produce tonsillitis in 5 minutes if I needed to. Today, I still have my tonsils and my appendix, and I am really happy about it. If you let the doctors do whatever they want to do they are basically experimenting on you.

The medical profession is always looking for ways to make more money. They try to perform surgery all the time. Many people don't have their appendix or their tonsils anymore. They also try to put tubes in small children's ears to prevent ear infections. In most cases, those ear infections are caused by vaccines, and the surgery is worthless anyway.

# **Chapter 3**

## **THERE ARE NO INCURABLE DISEASES.... ONLY INCURABLE PEOPLE**

### *My mother's terminal cancer*

When I was seven years old, I remember my mother constantly crying from intense pain. I watched helplessly as doctors gave her painkillers and shots so that she would be more comfortable. Due to complications from gallbladder surgery performed by a medical doctor, my mother got infected and had developed liver cirrhosis of the worst kind. Her liver was inflamed and showed huge ulcers, and she was constantly in horrible pain. When I turned 12, my mother's liver cirrhosis progressed into terminal liver cancer. The doctors gave her a maximum of 6 months to two years to live. They stated that there was no hope; no one had ever recovered from this kind of advanced cancer.

The doctors suggested that she had to learn to live with the pain and make the best out of the time she had left. Imagine what this meant to a little boy like me. All I could think about was if my mother would still be alive when I got home from school that day. In fact, the first thing I did when I got home from school was open my

mother's bedroom door to see if she was still alive. I did this every morning as well. I lived, starting at the age of three, being afraid that my alcoholic father would beat my mother to death or she would die of one of her constant gall bladder colic.

While she was in the hospital, I was constantly worried. I was afraid that my mother would die. I cried more during this time of my life than any other time.

My mother and I only had each other. My biological father had left us because he did not want a sick wife. It was probably best that he left because he abused my mother and made our lives miserable. We were better off without him, but we were financially really poor. With no means of financial support, I became the sole breadwinner for our family. I cleaned restaurants before school and worked in a sandwich shop after school. It was the only way that I could put food on the table and a roof over our heads.

I also paid for medical treatment and alternative therapies that the health insurance did not cover. We had nothing to lose. The medical profession had completely given up on my mother and refused to treat her anymore. The only things they gave her were painkillers. Of course, my experience with the pharmaceutical and medical profession occurred in Germany. Things may have turned out differently if we were living elsewhere but there is no way to tell now. I tried desperately to find a cure for my mother's cancer. We tried everything

from alternative medicine to homeopathy to healers from all over the world... nothing seemed to work.

I read every book about healing that I could get my hands on. I went to countless seminars, studied herbs, hypnotherapy, and tried all kinds of medical and alternative therapies, even new age stuff. I was desperate to help my mother and was willing to try anything. I did try it all, believe me.

I was constantly treating my mother. It was trial and error, and we had nothing to lose. Finally, our retired family doctor sat down with me to explain the functions and connections regarding medicine. She studied with me, explained medical procedures and helped me to understand the way of medical thinking and theories. While studying naturopathic medicine, I discovered that new age stuff does not work. Unfortunately, neither does modern medicine. But, if we combine our forces of natural healing and the result-producing knowledge of modern medicine we can create the perfect way to health.

### **My teenage years**

By the age of 14, I had been to every health seminar I could afford. I received a lot of help from the professors and speakers after I told them my story and why I was attending the seminars. When they discovered that I was a hardship case, many even gave me the money back that I originally paid for the seminar. Some even

took me under their wing and taught me privately everything they knew. People can be so generous when they know that someone is in real trouble. Today, I carry the knowledge and experience of hundreds of years of my mentor's combined experience, knowledge and success with me.

When I was 16 years old, I had already earned degrees in naturopathy and relaxation therapy, isolated muscle stretching (similar to chiropractic methods) and hypnotherapy. I gave workshops and seminars and treated patients. I was the youngest self-help coach and educational therapist in Europe. My success was astonishing. I could afford to travel around the world to meet the most successful therapists and healers in the world. I traveled to the Philippines, Brazil, Australia, Africa and many Asian countries to study with the best of the best. I spent all of my time and money educating myself. I did not study illness, symptom treatment, death or drugs like most traditional medical doctors. I studied health: how and why it happens. I studied people who produced results unknown in traditional medicine. I studied patients who successfully recovered from a serious or terminal illness. I wanted to know what made them healthy again. I also studied senior citizens who were remarkably healthy and vital, in spite of their age. I was looking for answers, not excuses.

I experimented with all of these new findings on my mom. When I turned 16, my mother was still alive. If I

had believed the doctors, she should have been dead two years earlier. By this time, my mother had completely changed her diet. She was eating lots of fresh vegetables and fruit. My mother realized that her stressful relationship with my father was the cause of her health problems. He was verbally and physically abusive, which caused her anguish. Now that he was gone, we could start over. Mom was on the road to recovery, but not completely well at this point.

At 16, I operated a “natural healing center” out of my Mom’s home. All of the people in my neighborhood (including the kids from school) witnessed my mother’s remarkable transformation. Now, they sent their sick loved ones to me.

At 17 years of age, I had my first book published. Today, that book is in its 49th printing. I took it out of print for now to update it with all the knowledge and experience I have today.

When I reached the age of 18, I had already helped over a hundred people recover from all kinds of “terminal” or “incurable” diseases. My success grew rapidly, and I was so well-known that many jealous medical doctors, lawyers, and journalists tried to defame me and stop me from helping others. They accused me of false advertising. They created websites to defame my character, question my professional credentials and completely discredit my work. They hired and paid people to work against me on every level, to try to break

me. The problem was that I was working for free and had a nearly 100% success rate and nothing is stronger than the proof of success. It is hard to ignore a cancer patient who, in the opinion of the medical profession, had only years left to live but is now, decades later, perfectly healthy.

At 18 years old, I knew more about health than most people in the health profession. I was known as a “miracle healer” although nothing I did had to do with miracles. It’s a tremendous compliment, but I can’t take credit for anyone’s miracle, healing or recovery. I simply use the tools that I learned from my world travels, research and own success. I never take credit for anyone’s miraculous recovery. The credit belongs to the patients, clients, and students themselves. Perhaps, I should say, these people created a healthy internal environment in which their bodies could heal themselves. Neither the medical or pharmaceutical profession likes what I have to say. They hate my results so much that even today they try to do everything to destroy me.

### **Finally the Ultimate Victory**

When I was about 22 years old, my mother completely recovered from cancer. My spirit soared high enough to fly. Her healing was everything I ever wanted out of life. Now it was time for me to set a new goal. I wanted to help heal as many people as I possibly could

with natural health remedies. Most of all, I wanted to keep my promise to God!

My mother is still alive and healthy today. She is 83 years old and continues to run my business and foundation in Germany. My mother married a wonderful man named Lothar (to me he was my real father, and he was also later murdered by the medical profession) and had another child. My mother's recovery was the beginning of helping thousands of people recover from terminal and incurable diseases.

## **Becoming a Naturopathic Practitioner**

I finished my studies as a Natural Healing Physician (ND). There are two types of physicians. One is a strictly medical physician, and the other is a Natural Medical Doctor, which deals with alternative medicine with herbs, vitamins, and nutrition. Later, I added degrees as a Doctor of Naturopathic Medicine (NMD) and a Ph.D. in psychology, as well as earning more master's degrees in many fields of alternative or complementary medicine as well as in clinical hypnotherapy. My education continues, as well as my degrees. The last degree I added to my list of accomplishments is that of Certified Natural Health Practitioner (CNHP). My education taught me that healing is based on the basic laws of nature. Recovery involves activating or reactivating the natural healing powers that we all have

within ourselves. Given the right internal environment and programming, the body heals itself. Everyone has the healing power of nature within themselves.

## **Putting self-help into practice**

My professional practice continued to grow. I had so many people asking for help that I worked 14 to 16 hour days, seven days a week. I worked around the clock, but that wasn't enough time for me to help everyone. People were sleeping on the sidewalk in front of my house, just to get a chance to talk to me. Many of them were on their deathbed, with no hope for survival. I tried to help each of these people, but I nearly collapsed from exhaustion.

That's when I realized that I needed more self-help therapists to absorb the workload. I hired and trained many alternative health practitioners so that more people could be treated effectively.

As we treated hundreds of people, I started to wonder why some people would recover quickly, whereas others didn't heal at all. I realized that there is no such thing as incurable disease. There are only incurable people. Many of my patients were deemed hopeless, incurable or terminal by the medical profession. To my delight, most of these patients recovered using natural remedies. Most importantly, I found that if we tried to cure the patient, it was a slow

and often unsuccessful experience. However, the second we started to educate, train and coach the patient to cure him or herself, we got instant results. The greatest development at this time was the proof that my system is reproducible and can be used or taught by anyone appropriately trained by me personally.

A lot of desperate people turned up on my doorstep. Some were victims of the medical slaughterhouse. They were more harmed and adversely affected by medical treatment than the illness itself. The comment that I heard most often was, "I was fine until the doctors started to treat me!"

In some cases, these people were still able to recover. The point of no return is when treatments, surgery, chemo or radiation therapy or drugs have destroyed someone's mental and physical ability to recover. That is when it is too late to turn things around.

Other people are incurable because they're not willing to discipline themselves, eat the right foods, and follow my regimen of cleansing and nutrition. Everyone must be willing to take responsibility for their life and do what it takes to recover from illness. All healing comes from the inside out. There is no healing force from outside the human body. Every terminally ill person needs to make the decision that they want to live and be committed to following a healthy regimen. Most of all, people have to understand that it is the accumulation of

many things that we do wrong that makes us sick and rarely if ever, only one major mistake. Therefore, we have to take care of our body in a holistic way to achieve long term optimum health. The first and fundamental step to help your body be strong and healthy is the correct supplements.

## **Learning from world travels**

In my life, I've studied abroad with gypsies and healers in Brazil, Philippines, Nigeria, and Asia. Professor Treder, the leading hypnotherapist in Europe, also took me under his wings. He taught me everything he knew from his 50 years of experience in hypnotherapy. From Professor Teppewin, I learned about the science of therapeutic mind conditioning.

Note: It is very important to me that you know that, today, I am the main opponent against hypnotism. It creates addiction, multiple personality disorder, schizophrenia, and is a crime against humanity. Even worse is Neuro Linguistic Programming (NLP) presented by Richard Bandler and John Grinder that, potentially, can cause cancer and many personal tragedies.

Later, I collaborated and improved my newfound knowledge with research and practical application. I wrote a book entitled, "The Unlimited Power of the Subconscious." The book teaches you to awaken and utilize the unlimited power of your mind. The book also

led to the development of my **Instinct Based Medicine® system**, which I used in counseling and coaching to help clients identify and eliminate the root cause of their problems. Interestingly enough, my motivational book: *You are born to win*, helped a tremendous number of people take charge of their life and to get healthy again. It is a motivational book that gives people a better sense of how great, unique and wonderful they really are and provides tools to develop self-esteem, self-confidence and a sense of self-worth everybody deserves. **IBMS® is the science to identify the root cause of all negative results in a human's life!**

### **The day my life changed forever**

My grandmother was very close to me. She was a good church-going woman who raised seven children and worked with mentally disabled children most of her life. She brought all of them through the horrors of the Second World War, being a refugee alone without my grandfather. He was in a Nazi concentration camp because he did not hang Jewish people on Hitler's order. My grandmother spent her entire life, even after retirement, caring as a nurse for mentally disabled children. For over 28 years, she had an enlarged cancerous lymph node in her breast. It did not grow. It did not hurt. However, during an unnecessary and

dangerous, so-called routine check, the doctors scared her into surgery. That's what they always do. They work with the fear of death—their most powerful marketing trick.

My beloved grandmother had no problems for 28 years. Nothing had ever bothered her, and there was no acceptable reason for surgery, chemotherapy or radiation. But they did it all. My grandmother said later that she did not understand what the doctors were telling her. She was just scared. In the hands of experts, who spoke to her in a way she could not understand she agreed to surgery. They assured her that everything would be fine.

Then began the most horrible slaughter that I have ever seen. Two weeks after the surgery, chemo and radiation crime started my grandmother did not even look like herself anymore. I even passed her by once when I went to visit her in the hospital, without recognizing her.

She was full of unbearable pain. Her hair and fingernails had fallen out—the long beautiful hair that she was so proud of. Her arm was swollen four times its original size. It later did not even fit into the coffin. Her entire skin was ripped open. Blood and mucus were coming out all over her skin.

This woman who was so admired for her strength, energy, and power, all of a sudden looked 100 years older in just weeks. Whoever saw her could not hold back the

tears.

My grandmother finally died a horrible death after a long history of new surgeries and new unproven drugs. If the medical profession is at the end of its usual poisoning and cutting, they come up with the story of the new drugs that are still in research and pump people full of new chemicals. They always say that it is too late for that patient, but the research could help others in the future. So, my grandmother gave them permission to put untested new poison into her body. In her coffin, my grandmother looked like a 6,000-year-old mummy.

When my mother asked the doctor what was going on with my grandmother, he answered, “We didn’t know it would happen that fast.” My mom and I yelled nearly simultaneously: “You didn’t know what would happen?”

Then why did you do it to her, was our next question. The stumbling answer was the typical excuse; that they had tried to save her life. Then the doctor said we had to accept it. I told him he had to take responsibility for my grandmother’s death. At which point, they threw me out of the hospital. I am absolutely convinced that if my grandmother had never had a mammogram in the first place, she would still be alive today or at least lived another 20 years. Remember, my grandmother was completely fine before she went and gave herself into the hands of the medical profession; She even still was having periods (or her menstrual cycle). Then, within

days, she started to die over a period of two years.

That was the day I lost all the trust, confidence and belief in the medical profession. Beginning that day, I started to collect from other people all kind of life stories about what the medical profession did to them. A story like my grandmother's seemed to be repeated over and over again.

When you think about that they told my mother over 30 years ago that she had only a maximum of two years to live, that they stopped treating her except for the painkillers, you will understand why I went a different route.

My grandmother could not understand the doctors with their secret language. Then, they abused the trust my grandmother had in them. Plus, the doctors constantly told her not to worry, that everything would be fine. The possible side effects only happen to one in 50,000 patients. What a blatant lie.

### **Through slaughter, poisoning and medical malpractice they murdered my Dad.**

My father passed away recently, after a long battle with colon cancer. His death is a sobering reminder that conventional medicine is a miserable failure when it comes to treating chronic illness.

Drugs and surgery are not the answer. It is too late for my

father, but I share my experience with you so that you won't make the same mistake (My biological father, who lost his leg due to malpractice, died of stomach cancer in the same way that my "real" father died of his colon cancer treatment.)

Over the past four years, the medical establishment poisoned, burned and slaughtered my father. Doctors gave him bad advice and frightened him into surgery, which ultimately cost him his life. It grieves me deeply because his death could have been prevented.

I've spent the past 45 years showing people how to activate their body's natural healing power. I have seen thousands of people recover from disease, but I could not save my father because he was fraudulently and purposefully misled by doctors, who preyed on his simplicity and fear.

My system could have awakened the extraordinary healing power of his body, and its natural ability to heal itself. Instead, my father trusted his doctor, and it cost him his life.

When my father was diagnosed with colon cancer, I urged him to leave Germany and come to America so that I could treat him. Colon cancer is something that I usually cure within three weeks with an almost 100% success rate. I assured my dad that recovery would be fast and easy. I was completely convinced that I could cure him!

My dad was a simple, hard-working, honest man who

wanted to be straightforward with his doctor. My dad told his doctor that he was going to America to get cured by his son.

In response, the doctor said his tumor was so large that it would burst in the airplane. The doctor persuaded my dad to have surgery immediately. “The surgery is simple and easy,” he insisted. “The hospital does this type of surgery every day. Get the surgery first, and then fly to America.”

My trusting father believed his doctor. He was convinced that the doctor was the ultimate authority, having his best interest at heart. The doctor said that he was doing me a favor. It would be easier for me to treat him if the tumor was gone. So my dad decided to surprise me and followed his doctor’s orders.

Nobody told my dad that the tumor had grown into his spine and was impossible to remove. The doctors were fully aware of this, and they still proceeded with surgery. Later, I found out that the doctors wanted to keep my dad away from me. They were aware of my track record as a natural health practitioner. I was a threat to their way of doing business.

Death is a hard pill to swallow. Conventional medicine took the life of my unborn sister (with a use of a “new “drug while my mom was pregnant without telling my mom that they used the drug,) my grandmother, father and countless family members. Why do they trick and deceive us into destroying our mind, body, and spirit?

Profit and greed motivate them. At the very least, they are incompetent and ignorant. Conventional medicine is a mega-trillion-dollar industry. It employs millions of people and produces astronomical profits for hospitals and the pharmaceutical industry. Any alternative that is safe, natural and effective is a threat to the entire system. It cuts into their bottom line.

Doctors are also usually completely ignorant about nutrition, vitamins, and energy. They parrot the same old stuff that they've read in medical textbooks or learned in college. For this reason, they have a limited frame of reference. Their teachings are outdated and obsolete. Most M.D.s do not have any formal education in diet and nutrition.

My dad's tumor was at least 20 years old, but suddenly he needed surgery immediately. He had had no pain or discomfort. This tumor could have remained for years without injury.

On the operating table, the doctors cut my dad open and disfigured him in the worst possible way. They removed the tumor but left a large portion of it in there. After the surgery, dad suffered from chronic pain. He developed a problem with his lungs. The doctors overlooked my dad's mesothelioma, which he developed at age 18 from working with asbestos. His condition was previously in remission (with the help of nutrition and vitamin supplements), but now it was back in the form of a respiratory infection. He nearly died, and then he got

pneumonia. His life was on thin ice again.

To “help” my father, the criminals in white lab coats performed an emergency colon surgery. They persuaded him to try chemotherapy, which is a poisonous form of chemical warfare that is left over from World War I and II. Later they burned my dad with radiation, another ineffective treatment. None of this cured or treated anything. Radiation and chemotherapy treatment is based on the absurd hope that if you kill bad things, then your cancer will disappear and your health will return. The problem is that chemo zaps and kills vital organisms, and the cause of cancer is never considered. With these treatments, my father was poisoned, burned and nearly died.

Most cancer victims die from the side effects of treatment, rather than the disease itself. Of course, a death certificate will probably list heart failure as the cause of death, but the side effects are to blame.

My dad’s tumor grew more aggressively after the surgery and eventually exploded. Typically, surgery suppresses your immune system, which causes the cancer to grow even faster. That’s when the doctors insist that your cancer is rapidly progressing and getting worse.

A doctor’s manipulation tactics are so obvious. First, they give a devastating diagnosis, then life-or-death scare tactics to lure you into surgery. This is followed by chemo and radiation all of which will drain your wallet

dry.

Doctors know that if you talk to other people living with cancer and their friends and family, you'll hear plenty of horror stories: treatments gone awry with unimaginable pain and suffering. You will discover that many people living with cancer have died. Ironically, what most doctors are afraid of is an alternative, non-invasive healing methods that may actually cure people. That's scary because it affects their bottom line.

Even scarier is that doctors can't identify the root cause of cancer and how to cure it. They lie to people when they insist that cancer treatments are effective. They do more harm than good. No people living with cancer have been cured because of chemo and radiation. Cancer survivors have recovered in spite of their therapy. Even if you deny all treatment, you have a 27% chance that your cancer will go into remission. With the help of alternative medicine, you have a 50% chance of recovery. As a natural health practitioner, I have a 92.3% cancer recovery rate with patients who had no prior medical treatment. The medical profession has a cancer recovery rate of 3%. That is significantly less than the 24% who recovered with no treatment at all.

Before his death, I was able to see my father one last time. He had had countless surgeries, chemo and radiation treatments. The doctors had even created a separate exit for his bowel movements.

At that time, I realized that it was too late to help my

dad. There was not enough left of him to initiate health and healing. I tried everything I could to give him a couple of more years of pain-free living, but the side effects of the medical treatment were completely devastating.

Dad's last year was unbearable for him and the family. The medical treatment left nothing but an empty hollow of a man. The chronic pain made life unbearable and grim. After the medical establishment had drained his life savings, they sent him home from the hospital, and my 70-year-old mother was forced to take care of him around the clock. He was not even a shadow of the fierce, funny and lovable man that he once was. Now he cried constantly from pain; his body was stuffed with plastic tubes for artificial respiration and elimination. He was totally incapacitated of doing anything on his own. The doctors sent him home to die. This infuriates me! The worthless medical treatment cost him everything he had. They took his life savings, as well as his livelihood. They even kept dad from visiting me for alternative treatment and made notes of this in his medical file.

A doctor's potential to harm has been recognized since ancient times. The first written set of laws in human history, the Code of Hammurabi, was created nearly 4,000 years ago in Babylon. The Code established rewards and punishments for medical practice, and other professions. A surgeon who successfully saved a patient from a tumor received 10 shekels; one whose

patient died under the knife had his hands cut off. “First, do no harm” became the main code of the medical profession. It shouldn’t be, “first, make all the money you can and then move on to the next victim.” These doctors should be punished, not financially rewarded.

When conventional medicine murdered my father, I declared war on the cruel and dehumanizing way that sick people are abused, tortured, disfigured, slaughtered, poisoned, radiated and killed in the name of modern medicine. The medical agenda and motive are clear. They don’t know what cures people, but they are willing to risk lives to make money and stay in business. This hypocrisy and double-standard include government agencies, politicians, the medical profession and, most of all, the pharmaceutical industry. It should be brought to a grinding halt. This will only happen if people have the courage to take a stand, challenge the establishment, think for themselves and claim full responsibility for their health.

Sometimes it is so much harder to help your own family and friends (as the Bible states: the prophet is not accepted in his own home town....) because you are too familiar and close to them. They know you as a child and as a simple human being and instead tend to trust a stranger.

Consider the number of people who die each year from:

- Unnecessary surgery: 12,000 deaths
- Medication errors in hospitals: 7,000 deaths

- Other hospital errors: 20,000 deaths
- Infections due to hospitalization: 80,000 deaths
- Non-error, negative effects of drugs: 106,000 deaths

## **The struggle at the beginning**

Of course, I have made many mistakes in the search for my life's purpose, my true personality, and my personal development. However, that was a good thing because you can learn from personal experience and your mistakes. Someone who has never been ill or has never suffered pain cannot understand and help others in a similar situation.

I consider myself someone who constantly strives for perfection in his professional and personal development. I have never stopped working at perfecting my system of self-help and self-healing and developing myself and my personal skills.

With this motivation, I read every book I could find about healing, orthodox medicine, natural healing, metaphysics and related matters, with the hope that I would find a way to heal my mother. By the age of sixteen, I knew more about various healing methods than many therapists. I attended back-to-back seminars and explored every possible means to gather more information on the subject of healing. I studied natural healing, explored all available information, researched, learned and discovered!

I discovered something “new” that is actually as old as humanity itself: The only help is self-help, and the only way to healing is self-healing.

It is, of course, difficult to say to a person, who is severely ill: “Get up and walk!” Sometimes it is almost impossible to tell a person plagued by pain: “Start to fight, find the causes that have led to your illness, take charge of your own fate, recognize your mistakes, weaknesses, and errors and eliminate them. Activate the powers of your subconscious and heal yourself—now, here, today, immediately!”

I have known many people that I could not approach like that. Nonetheless, many of them gave me just enough information to allow me insight into their illnesses. For example, my grandfather returned from a prison camp in Russia, ill, maltreated, and exhausted. His liver had shrunk to a small round ball, and doctors agreed that the end of his life was near. He also suffered from black lung from being a coal miner all his life. However, my grandfather began to fight back. He read books about natural nutrition and behavior regimens based on natural methods. He managed to change his attitude and took responsibility for his life in his own hands! He reached such a high level of self-awareness that he was able to tell his subconscious: I shall not die; I shall become healthy, healthier than ever before! He used this program with admirable perseverance and discipline. My grandfather regained his health and

became extremely vigorous; his mind remained active until he died at the age of 86 after the medical profession murdered him. He had to go to a hospital with some lung problems. They put him in a bathroom until a room was ready. He had a high fever, and the bathroom was not heated in the middle of a very cold winter. He had no real sheet and just the hospital gown on. They forgot about him for almost 24 hours in this cold bathroom. When they finally found him, he had pneumonia and high fever and died shortly after that.

Looking at his outstanding healing process and observing similar experiences of other people, it became clear to me that there is always a way. You must just be willing to search your path, recognize it and follow it faithfully.

My Uncle Fritz also showed me that the impossible could become possible. At this time, my knowledge about the system of healing was already well developed. Uncle Fritz became my first real success. He had retired early because he could no longer lift his arms due to a chronic inflammation of his shoulder joints. I succeeded in helping him. Many of my relatives, friends, and acquaintances have been cured of all kinds of health problems through my method of natural healing. These problems included migraine headaches, stomach ulcers, intestinal problems and more.

Around that time, life confronted me with a task that

left me in fear and horror.

My girlfriend at the time was diagnosed with an advanced case of cervical cancer. I already thought of myself as a great “healer.” However, I knew then that I had to improve and escalate all the information that I had learned up to that point. I was fighting illness, time and fear. After six months, however, my girlfriend was completely healed. Today, many years later, she is physically fit and full of vitality.

My mother’s case showed me how difficult the task of healing is and what it entails.

Despite her cancer, she opened a coffee shop with my biological father even though money was in short supply. My biological father had problems of his own: he had lost a leg due to medical malpractice and could stand only with the help of a wooden prosthesis. Sometimes he bled; sometimes he cried from the excruciating pain. Managing the coffee shop required that both of my parents spend a lot of time on their feet. They opened the coffee shop because they hoped to earn enough money for the pursuit of alternative methods of healing that their health insurance would not cover. Indeed, my mother went to see many doctors, chiropractors, miracle healers and quacks in Germany, Holland, Switzerland, and Austria. Anyone who has been in a similar situation understands what I am talking about. What happened? Nothing! But I did notice that my mother’s energy level increased slowly. I witnessed

how her confidence and strength steadily increased. Together, we discovered that the botched gallbladder operation was the cause of the horrible suffering she endured for so many years. A second operation revealed that only half of the gallbladder had been removed and that a new stone was lodged in the remaining portion of the gallbladder, blocking the passageways and poisoning the liver. Consequently, everything in that part of her body was poisoned and destroyed.

At this point, I entered an entirely new phase in my work! My mother and I began to practice the method that led to my current **Instinct Based Medicine® System** with an iron will, self-discipline and faith. The miracle healing of my mother took place. Even my sister developed cancer over 28 years ago but is in perfect health today. I hope that you too will experience such a miracle if you are suffering similarly. We all deserve to be healthy and to live without pain.

You are probably a mother, father, brother, or sister to someone and your family is concerned about you and shares your pain.

I am telling you all this because these events led to the next step in my research. I came to the conclusion that self-pity is a destructive force from within that can destroy people. Only the sick person can cure himself. If you want to help a patient, you must motivate him, because he alone can facilitate the healing in his body, soul, and spirit. Indeed, only the individual's own will,

spirit, and motivation can set the necessary healing process in motion.

There are, of course, many outstanding therapists, whose accomplishments deserve unlimited recognition. When you are ill, consult a doctor immediately but don't trust only one opinion, ask a lot of questions and most of all make your own educated decisions. It is your health and your life. Don't trust it in the hands of others! However, the doctor should not be viewed as a healer, but rather as a partner in a joint effort to bring the afflicted individual's body and soul, which are out of sync, back into a state of natural balance. Even the best doctors can only prescribe a therapy or medication which might help to suppress the symptoms, but they cannot and will not heal you. The healing process lies within the individual's body, his immune system, and his self-healing power. Remember that the medical profession is like any other trade; there are always more incompetent people than competent ones.

By now you should understand that idleness, crying and self-pity will not make you healthy. Education and self-help are the only way.

I know what I am talking about because I have been through hell. For many years I lived with continuous pain and illness. Doctors and physicians could not help me even with surgery. I had chronic bronchitis, severe eye problems, chronic spine problems, gallstones, colic, liver problems and a two-year infection that affected almost

all the organs in my body. I invested more than 1.6 million dollars into my teeth and had close to 4,000 hours in the dentist chair with no satisfying solution until today. The pain and suffering I experienced made me wish for my own death. I am telling you this so that you won't think: yes, it is easy to talk. I speak from personal experience. I have not only had serious medical problems, but I have also studied and practiced health. They wanted to take my appendix out because they did not correctly diagnosis my gallbladder problem. That was the start of the invention of the **Instinct Based Medicine® System**.

Another fundamental experience that led to the development of my **IBMS®** was when I saw a psychology professor perform a hypnotic experiment. He suggested to the hypnotized person that the normal and cold half-dollar coin he put in the person's hand was a piece of hot coal. The person developed a blister without any physical reason. That was the day I understood if the body can create a burn blister without any real reason, the body can get rid of a tumor in the same way just by mental stimulation. That was the breakthrough, and I cured my mother and countless patients after that.

Today I am a very healthy, energetic and highly motivated individual. I have found the key to good health and am willing to share my findings with you.

My method is by no means the only valid one, and each individual must develop a system that works for

him. However, I want to give you the tools so that you can build your own path to health and happiness.

Millions of people have already benefited from my method— follow their example! The only thing you need is the will to be healthy. You must begin by taking responsibility for your own life. Start now!

Just as there is a cure for every sickness, there is a cure for every malady, like fear, failure, and doubt. Whenever something does not work, change your attitude, your behavior and try again and again until you have reached the success you desire.

Never be satisfied with limitations and certainly never accept any limitations in the quality of your life. Never forget that a fight continues until you stop fighting. Everything becomes hopeless only when you give up the hope and the fight.

The insight I gained through my practical work, my studies and research, showed me that each cure has to be a “self-cure” to be effective and lasting. Real help can only be help if it is based on self-help. For that reason, I have created the self-healing system which is described in this book.

Of course, the examples here only give a glimpse into the function and working of the self-healing mechanism and its consequences. However, this book provides enough information for you to recognize that there are ways and possibilities to heal “apparently” incurable diseases and to solve your problems so that you can lead

a happy life.

## **My challenge to you**

I hope that my story has inspired you to take action. There is no healing force outside the body. No doctor, drugs or therapy can cure you. Doctors and drugs only suppress the symptoms; they do not cure a person. It is a person's mental, emotional and physical behavior that makes him or her sick or well.

Now is the time to activate your natural self-healing powers, so that your body can recover from the disease. Regardless of your age or physical condition, you can recover from virtually any disease. You can cleanse your body and enjoy life again. The next chapter covers the building blocks of health: food, water, and exercise.

Are you ready to begin your journey? Get into the driver's seat and buckle your seat belt. You're on the road to recovery and wellness.

I learned that if you give your life or health into the hands of the medical profession, you are doomed! If you want to get healthy and stay that way you have to rely only on yourself.

## **You can only depend on yourself**

You have to study health. Get the right teachers and

coaches and heal yourself and keep yourself healthy. Use the medical profession to help diagnosis illnesses, for emergency care and may be control over the progress of your healing process, but otherwise don't trust them blindly with your life. Let them give you advice and listen carefully. Ask a lot of questions. Educate yourself. Keep asking questions until you feel comfortable with the answers and your decision. A doctor is just a person and can make mistakes. He could be lazy or uninterested or even incompetent. Everything is possible. At least keep the possibility in your mind that your doctor is not God and does not have all the answers.

Do you want to depend on the profession that only makes money when you are sick?

Do you want to trust your life to the profession that needs you to stay sick and to suffer to survive themselves financially? I endorse chiropractic, but I know a lot of chiropractors that make sure their patients never really get pain-free so that their income is safe for the future.

If everybody is healthy, they all are broke. The pharmaceutical and medical professions live from your pain, suffering, and illness. They have not the slightest interest in permanent cures or a world of only healthy people. That is the reason why they brainwash you all the time to believe they have the answers! They brainwash you to think that if you are sick, they are the

only ones that can help you.

Do you know that some teachers and schools get \$500 or more per year for getting a child on the chemical form of cocaine called Ritalin? And that every child on the ADD or ADHD drug Ritalin is a drug addict for life after just a few days? Please read the book: ***Talking back to Ritalin!***

Money is the reason why they mislead you all the time. They tell you if you treat the symptoms, you will get healthy. No, you will not! The only way to get healthy is to get rid of the root cause of all illness (mental, emotional and physical stress) and not to put chemicals into your body or suppress symptoms by surgery, chemotherapy, radiation or other toxic techniques. Chemotherapy and radiation cause cancer. Surgery often leads to the spreading of cancer into the entire body or weakens the immune system so much that the patient dies.

Do you want to learn how to get healthy and stay that way, doing it yourself? Or, do you want to give your life and health over to the hands of others that live with your illness, pain, and suffering? There are publications that state that the medical profession is the number one cause of death today.

This book is the result of personal experience, pain, suffering illness and death, the result of personal victories over so-called incurable and chronic disease and the result of failure and success in a way nobody else

has ever produced or experienced.

You can use and trust the medical and pharmaceutical industries and make them even richer through your endless suffering, or you can take charge of your own destiny and create the optimum health you deserve.

The pharmaceutical companies are publicly traded companies. Their fiduciary duty is to make more money for their stockholders. That is the law.

You think your diet makes you sick? No, what the food industry puts in its products does. Plus, we have to deal with the genetic manipulation of food which will cause even more problems.

It is being stressed that makes you sick! Stress can make you dehydrated and can kill you. Stress shuts off your digestion, and that can make you nutritionally deficient. Of course, you can poison yourself with the wrong food and have accidents that lead to long-term health challenges, but that is just a tiny percentage and not the main cause of illness and suffering. Eighty-six percent of all illnesses are stress related. Only 14% stem from other reasons.

Do you think the lack of oxygen makes you sick? Yes, but the lack of oxygen is mainly caused by stress in the first place. By shallow breathing, you constrict your breathing capacity that can lead to stress related restriction of blood vessels, muscles, and organs. In the end, every single disease or illness can be traced to stress as the root cause of malfunctions and deficiencies.

Where is this stress coming from? It comes from living in fear, hopelessness, doubt, compromises against our self, living with lack of self-esteem, self-love or self-respect, living in bad relationships or suffering daily in a bad job, having no future and so on.

So how do you fix this problem? Follow the easy step-by-step process in this book to educate yourself. Learn how to make the right decisions and how to take charge of your life and achieve everything you deserve by creating it yourself!

You learn how to uncover the root cause of every problem in your life and how to fix it. You learn how to eliminate unnecessary stressors out of your life and learn how to minimize your stress level in your life. Learn the **Instinct Based Medicine® system!**

Remember diet, lifestyle and everything else is only responsible for about 14% of illnesses. Stress causes 86% of illnesses and is, therefore, the main, if not the only, cause of illness.

# **Chapter 4**

## **THE CURE FOR CANCER PATIENTS**

It is a proven Fact that the AMA knows for a fact that Rife Frequencies, Gerson or Budwig Diets, Essiac, Hoxsey therapy, etc., are curing cancer symptoms, why in the world are they preventing cancer patients to use it to eliminate the cancer symptoms and are pushing the pharmaceutical / medical treatment instead? And even worse, they are forcing doctors and patients into the body's destruction and early death! They even take children away from their parents that do not want chemo, radiation and surgery done to their children and instead commit the children with court orders to get assaulted, permanently damaged (that shows that they cannot be an organ or blood donor anymore after one Chemo) and eventually murdered. They lose all quality of life after the full medical treatment has begun and their possibility of ever getting fully healthy is also gone forever. They even lose their capability to ever have children, to ever being able to reproduce! So my question is: what sense does it make to harm a cancer patient, taking away their quality of life, making them suffer from pain and physical limitation, appearance and functionality, knowing the medical assault with chemo, radiation, and surgery (poison, burn and slaughter) cannot

and will not even hypothetically cure them? Is it not assault and murder in many cases? And is it not a crime also to not help or prevent a suffering person from further suffering and dying, knowing there are natural cures or help out there, and refusing to help and even make the help impossible for the patient to get or the Physician to apply the countless natural cancer symptom cures available from Nature?

I ask the government to stay out of the therapy business. They are not trained or licensed to make any therapy related decisions for others anyway. They are lawfully not even allowed to withhold any potential cure from anybody. They are lawfully not allowed to force any form of treatment on anybody. They do not have the experience or knowledge or understanding to see the fraud in nearly ALL medical studies or derailment done by the same companies that want to sell the new drug. Common sense tells us that, if it is chemically created and the side effects of treatment are worse than the illness itself, not to do it. Every judge can and should be criminally and civilly sued if he or she made a decision for the forceful assault or murder of a child. They make you believe they can't be sued, but believe me, they can. They are personally liable for every decision and ruling they make. If you want more information on that, go to [www.CancerPatientAdvocateFoundation.com](http://www.CancerPatientAdvocateFoundation.com). Judges can easily be sued. I insist that our Politicians create an amendment to the Constitution for Health and Therapy

Freedom. Remember it is a crime to withhold a cure knowingly. The FTC, or FDA and AMA, know about the effectiveness of the Rife, Gerson, Budwig, Hoxsey, Simoncini cures for cancer symptoms and destroyed the inventors and made the use of these cures inaccessible or illegal. That is a crime and I insist this be investigated by Congress.”

**Do you want some cancer symptom cures  
that work? Here you go:**

1. Endocannabinoid System is responsible for homeostasis. THC and CBD react to the cannabinoid system to provide pain relief. These receptors control things such as sleep, appetite, mood and even the sensation of pain. Source: The Chemistry of Cannabinoids and the Human Body by Julia Granowicz
2. 3 Ways to Activate Cancer Fighting T-cells Vitamin C&D, Selenium, and Cats Claw. T-cells are defined as a lymphocyte (white blood cell) of a type produced or processed by the thymus gland and actively participating in the immune response. Having your t-cells active and engaged, working properly helps to reduce the risk of infection and disease.
3. Cancer can be reversed by eliminating oral pathogens. Mercury and other metals used in dental

work composites can bind to minerals and proteins. This can affect the immune system's ability to identify cancerous cells. It can cause it to attack normal, healthy cells – setting the stage for autoimmune disorders and cancer. *Source: Dr. Robert Kleinwaks and Natural News reporter Jonathan Landsman.*

4. Ellagic acid cancer treatment. Ellagic acid is a naturally occurring polyphenolic constituent found in 46 different fruits and nuts such as grapes, pomegranate, red raspberry, strawberry, blueberry, and walnuts. “[Ellagic acid] prevents the binding of carcinogens to DNA and strengthens connective tissue, which may keep cancer cells from spreading.”  
(1) Ellagic Acid can inhibit mutations within a cell’s DNA. Furthermore, it is considered to be a cancer inhibitor which can cause apoptosis or normal cell death in cancer cells.
5. Dandelions have been found to kill cancer cells. On a study done on cancer patients who drank dandelion tea, it was found to kill the cancerous cells while being non-harmful to the healthy cells.
6. Black Salve has been shown to heal skin cancer. Black salve is the name used for a group of natural corrosive agents, sometimes called escharotics. Frankincense Essential Oil, when pure, has been shown to heal cancer as well as hold many other healing properties. Frankincense oil is molecularly

small enough to cross the blood-brain barrier the goal of many pharmaceuticals. *Source:*

7. Meditation has been found to have a profoundly positive effect on the immune system and because of this has been helpful to cancer patients. *Source: CPF Canadian Family Physicians Pascal Lamanque and Serge Daneault.* [www.cfp.ca](http://www.cfp.ca)
8. Prayer. A joyful heart is good medicine, but a broken spirit dries up the bones. *Source: Proverbs 17:22*
9. The Budwig Protocol Dr. Johanna Budwig capitalized on this research by Dr. Warburg and utilized oxygenation to cure her cancer patients. Her cure required eliminating harmful foods and fats from the body that contributed to cellular oxygen starvation. These useless foods were replaced with healing foods rich in fatty acids, particularly quark cheese and flaxseed oil. In addition to the natural diet component, Dr. Budwig also encouraged her patients to get plenty of sunlight, which provides an individual with ample vitamin D to help fight cancerous cells, as well as mood-boosting benefits. *Source: Dr. Johanna Budwig*
10. Walnuts for cancer and metabolic syndrome. Walnuts are widely studied for their anti-cancer benefits. They contain the omega-3 fat – alpha-linolenic acid. *Source:*

*American Institute for Cancer Research.*

11. Stress is a major contributor to disease, cancer included. Lower the stress levels and you also greatly decrease your chances of developing cancer. *Source: Widely accepted by both western and alternative medical communities.*
12. Alkaline Diet. Eating an alkaline diet provides an unfriendly environment for cancer cells.
13. The sun heals cancer. Exposing your skin to the sun for just 15 minutes or more daily can help heal and prevent cancer and illness. *Source: Dr. Richard Hobday writes in his book, The Healing Sun.*
14. *Elimination of sugar from the diet removing sugar (glucose) takes away cancer's feeding source. Remove the sugar, and the cancer can begin to heal.*
15. Juicing can help heal cancer Gerson therapy is a protocol of Organic, plant-based foods, Raw juices, Coffee enemas, Beef liver, and Natural supplements. *Source: Max Gerson.*
16. Detoxification on a cellular level can help rid the body of cancer and strengthen the immune system. *Source: Max Gerson.*
17. Proteolytic Enzyme Therapy based on a plant based diet with no animal protein. Also, physicians recommend taking 5 grams of proteolytic enzymes

three times daily on an empty stomach between meals to reduce inflammation. *Source: Dr. Josef Beuth*

18. Vitamin C Chelation. Chelation therapy uses Minerals or natural compounds to remove toxic metals from the body. Along with vitamin C chelation, consuming more vitamin C-rich foods may also prevent and fight cancer. *Source: Dr.Axe*

19. Probiotic Foods and Supplements. Recent research has suggested that probiotic supplementation may be able to stop tumor growth. *Source:*

<https://www.ncbi.nlm.nih.gov/pubmed/17369232>

20. Vitamin D3 Optimize vitamin D3 through 20 minutes of sun exposure every day. This is best done by exposing 40 percent of your body to the sun between 10 am and 2 pm. Take an oral supplement containing around 5,000 to 10,000 IU of vitamin D3 daily. Because they are fat-soluble, make sure that you take them with some healthy “fatty” foods containing coconut oil or a probiotic-rich drink like kefir. *Source: Dr. Axe*

21. Turmeric and Curcumin. A number of laboratory studies on cancer cells suggest that curcumin does have anticancer effects. It seems to be able to fight cancer cells and prevent more from growing. It seems to be most effective against breast cancer, bowel cancer, stomach cancer and skin cancer cells. *Source:*

22. Oxygen Therapy and Hyperbaric Chambers. All normal cells have an absolute requirement for oxygen, but cancer cells can live without oxygen — a rule without exception. Deprive a cell of 35 percent of its oxygen for 48 hours, and it may become cancerous. *Source: Otto Warburg, MD (Nobel Prize in Physiology Winner, 1931)*
23. Immune-Boosting Mushrooms. Mushrooms have been used in Chinese medicine for over 4,000 years, and research regarding the cordyceps and reishi species and cancer therapy has been pretty straightforward. *Source: Chinese Medicine.*
24. Acupuncture to treat cancer. Helps to correct energy pathways. Can be beneficial to treating cancer.  
*Source:*
25. Heavy Metal Chelation can help to improve immunity in cancer patients.
26. Bitter Melon Juice also known as bitter gourd or karela) contains an enzyme that inhibits the transportation of glucose (sugar), cutting off cancer cells' food supply. Ketogenic Diet can heal cancer. The ketogenic diet is a very low carb diet that is moderate in protein and high in fat. Cells in your body are normally fueled by glucose. When glucose is not

available, cells derive their energy from ketones – a byproduct of fat breakdown. Cancer can not survive without the glucose. *Source: Dr. Dominic D'Agostino*

27. Baking soda. Baking soda can be used to stabilize cancer growth.
28. Lemon. Lemons hold anti-tumorigenic properties. Lemon juice is the only anionic substance, the only natural hydrochloric acid on earth. *Source: "Biological Theory of Ionization" by Dr. Carey A. Reams.*
29. Apple Cider Vinegar. Vinegar can help kill pathogens, including bacteria. It has also shown promise in defeating cancerous cells.
30. Noni Juice. Noni juice is considered a primary treatment of cancer in the first stage. It kills cancer cells and stimulates the production of white blood cells in the body. It also enlarges the cell membranes to facilitate the absorption of cancer-fighting nutrients.
31. Carrot Juice: Drinking carrot juice is one of the best ways to prevent or fight cancer. Carrots contain high levels of alpha-carotene, a potent cancer preventive and cancer-fighting compound.
32. Grapefruit Juice: Research has revealed that grapefruit juice can reduce the possibility of colon cancer lesions. Grapefruit contains limonene, a phytochemical that works to break down the cancer-

causing substance, preventing cancer. It also contains monoterpenes, a substance that sweeps carcinogens from the body. It also inhibits the proliferation of breast cancer cells in vitro.

33. Pomegranate Juice: Pomegranate contains an abundance of antioxidants, which are its secret weapon in the fight against cancer. A study has shown that pomegranate juice suppresses the growth of malicious cells, preventing cancer.
34. Red Grape Juice: Red grapes contain resveratrol, a potent antioxidant, which helps to fight cancer. Researchers have claimed that eating flavonoid-rich red grapes stunt the growth of enzymes that triggers the growth of cancer cells in the human body.
35. Beet Juice: Beetroot juice has been used as a treatment for cancer in Europe for centuries. In fact, several experiments have been carried out to show the efficacy of red beetroot juice in treating cancer.
36. Mangosteen Juice: Mangosteen is a tropical fruit native to South East Asia. This antioxidant rich fruit has potential therapeutic and preventive uses in cancer treatments.
37. Soursop Juice: Soursop juice has more potency than the chemicals in the most commonly used cancer treatment chemotherapy. Xeronine, a chemical found in this fruit produces a strong immune response to

cancer.

38. Goji Berry Juice: It contains high levels of beta-sitosterol, a substance that inhibits the formation of cancer cells. The polysaccharide compounds in goji berry juice also help to inhibit prostate cancer.
39. Blueberry juice comes packed with high levels of antioxidants, including cancer-fighting nutrients. The anthocyanin content in Blueberry is known to prevent all types of cancer. The fruit contains Ellagic acid and anthocyanin, two very effective cancer fighting compounds.
40. Red Onions: Onions are rich in polyphenols, which play an important role in preventing and reducing the progression of diseases such as cancer.
41. Cannabis oil. Oil extracted from cannabis can be used to heal cancers. *Source: Rick Simpson Hemp Oil Protocol*
42. Ozone Therapy. By increasing the amount of oxygen present in the body, ozone therapy may help to reduce the clogging of blood cells; detoxify the liver; decrease uric acid in the body; improve circulation and oxygen supply; kill viruses, bacteria, and fungus and improve the activity of the white blood cells.
43. Laetrile or vitamin B17 selectively targets and destroys cancer cells while healthy cells remain unharmed. The substance is naturally occurring in

many plant foods, including apple seeds, bitter almonds, and apricot pits, and may also be obtained through oral supplements or administered intravenously. *Source: Dr. Leonard Coldwell*

44. Positive attitude and visualization. Every person has the power to control their own thoughts and attitudes, thereby creating their reality. A true look at how one perceives their cancer diagnosis as a necessary life-changing event and even a chance to transform their life. *Source: Dr. Leonard Caldwell*

45. *The Rife Machine can heal cancer and many other diseases by pinpointing targeted areas with sound and vibrational frequencies.* *Source: Dr. Royal Raymond Rife Ph.D.*  
[www.rifevideos.com/dr\\_rife\\_and\\_cancer\\_a\\_realistic\\_view.html](http://www.rifevideos.com/dr_rife_and_cancer_a_realistic_view.html)

46. Exercise: Exercise lowers insulin levels, which creates a low sugar environment that discourages the growth and spread of cancer cells. Black Seed (*Nigella sativa*) In cell studies, black seed has been found to have anti-cancer properties, inhibiting the growth of colon cancer cells specifically. *Source:* <https://www.ncbi.nlm.nih.gov/pubmed/12881014>

47. 35% Hydrogen Peroxide Cancer thrives in an acid-heavy system. Alkalize the body, and the cancer cannot live. *Source:*

**48. MMS Solution (Miracle Mineral Solution)** Miracle Mineral Supplement, often referred to as Miracle Mineral Solution, Master Mineral Solution, MMS or the CD protocol, is a solution of 28% sodium chlorite in distilled water. *Source: Jim Humble's Protocol. Some say it is Poisonous so please do your own research first before considering it for use. I personally have never used it.*

**49. Selenium** has now been recognized by the Food and Drug Administration (FDA) in America as an anti-cancer nutrient. *Source: Journal of the American Medical Association.*

**50. Finding and healing the root emotional cause of the cancer itself.** *Source: Louise L. Hay, Heal Your Body, Heal Your Life & Dr. Leonard Coldwell IBMS, Instinct Based Medicine System.*

**51. Aloe Vera:** This herb can be consumed raw in the form of jelly. It is effective against both prostate and lung cancer.

**52. Wheat Grass:** This is known to be advantageous to many cancer patients. Wheat grass taken in the form of juice or its raw form is shown to retard the growth of cancer cells. *Source: The Memorial Sloan-Kettering Cancer Center.*

**53. Myrrh** is an herb with a wide range of properties including anti-inflammatory, antibacterial, and anti-

fungal qualities. It is a good home remedy for the treatment of all kinds of cancer.

54. Hyperthermia (thermotherapy) is a treatment in which body is exposed to high temperatures (up to 113°F). Research has shown that high temperatures can damage and kill cancer cells, usually with minimal injury to normal tissues. *Source: [cancer.gov](http://cancer.gov)*

55. Fasting the body will naturally begin to clear itself and heal if not under stress of digestion. *Source: Dr. Marc Sircus*

56. DCA (Dichloroacetate) DCA, triggers the mitochondria in cancer cells to become active again which then leads to the death of the cancer cell by apoptosis.

57. Urine Therapy. Urine therapy is backed by over a hundred years of scientific research clearly demonstrating its outstanding therapeutic qualities, including die off of cancer cells. *Source: J.W. Armstrong.*

# **Chapter 5**

## **THE SOLUTION TO ALL ILLNESS**

***Lack of energy causes all illness.***

***Here is the solution:***

There are only two reasons—except for accidents—for that destructive and chronic form of lack of energy that can cause long-term symptoms and lead to illness.

1. The main cause, and usually the root cause of all disease or health challenges, is a lack of energy caused by mental and emotional stress. That stress is caused by living in constant worries, doubts, fears, lack of self-love, lack of self-esteem and most of all lack of hope. But the worst of all is to live with a compromise against yourself. One example would be to stay in a relationship, that makes you literally sick, just because of the children, or what relatives and friends will say, or because of the trouble coming from a divorce, or not to admit failure, or the wrong belief you would lose all these years of the bad relationship if you go out now, and other absurd thoughts.

Or you keep on going to the same job every week that is killing you in the whole meaning of the word. The boss you cannot stand any longer or the work environment or colleagues that are horrifying for you. That is the reason why most deadly heart attacks happen on Monday morning between 8, and 9 am when people get ready to go to a job that they cannot stand or handle any more. They literally would rather die—others get in subconsciously caused accidents—than to go to this job

one more time. Often people in our own environment, neighborhood or family are the worst energy drainers and cause our own energetic breakdown with their negativity, constant whining, complaining, nagging and their own depression and hatred. Therefore, the first thing you have to do is to make a list.

This paper should list the ones that have to go!

If you don't get rid of the energy drainers—life will get rid of you!

Based on three decades of experience and unmatched results in helping people to achieve optimum health I created, as experts have stated, the most effective, most sold and most endorsed stress reduction and self-healing system ever—The Instinct Based Medicine® System®.

To avoid and reverse the destructive results created by mental and emotional stress and the lack of energy caused by it and to enhance your energy level to enable the body to repair itself from no matter what challenges you are experiencing in your body, mind or emotions, you need to know and be able to use nature's own systems and functions that I essentialized and systemized in my IBMS® System. This includes the sessions I used with my personal patients and my staff used with theirs. This system has been sold over 3 million times.

If you want to learn the system and to be able to use it I would get it via [www.DrLeonardColdwell.com](http://www.DrLeonardColdwell.com) I would suggest, for a total life makeover, to get my

Book: *The only answer to Stress, Anxiety and Depression* and the following audio program sessions and systems:

- The Stress Reduction Program
- The Champion Pack
- And look into all the individual sessions that your instinct tells you to use.

Use all the information in this book, and you can also get my books: *The Only Answer to Cancer*, *The Only Answer to Success* and *The Only Answer to Stress, Anxiety and Depression* as audio books as well as in print version.  
[www.DrLeonardColdwell.com](http://www.DrLeonardColdwell.com)

In my opinion and experience, the second the cause of lack of energy has been eliminated, and the energy level has been raised; the healing process begins no matter how bad the lack of energy was at the beginning.

2. The physical cause (86% of all illness and doctor visits are stress related) of all health challenges is toxemia and acidosis. Our diet usually causes this and our mishaps (alcohol, drugs, mainly prescription drugs,) food preservatives, food additives and other poisons in our drinking water and our food supply, and also by the lack of nutrition. Since our food supply has been controlled and manipulated by the big companies and the chemical and food industry, we simply don't get the nutrition from our food that we need to be, become or stay healthy.

Therefore two things have to happen to change this cause of lack of energy that leads to all kind of health challenges:

**First:** You need to detoxify your body. For myself and my patients, for over 10 years now I use the cleansing protocol based on organic whole foods and water – see [www.CancerPatientAdvocateFoundation.com](http://www.CancerPatientAdvocateFoundation.com) that is the only system that I know of that cleanses every cell of the body at the same time, and that is a full body and colon cleanse. Every cleanse that is shorter than 21 days has shown in my experience ineffective or completely useless and often harmful. I would never do a single organ cleanse before I cleanse the full body and colon first. The reason is simple: if you detoxify one single organ like the liver or the kidneys, the body has to pour out all the toxins from the body first to be able to eliminate them. But most people, and in my experience all cancer patients, are already so highly acidic and toxic that even one simple drop more of any form of toxin can literally spill the entire barrel. Meaning, it can tip the person over into major damage or even death is possible. Therefore, I believe you have to do an effective all natural cleanse, as organic as possible, using the best of the best ingredients, using a full body cleansing system first before you even consider a single organ or system cleansing.

After that, and only after that, I would do in the

following order: a liver gallbladder cleanse, heavy metal cleanse, kidney cleanse, candida cleanse, parasite cleanse, lymphatic cleanse and after that you can do any individual cleanse you want without any problems in my experience. If you use a safe production company—the only one I know and use is available at [www.CancerPatientAdvocateFoundation.com](http://www.CancerPatientAdvocateFoundation.com)

**Second:** For the body to be able to repair and heal and to stay healthy it needs the healthy and necessary building blocks to build new and healthy cells. Most of us are nutritionally deficient and therefore unable to build new healthy cells or have an optimal working immune system.

To fix or avoid this problem I suggest always to use fresh juices and/or eat food from [www.CancerPatientAdvocateFoundation.com](http://www.CancerPatientAdvocateFoundation.com) and use the books from [www.paulnison.com](http://www.paulnison.com). Even with all of this, we still have nutritional deficiencies based on the fact that there are not enough nutrients, minerals in the food anymore to sustain our perfect health.

For that reason, I use supplements, from [www.CancerPatientAdvocateFoundation.com](http://www.CancerPatientAdvocateFoundation.com)

If you want to know what I use to protect myself from radiation like that one caused by the Fukushima nuclear reactor accident in Japan or what I use to eliminate the radioactive poisons in my system, please write me at

IBMSInternational@startmail.com and you will get the entire list. At the time of the publishing of this book the entire Radiation protection and elimination Protocol is not fully completed but when you read this book and write me it will be done and I will send it to you.

If you want information that you will not get anywhere else because people are too afraid to speak or write about it, you can get it for free by simply signing up for my free Newsletter, without any cost or strings attached at [www.DrLeonardColdwell.com](http://www.DrLeonardColdwell.com) and you will get stunning information about Health Freedom and Liberty that will blow your mind.

Also, watch my TV and Video Network for mind-blowing and potentially lifesaving information.

[www.DrColdwellOpinion.tv](http://www.DrColdwellOpinion.tv)

[www.DrLeonardColdwell.com](http://www.DrLeonardColdwell.com)

Always remember: "There is no healing force outside the human body! " Dr. Leonard Coldwell

# **Chapter 6**

## **THE DR. COLDWELL HEALTH CARE AND HEALTH COST SOLUTION**

I guarantee my health care plan will keep or get 90% of all citizens healthy and save up to 95% of health care costs. I also have the perfect solution for health and healing and to eliminate the fake medical, pharmaceutical suppression of symptoms with patented chemicals. I can cure Cancer Patients, and I have proof of my claim. My cancer Patients are still alive. Those that go the route of the medical profession are not, or suffering horrifically. I cured my mother of Hepatitis C, fatty liver, liver Cirrhosis and terminal liver cancer with the prognosis of having only six months to live. I healed my mother of all of this and today, 45 Years later, she is still alive and one of the healthiest people and most vital and fit 83-year-old person you could ever meet. I have the proof, the results, and the possibility to cure cancer patients for a few dollars in days or weeks! I guarantee that!

The Dr. Coldwell Health Care Plan and Guarantee for Optimum Health proves that 99% of all pharmaceutical drugs are not needed and or not good for anybody!

Most illness is caused by the effects of drugs (there are no side effects ONLY effects). Most of the

consequences of these pharmaceutical patented drugs cause more suffering and damage than the illness, they pretend to treat, would ever cause.

Most of all these drugs, especially chemo poisoning (not chemotherapy) are destroying the quality of life of the patient, cause unimaginable pain and suffering and early death. No doubt about that.

Most cancer Patients could be cured within weeks (if no assault from the medical profession was committed before the IBMS Training) basically for very, little money (estimated \$5,000 to \$9,000 dollars per patient). Diabetes 2 can be reversed nearly all the time by an organic non-GMO raw food diet, as well as any thyroid problems. (They are not obese because of a damaged thyroid. They destroyed their thyroid by being obese first, in most cases. Or it's a vaccination result.) Nearly all IBS, leaky gut and all other colon problems could be prevented with the ban of GMO and Glyphosate. Most skin problems are caused by antibiotics and their result in Candida Overgrowth, Herpes infection and therefore massive liver and kidney poisoning (or general Toxemia).

You can eliminate most infections with colloidal silver (that is why the Rockefellers made it illegal for therapeutic use) along with Turmeric, Zinc, etc. Nearly all physical disorders or infections could be cured or prevented by getting the body alkaline and oxygen rich. This transformation is easy to achieve with Silica (cost pennies) and some diet changes.

Otto Warburg and Max Plank, who received a Nobel Prize, have stated that NO Cancer can develop, grow or survive in an **Oxygen-rich (juice all that is green) and alkaline (pH 7.36) environment.** Nearly all negative health conditions can be prevented or eliminated by an IBMS approved diet, **regular cleanses, a gallon of water a day with half a teaspoon of Pink salt in it.** (Support [www.BestPinkSalt.com](http://www.BestPinkSalt.com). The Owner, Wendy, adopted 5 Autistic children.)

**Walk 20 Minutes a day in fresh air. Do the IBMS Training every six months.** Stop the customer development programs, that they call early detection procedures. They have never prevented or cured any cancer! But they are proven to cause potential harm and death. **Stop the yearly physical.** If **you don't feel pain or you're not sick, why would you go to a chemical drug salesman or women called an MD?**

Many people have cancer, and it goes away on its own, and they will never know about it if they would never have gone to early detection hoaxes, **Mammograms elevate the cancer risk or can even cause cancer, and colonoscopies kill a lot of elderly people by poking holes into the colon walls.** All that costs a lot of money and does no good, in my opinion.

Make the assault with a deadly weapon; they call it vaccines, a crime and illegal. NO vaccine has ever been proven to prevent or cure any disease, and not one has been proven safe. But they kill and cause illness, that is

commonly known to mothers that have an autistic child or neurologically damaged or dead girl after an HPV vaccination. Physical health is easy to achieve if they stop causing all kind of disease and health conditions with patented drugs and unnecessary or destructive and expensive medical procedures. Just eliminate the poison from our food and water supply. Eat 70% healthy organic non-GMO raw foods. Don't take patented drugs. Nature has cures for everything and without any negative side effects. Make all proven natural techniques and procedures or treatments a must in the Doctor's office, most of all the illegal ones, like Rife Machine Therapy. Gerson and Budwig diets. Harry Hoxsey treatments. Legalize Hemp, because it can cure nearly everything including cancer and all bone-related issues, Seizures and many neurological problems, but most of all it can eliminate pain. Silica is dirt cheap and can even eliminate and prevent many bone related issues, and can be a cure for Arthritis, osteoporosis, etc., and can potentially help Alzheimer's and Parkinson's or MS Patients. That coconut oil can be the cure for Alzheimer Patients, should be known by everybody. I do not have a cure for damage from the medical and pharmaceutical treatments but I am always adding more information and ideas on The Cancer Patient Advocate Foundation website. The pharmaceutical industrial Complex, the largest investment industry, will come after me like a Spider-Monkey (as a friend of mine calls it). After four attempts

on my life and daily death threats for many decades now, I can handle it. I am prepared for them. They are not prepared for me! IBMS means finding and eliminating the Root Cause of every unwanted development in a human's life, I live what I preach. I will ALWAYS eliminate the root cause! Oh, and by the way, "I will never forget, never forgive and ALWAYS get EVEN!" "On one of my websites is my quote:" I will not start the fight, but, I will finish it!"

The main cost in Healthcare (sickness care via chemical symptom suppression) will be spent on cancer and other conditions and diseases by vaccination and other legalized attacks on the human health and life, used for customer acquisition for the Pharmaceutical Industrial Complex; the largest investment industry in the world. They do not have any interest in health, prevention and healing or cures. **They only make money on sick care.** I can stop this for good! I have developed a way to cure and prevent cancer with a proven success rate over 90%. (Without pre-medically treated, murdered Patients). That is the reason why the medical/pharmaceutical groups spend over 48 Million dollars to destroy me with defamation, lies and made up stories and attacks. They worked with the playbook of Morris Fishbein, the former AMA head, to try to buy me out, pay me off. After I did not fall for that, they tried to destroy me as they did with the **proven Cancer Cure Inventors: Harry Hoxsey, Dr Rife, Dr Gerson, or the inventors of the Budwig diet or Essiac**

tea. All of them or their treatments did cure and are still curing cancer.

All siblings of my mother died of cancer so did my grandparents, all of them from cancer, my father and stepfather died of cancer, my sister had cancer (I cured her cervical cancer in 48 hours 38 years ago). I know more about the horrors of cancer, and the pain of the loved ones of the cancer patient than any other human being will ever know. I am the only one that could and has created the way for cancer patients and their loved ones to survive cancer and get and stay 100% well. I treat the Patient and their loved ones, turn them into Co IBMS health coaches and cure the LIFE of the entire family.

### **The Dr. C health Care plan**

Install the ONLY success and result proven IBMS System as mandatory health education and prevention self-help and self-healing training and coaching system. EVERYBODY could be and stay healthy with natural, cheap means. Take the NWO Owners of the Pharmaceutical and Medical industrial complex out of their Monopoly of Sickness care and chemical symptom suppression. Since that only leads to worse illnesses and symptoms along the way. Since their goal is not healing but making money on the suffering and death of the patient, there will never be a natural cure provided. Their interest is not health and healing; it is creating

more new diseases. Creating more manageable diseases and conditions like diabetes, cholesterol and now trying to turn cancer into a manageable disease, so that they can make money on the patient for a much longer time.

Mandatory Health education. He who does not attend and pass the test gets nothing.

Don't pay for back surgery. In 45 years working with Patients, I have never seen one go right or help long-term. The opposite, they all got worse, and some even committed suicide because of the unbearable nerve pain. Pay only for chiropractic and Osteopath.

Make vaccination illegal until they are proven safe and effective in preventing illnesses and outbreaks, or make them available only for the ones that want them and pay for them themselves. They are murderers and create customers for Big Pharma. Humans have the right to life and being free from physical harm. The government cannot mandate or practice medicine without a license. All producers, Big Pharma, practitioners, doctors, and enabling politicians making laws or codes, etc., are fully liable for all damage, mental, emotional or physical harm. So ask anybody that wants to screen you for something, what would you do if you find something wrong, to fix it and cure me? The answer will be, "I don't know." We need to see what is going on first. So what is the worst case scenario and what would you do about it? What is the solution or cure? The answer will be some wishy-washy, lie or excuse or approach to avoid the

answer that they have no cure. Therefore, what good does it do to know something is wrong if there is no medical cure for it. But the damage via radiation, via X-rays, MRIs, CT Scans, Colonoscopy or Mammography is permanently done. Just do the IBMS Training every 6 or 12 months and do the natural IBMS cleansing and repair protocol. That means no matter what you have, it will be better after that. If you have pain or any physical symptoms that is different. In that case it has to be diagnosed of course.

- NO ONE needs long-term pharmaceutical drugs.
- First amendment. No government can harm religion. A religious waiver is a constitutional right. Waxner Court ruling: the right to personal belief and religious exemption or Personal religious belief. End medical tyranny.
- Don't pay for Smokers. They can insure themselves any way they want, but don't get government support or tax credits. Pay one time for stop-smoking education.
- Don't allow dying patients to be used as experimental Guinea pigs for useless or unnecessary chemicals
- Amendment to the constitution for Health Freedom and Therapy freedom.
- Mandatory health and prevention education in all schools

- Stop the fraudulent pharmaceutical, medical Drug fraud on everybody. There is never a long term drug treatment that is healthy or needed. Stop the pharma drugging of the elderly. Finance the IBMS research and creation for natural CURES, not chemical symptom suppression
- Remove RDA for vitamins and minerals
- Have the government stay out of any form of health care or treatments of any condition
- Stop cancer screenings ( customer acquisition tactics )
- We don't need expensive diagnostic tools if they don't have a solution for the diagnosis. To know what you have, but being not able to receive a cure makes no sense
- Stop the RFID chip. It causes cancerous cells in ALL animals that have one.
- Stop the yearly physical. If you don't have any symptoms, you don't need any customer acquisition screenings, if you do the IBMS health protocol once every six months
- All Government has to stay out of health care and treatment.
- Seek out and use Natural Cure Elements first
- Make every outlawed or illegal or forbidden natural cure or treatment legal

- Stop root canals and mercury fillings
- Stop unnecessary X-Rays
- Legalize Hemp Therapy, Rife, Gerson, Budwig, Hemp, IV vitamin C, for cancer treatment
- Ban fluoride in tap water, dental treatments, toothpaste, etc.
- Ban airport body scanners. Microwaves are a cancer cell production guarantee, plus the needed structure of water clusters in our bodies will be disrupted by these deadly devices.
- Only natural treatments are legal (the exceptions are trauma care. Hip replacements, etc.)
- Make all health care insurance private or all government. (50 Dollars tax a month for everybody.)
- Ban all pharmaceutical symptom suppression Universities and Schools (except for trauma care).
- Ban all pharmaceutical Drugs that have negative side effects.
- Open Homeopathic and Naturopathic schools all over the country.
- Teach Prevention, and Natural Cures only
- No expensive or experimental treatments
- No treatments or experiments on dying patients
- All drugs have to prove that they cure and have NO

side effects

- Nutritional Education
- Ban all cancer diagnostics. Have everybody do cancer prevention and treatment: IBMS
- Ban...
- Vaccines
- Early detection scans
- GMO
- Mercury fillings
- Unnecessary X-Rays, CT scans, and MRIs
- MSG
- Aspartame
- Glyphosate
- Wifi, EMC, dangers (build in Protection)
- Toxins in food and water (preservatives etc.)  
Mandatory water filters paid for by the water provider.
- Only natural food is legal
- Prevention IBMS Education: Stress Reduction,
- Daily health care IBMS education TV channel
- Take away all liability exemptions from EVERY company. GMOs, Vaccines, etc.

- Health Insurance: everybody in America pays \$50 per month for Prevention and Health Care. Not illness creation and care.
- Link doctors' pay to successful health outcomes. Doctors get paid when their patients stay healthy. If the patient gets sick, the doctor treats the patient for free.
- NO Government incentives for being and staying poor or sick or both
- Ban and make illegal all cancer causing devices:
  - Smart Meters
  - “energy saving” bulbs
  - Stop Chemtrails
  - Get instantly rid of Smart Meters
  - Fluoride and Chlorine in the Tap water
  - Preservatives
  - Artificial coloring
  - Make poisons in skin care and tampons illegal

# **Chapter 7**

## **CANCER: DEFINITION, CAUSE, AND TREATMENT**

### ***Deadly Misconceptions about Cancer***

If you ask around, you will find that the common answers about what causes cancer are: diet, environmental, genetics, lifestyle and so on. Obviously, no one has the true answer, or there would not be any cancer, to begin with. But, over the years I have indeed found the root cause of all illness, specifically cancer, and that's what I'm sharing with you in this book. Some people are very skeptical because they can't believe it's "this easy". After all, how can anything so effective, and so easy be possible? **But in reality, everything that works for humans is easy and simple because nature does not create complicated or expensive solutions.**

Say the word "cancer" to yourself. How does it make you feel? Terrified, right? Of course! That's what the medical and pharmaceutical professions want you to feel. If **you're scared to death and are even thinking about going the chemotherapy and radiation route, then guess what? They've done their job, and you're going to keep making them rich! They operate solely on the fear factor.**

I'm here to set things straight. As I mentioned before, cancer is simply created by the chronic lack of energy, a lack of energy that's caused mainly by mental and emotional stress. Yes, there's a small 5% to 14% that's caused by other factors such as various toxins, accidents, Chemtrails, GMOs, Smart meters, pharmaceutical drugs, Airport Body Scanners, poisons in food and water, vaccinations and of course medical treatments. But if you lead a healthier lifestyle and find out the root cause of how and why you developed cancer in the first place and eliminate that root cause, you don't have to worry about the "C word" anymore.

The cancer treatments forced upon us by the pharmaceutical and medical industry, as they use the media to brainwash us into submission, has nothing to do with prevention or cures. The early detection methods are more dangerous and cancer causing than most people would ever believe. This is simply a way to acquire new customers. The treatments of cut, poison, and burn do more harm than good, and today people usually do not die of cancer anymore, they die from the effects of the treatment. The medical profession only has a 2.1% 5-year survival rate and nearly all patients I know of died from the pharmaceutical and medical treatments and not from the cancer. If any other profession had only a 2.1% success rate, wouldn't the CEO be in jail for fraud?

Burning or poisoning or cutting out the tumor does

not cure the cancer. Cancer is in the soul, in the total body, mind, and spirit. Your body develops these mutated cells, and they begin to accumulate usually because of chronic mental and emotional stress. The main reason for cancer development is making and living in a compromised state against yourself.

When the MDs create scars due to radiation and surgery, this just allows new places for cancer cells to grow. Chemotherapy—a deadly poison left over from the Second World Wars was used to kill soldiers on the battlefield—causes cancer. Radiation causes cancer as well. Surgery usually makes the cancer become more aggressive and may cause it to spread through the entire body. A needle biopsy can burst the toxic tumor and spread a highly concentrated poison that the body collected over the years to protect you from it, into the body. That is the reason why so many patients die fast and unexpectedly after a Biopsy or even Mammography. Radiation can also cause cancer if the inflamed lymph node bursts like an over ripe pimple. Some people also die from a colonoscopy. If you see an old healthy person, suddenly dying, without being sick before, find out if he or she just had a colonoscopy. Too often they poke holes into the colon walls, and the bacteria invades the body and kills the person. Plus they don't even get in deep enough to see it all. It's simply all fraud to make money on the procedure and to acquire customers.

After they've made the cancer more aggressive

though biopsies or surgery, they simply call it fast-growing cancer. Instead of admitting that what they're doing doesn't work and, in fact, makes the cancer worse, they usually just shake their heads and tell the family that they caught it too late. The approach to pretend to be able to cure cancer with surgery, radiation, and chemo, is absurd and fraudulent. No one ever with cancer has been cured and was fully brought back to perfect health with the treatments of the medical profession. No one ever has been prevented, though early detection procedures like Mammography's or colonoscopies from getting cancer. The opposite is true. The earlier they find something they can "treat," the earlier the suffering of the patients begins, with hair falling out, Nails and Teeth rotting out. The quality of life is gone after the first chemotherapy, round of radiation and often instantly after surgery. Where they assault the already weak and sick body with the scalpel and use all the toxic patented chemicals for the anesthesia, pain and infection control, etc. A national geographic story showed that fit and healthy 100-year-old people had only one thing in common: They never went to a doctor in their lifetime.

Cancer is cancer. It's all the same. There are no different types. Some just behave differently because of the individual circumstances of the patient or the different organ or body part they find it in. The bottom line is, don't let them scare you with complicated big

words and trick you into fast surgery and deadly treatments before you get the chance to educate yourself and can make a well informed decision.

They will use fear and pressure and sometimes the law, to force you into the murderous pharmaceutical and medical treatments, because it is all about the money that they can potentially make on you. Most of all they want to make sure that you don't have time to do some research and educate yourself about natural treatments. And they certainly don't want you to find out about the 97% death rate, within the first five years, from the medical profession.

They say you don't have time? There is always enough time! You don't have to hurry and the baloney they hand you—that you have only 3 to 6 month to live if you don't opt for their homicidal procedures—is absurd. The first thing you should do is ask them this: "How long will I live if I go through with **your treatments? I want a written guarantee.**" If you do this the criminals in the white coats will back off faster than you can blink. The problem is they can always get away with these lies because after the patient dies no one is there to blame the doctors or prosecute them for their lies! Cancer takes years to grow! YEARS! So why the big hurry to start in on the painful treatments? Breast cancer, for example, takes 7 to 12 years to grow to a size of the head of a needle, that they can even **find and diagnose it. But they tell you, that you have no time**, and their treatment has

to start right away. I have even heard that the doctor called the hospital right after the patients got the terrifying news of having cancer or even worse only month left to live, to make a next day appointment for surgery and the beginning or chemical and radiation poisoning.

The reason is this, they want your money, and they don't want you to have time to think about it, get educated and wiggle your way out of their greedy claws. If you get diagnosed with cancer, there is always enough time to get educated and to think about it before you make any decision.

## **Proof Positive That Natural Cures Work**

In my clinics the MTC® we often used Oxygen Multi-step Therapy after Prof. Manfred von Ardenne. I have seen, via camera or ultrasound, how colon tumors disappear in front of our eyes when we blow ionized oxygen directly on the tumor. The founder of this therapy has published thousands of these successes. Later I learned that my friend, the Italian Oncologist, Dr. Tullio Simoncini MD, had the same instant results by flushing the tumor with a Sodium Bicarbonate solution. (Read his book; Cancer is a Fungus.)

Dr. Gerson has proven, in countless cases, that cancer growth stops instantly within 14 days of a fully organic raw food diet. Dr. Batmanghelidj, the author of *The Body's Many Cries for Water*, has seen similar results of

the body's self-healing powers just by water application.

I have also seen spontaneous healings of cancerous tumors after the patient made the decision to get divorced from a spouse that was the root cause of their cancer development, or quit a job that was literally killing them.

So take your time. Read this book and my other book, Instinct Based Medicine: How to Survive Your Illness and Your Doctor. **Read Carl Simonton's and Bernie Siegel's books** and make your own informed decisions. This is your body and your life! Nobody should make decisions for you. But you must make an educated decision. Use common sense and, most of all, your instincts. **Remember that you are the only one that has to live with the consequences of your decisions and action. Do not place your life in the hands of the ones that want to make money on you.**

With the **standard medical treatments, it's often a race between which will kill you first—the treatment or the cancer!**

We've talked about this before, that the average cancer cure rate of the medical "professionals" is a measly 2% 3%. Well, what if your defense lawyer told you that you have a 97% 98% chance of getting the death penalty? You'd want to change lawyers! Now, what if your doctor told you that you only have 3 to 6 months to live? Shouldn't you change doctors? Read the books from my friend **Carolyn**

Dean, ***Death by Medicine*** or the studies and publications of my great colleague Dr. **Gary Null**, that has proven that the medical profession is the number one cause of death in the western world.

Professor **Dr. Bernie Siegel** stated in one of his lectures that patients who like their doctor are more likely to die within the timeframe that their doctor told them they would die in, just because on a subconscious level they don't want to prove their doctor wrong! Plus, it's the law of expectation. If you expect to die in a certain timeframe, you probably will.

It's a proven fact that your immune system will go down as soon as you're diagnosed with cancer because of all the negative information you've received from the media, or from seeing someone you love or know dying the horrible death of cancer. It's been ingrained into your belief system that if you have cancer, you have to die. That's absolutely not true!

I have **to say that I am always stunned by the fact that so many cancer patients never get rid of the individual root cause of their cancer. The past trauma, the bad relationship, the unbearable job or whatever is killing them.** The second they have no pain or symptoms, and they are no longer afraid of dying, they go back to the situation or behavior that made them sick in the first place, and they ultimately die!

So be warned, if you don't get rid of the situations and people who are causing you stress and giving you

cancer, then you're in trouble. If you don't, and even if you do "get rid of the cancer" it will always come back and usually twice as strong and fast as before; often with no cure.

## **Been Diagnosed With Cancer? Don't Worry, You Don't Have To Die!**

In my experience, the main fear of cancer patients is not actually about the suffering and dying. What they fear most is being abandoned by their family members or their doctor. I promise you, my dear new friend, I will not abandon you! I will fight for you and with you. And, if it comes down to it, I will help you fight against yourself!

I want to help you overcome any health challenges you may have so that you can experience the happiness and quality of life you desire and deserve. I'm convinced that you don't have to suffer or die of cancer. The cure is in your hands, and this is a very empowering message to you!

However, if you're under the delusion that anybody in the medical field or pharmaceutical world is interested in a fast, safe treatment and cure for you—you will be very disappointed!

What I've discovered through the years is that cancer is the easiest condition to eliminate! In fact, there are over 400 proven ways to remove cancer symptoms naturally that I know of. I am sure there are much more. After the IBMS® protocols for full body and cell cleanses,

see info on [www.DrLeonardColdwell.com](http://www.DrLeonardColdwell.com)  
[www.DrLeonardColdwellDeutschland.com](http://www.DrLeonardColdwellDeutschland.com) and if you are  
in Europe [www.IBMSChampionsLine.com](http://www.IBMSChampionsLine.com) you can  
potentially eliminate tumors and mutated cell growth  
with:

- Vitamin B17, Laetrile or Amygdaline
- H<sub>2</sub>O<sub>2</sub>
- Tea from the dried roots of Dandelions
- 35% food grade hydrogen peroxide
- Vitamin C or Aloe Vera injections
- Essiac tea or capsules
- Sodium bicarbonate
- Oxygen MultiStep Therapy from Prof Manfred von Ardenne
- Silica
- Rife Therapy Ask Cancer Patient Advocate Foundation for info there is a lot of fraud and worthless junk out there.
- LLL Laser therapy ( ask for info ) The Cancer Patient Advocate Foundation for info. There is a lot of fraud and worthless junk out there.
- Turmeric
- Various mushrooms
- Oleander soup
- Coffee Enemas
- Oxygen or Ozone therapy ( has some dangers Oxygen is safer )
- Vitamin D3, 150,000 to 200,000 IU per day or lots of

sunlight

- Raw food or macrobiotic diets
- Full body and organ cleanses
- DMSO and Cesium chloride therapy
- Chinese Happy Tree
- Honey with cinnamon
- Organic Maple Syrup with baking soda,  $\frac{1}{2}$  tbsp Spoon baking soda on 2 tbsp Maple Syrup caramelized in a frying pan...eaten over the day.
- Enzymes
- Graviola fruit
- Triphala (Ayurvedic)
- Gerson therapy—a mixture of diet and supplementation
- Hemp or Hoxsey Therapy
- Enzyme therapy
- Hydrosol Silver
- Omega 3 fatty acids
- Eggplant (BEC-5)
- Chelation therapy
- Photoluminescence
- Brussels sprouts, broccoli sprouts, garlic, green tea, spinach, or tomatoes
- Echinacea
- Folic acid
- Lacto-Terrine enzymes
- Saw palmetto

- Selenium
- Minerals
- Many other herbs, foods, and supplements can cure the symptoms of what they call cancer.
- Full cell or body cleanses at least 21 days (28 days is better)

Info at

[www.CancerPatientAdvocateFoundation.com](http://www.CancerPatientAdvocateFoundation.com)

It's true that there are many natural and easy methods of combating the symptoms of cancer, but the fact remains that at least 86% of all illnesses and doctor visits are stress related. This means that all of these physical treatments just mentioned can only work on 14% of the rest. This is why I have, in the opinion of many experts and institutions, the highest cancer cure rate—92.3% as concluded by independent organizations. Others don't even come close to this. Most of the time I've worked only with terminal cancer patients, and I still have the highest cancer cure rate known today. The big difference is that I don't treat cancer or tumors or mutated cells, I don't even treat the cancer victim. I have just learned in over 45 years of research and success how to help people to identify the root cause of their health challenges or health breakdowns and teach, coach and consult them in how to eliminate the root cause of their personal cancer—or any other disease.

The great cancer healer Dr. Simoncini M.D. in Rome has cured cancer for decades with sodium bicarbonate.

He states that the medical profession has a cancer cure rate of only 2% 3% with their mandatory orthodox therapy of chemotherapy, radiation, and surgery. That means the medical profession kills nearly every patient that falls into their hands! Why? Because we know today that people don't usually die of cancer; they die from the side-effects of the treatment.

The medical profession states far different survival statistics, but this is because they manipulate studies and results. If a cancer patient is still alive five years after they've first been diagnosed, they are considered "cured"—even if they die one day or one hour later, and even if they have suffered horribly from the effects of the "cut, burn and poison" therapy. A new study that got published concluded that over 100,000 people died last year die from the correct use of correctly prescribed pharmaceutical, medical drugs.

## **Cancer is caused by Lack of Energy**

In spite of popular opinion, cancer is not a physical disease. Cancer is a mental and emotional disease caused by a lack of energy on the energetic life level. That is the reason why, even if all of the cancer treatments worked, the cancer would eventually reoccur and would be much more vicious than before.

Some think that with raw food, perfect hydration, and some supplements or herbs their cancer can be cured. Absolutely not! The symptoms, the tumor, or the cell

damage may disappear for a while, but it will come back unless the patient has defined and eliminated the root cause of their disease. Only then can a patient be called healthy or cured!

## **My Personal Quest to Cure Cancer**

My first patient was my mother. She was diagnosed with liver cancer in a terminal state over 45 years ago with a maximum prognosis of 6 months to 2 years to live. How did she develop cancer? This is how it happened: My mother nearly died from gall bladder surgery that went wrong. Because of that, they gave her huge amounts of blood which in turn gave her Hepatitis C. The hepatitis turned into liver cirrhosis and later liver cancer.

The horror of those years will haunt me for the rest of my life. Often I wake up and can still hear her screaming from this unbearable pain. But to make a long story short, I cured her, and she is still alive and 100% healthy for over 45 years now. My mother is 83 years old and the most vital, energetic and positive person you could ever meet. See 2017 videos of her being on stage with me during our IBMS® Masters Society meeting in Europe. I founded the IBMS® MS to connect with like-minded people that wanted education and help to self-help and self-healing. IBMS® is an organization where members are helping members first. We are like a family. I founded the organization to lawfully be able to inform and help cancer patients and patients with other autoimmune

diseases. But it grew into something much bigger. With over 29,000 members worldwide from over 150 Countries, we are now teaching and coaching health, wealth, success, sovereignty and financial freedom concepts. We even have a Shark Tank-like group that is financing the ideas of our members, if they like it. We protect and support each other in a world full of loneliness, hopelessness, and fear. For more info please see [www.IBMSMastersSociety.com](http://www.IBMSMastersSociety.com) and [www.DrLeonardColdwell.com](http://www.DrLeonardColdwell.com) and in Europe [www.IBMSMS.com](http://www.IBMSMS.com).

After seeing all seven siblings of my mom developed cancer, then my grandmother, my father and even my step-father dying of cancer, now I have even seen cousins dying from the treatment of cancer. I can honestly say that I know more about cancer and its effects on a person, their family members, and friends than anybody in this world will ever know. Also, my sister had cervical cancer that I cured her of, and my first long-time girlfriend had ovarian cancer that I cured too—and this was before I ever saw a medical school from the inside.

I learned, through instinct and common sense, the way to cure cancer. Over the past decades, I've perfected this system which I will share with you in these pages. **This Is Not Rocket Science!**

Some may think that this is a pretty lofty claim, to say

that I invented the cure for cancer and every other so-called incurable disease. Why is it so hard to believe? The medical profession makes cancer seem very mysterious and elusive, but the truth is, I figured the cure out all by myself, simply by trial and error and the lifelong study of health. Once you finish reading The Only Cancer Patient Cure, you will also see that it's not rocket science!

But how did I come up with the cure? As a young man I read a lot and went to every seminar and educational workshop that they let me in to, but all of this really didn't help much. What did help was speaking to patients that had been sick and then fully recovered without the "help" of modern medicine. I was on a mission to find out how they did it. I also learned from all types of healers, finding out what worked and what didn't and then tried them on my mom since we had nothing to lose anyway. We kept what worked and left the rest. I learned from the Native Indians in Canada and USA and in South America, the natural ways of healing and health. I lived with a medicine man in Nigeria, Africa for a month and learned more than any medical doctor will ever know about health and natural healing.

As the years went by, I was able to cure most cancer patients in days or at least in two to six weeks—as long as the patient had not been damaged before by the murdereress "therapies" of the medical profession. Back then I still thought it was me that cured the cancer

patients. Today I know I simply coached them and educated them to cure themselves. Yes, with some help from nature of course too. The only patients I ever lost during the last years in my clinical work were patients that were destroyed by the poisons of chemotherapy, the destructive burn of radiation therapy, and/or the absurdity of surgery. (Just to be sure, if you are in an accident or have broken bones you want to see the medical specialists in that field or if a tumor is pressing on an organ or blood vessel you may need a de-bulking surgery too. But this is the rare exception, not the standard program.)

So, if you don't see references to other books or studies (with some rare exceptions), then please understand that I already knew, practiced and published all of these things 45 years ago. I had long-since been practicing what others in the world have just come out with as "brand new discoveries invented by them, today."

It's true! I published books 40 years ago where you can find all of the information that many say has just been discovered. In fact, a leading medical doctor in Europe stated: "Dr. Coldwell is so far ahead of the medical and alternative medicine world that it is like we are in kindergarten and he has graduated from University for the fourth time."

As you read this book, keep in mind that I do have, in the opinion of many leaders in the health field, the

world's highest cancer cure rate. I have proven myself and my successful system over many decades because my cancer patients are still alive. We have published Facts, Results, and Proof of my work on [www.DrLeonardColdwelldeutschland.com](http://www.DrLeonardColdwelldeutschland.com) and [www.IBMSMS.com](http://www.IBMSMS.com) see also [www.DrLeonardColdwell.com](http://www.DrLeonardColdwell.com) and [www.DrColdwellOpinion.tv](http://www.DrColdwellOpinion.tv)

Where are the patients of the ones that talk the scientific talk with clinical studies and massive amounts of references? It may sound like I am bragging or have a big ego, but I just want to get this out of the way so I can finally tell you how I cure cancer and how I believe everybody else can cure himself or herself of cancer—usually within weeks. I just had at our IBMS Masters Society Members meeting a patient of mine on stage that should have been dead for over 23 years. She should never have been able to speak or breathe on her own. See her on her video testimonial on stage with her family and me last year on [www.IBMSMS.com](http://www.IBMSMS.com)

## **You Must Take Responsibility**

My goal with this book is not to convince you of anything other than the fact that if you take responsibility for your life, health, decisions and actions, you have the potential to heal. Yes, you have the God-given or Nature-given power to heal yourself, as long as you are willing to do whatever it takes to achieve this goal.

You also have to promise me that you want to live!

You also have to stop feeling angry and feeling sorry for yourself. Start taking charge of your life and your actions! In order to heal, you have to be willing to change your life in all areas as necessary.

There will be no compromises, no negotiations, and no sympathy from my side, just understanding, lots of love for my fellow human beings, and the will to do everything in my power to help you overcome every health challenge you may have now or in the future.

## **A Wakeup Call**

Stop running for the Cure!

Stop donating money to the American Cancer Society.

Stop wasting time with charities that raise money for cancer research. Cancer does not need more research and the natural cures for cancer are plenty, and they are known. These organizations just lie in order to derail and misinform us and prevent cancer patients from knowing the truth about the true cure for cancer.

It is all a hoax. There are already at least 400 known and proven cancer cures out there in the world. These cancer charities and research groups are simply a money-making scam. They suck the life out of you and make sure you die in about five years, not from cancer, but from the symptoms of the treatment. Cancer is the easiest body malfunction to normalize in a very short amount of time.

Stop giving yourself cancer by using the medical

profession's useless and dangerous and cancer-causing early detection and diagnostic techniques. All of this is only in place to acquire customers for the medical community. There is no scientific proof that a mammography or other dangerous early detection methods have ever prevented anybody from getting cancer or from dying of it!

Stop putting the responsibility for your health into the hands of someone else, and most of all stop putting it into the hands of the medical profession. The medical doctor is the number one cause of death in America, and over the counter and prescription drugs are the main cause of the development of illnesses.

The medical profession has a cancer cure rate of two to three percent – What a joke! Based on published statistics, the suicide rate for medical doctors is the highest in any profession and their average lifespan of 56 years is the shortest of all professions. They seem to have the highest suicide, drug abuse and alcohol abuse rate of all professions. Only Dentists seem to die earlier as well as Psychiatrists.

So why in the world would you put your life and health into their hands? Medicine is not science because it does not work as a science, it works as a religion. Simply by believing a hypothesis and not facts and science, they treat their patients. The truth is they only make money if you are sick! They use scientific tools to diagnose a patient by using scientific procedures like

blood tests, X-Rays, MRIs, CT Scans, etc. to make it look like it is a science. But it is not. It is a religion based on indoctrination, false information, brainwashing, and bribery. They have no cures. Not one single cure for anything. Even if they give you antibiotics, at the end, the body's immune system does the job of repairing you and getting and keeping you well again.

The medical profession knows everything about illness and decay. They study pathology, the study of illness and death. They don't learn about health and natural healing. They have little to no education about natural diet and nutrition. They can't ever tell you why you got a certain cancer or disease. They do not know how to get and stay healthy. They know everything about diabetes but have no cure. They have only lifelong treatments, to ensure their income flow. While many cases of diabetes 2 can easily be fixed though a non-GMO organic vegetarian diet. A new study from 2017 even shows the potential for the pancreas to re-grow itself with the right kind of diet. They even want to turn cancer into a manageable condition so that the patients do not die but do not get cured either, and they can make money on him as long as possible.

They know that chemo and radiation are carcinogenic, meaning they cause cancer. They know they can't cure you. Over 90% of all Oncologists in a study stated they would not use for themselves or Family members their own treatments. They know that

there are natural cures for cancer patients out there that can remove the cancerous development in the body, but they would rather follow their flawed medical, pharmaceutical education and the money. Making money is their main motivation. Cured patients, healthy patients, are not customers any longer. So what good are they for the Pharmaceutical industrial complex, the largest investment industry ever created, if they are healthy? All the expensive machinery used in medicine, in hospitals has to be paid for. Instead of researching the illnesses they should simply concentrate on the cure.

Stop running from the responsibility of your own life and health. You are the only one that can make yourself sick and you are the only one that can cure yourself.

Stop feeling sorry for yourself and start living! Start healing yourself and accept the fact that you are the only one who, through decisions and actions, can determine your health, life and future on a daily basis.

There is no healing force outside the human body. If you want to be healthy and stay healthy – do something about it!

Stop believing that others have the cure for your cancer, and don't tell me that food, juicing, using a supplement or herb will cure cancer – this simply isn't true! Yes, these are helpful, and I recommend them, but they are not cures. They can help to eliminate the symptoms of cancer faster, but they do not cure a cancer patient. Cancer is a splinter in the soul of the patient that

needs to be removed before the patient can cure himself or herself and stay healthy. Why do you think so many people take some herbs or change their diet and get better for a while, but later still die of cancer? Because cancer is an energetic illness. Cancer is in the entire existence of a person and not just in the body, and the root cause of this disease is mental and emotional stress. Yes, the root cause of all cancer is this destructive chronic (ongoing) lack of energy. If you don't get rid of the root cause you cannot get rid of the cancer! Nobel Prize winners, Otto Warburg and Max Plank have proven that cancer cannot exist in an alkaline oxygen rich environment. So there you go, the cure for cancer? Not so fast. Yes, the cancerous growth stops in that environment, but since stress is one of the major causes for Acidosis and an acidic body, it will always become acidic again and the cancer will grow again or keep on growing. If you don't remove the root cause (and I am the only one that knows how to do it) within the person's mind and soul, if you don't remove the splinter from a person's soul, no healing or permanent health is possible. Therefore stop getting killed by people that teach food or herbs can cure cancer patients. It cannot! They all talk a good game but have no results; not even 1000 patients to prove their statements. It's all hypothetical, without proven success and permanent results. If a patient is massively overweight and messed his thyroid and pancreas and heart up, you have to find

out why this person hates him or herself that much that they want to punish themselves. Or if it is the result of sexual abuse and the person wants to be unattractive. You have to find out the root cause for the destructive behavioral pattern of illness and self-destruction or self-punishment before you can help a patient to recover. By the way, it is not your thyroid problem that made you fat. You made yourself fat first and then your thyroid got messed up, or pancreas or heart! Not the other way around. Most people simply don't want to take charge and responsibility for their life and health. They instead want to have someone else cure them or a magic pill to fix their life without individual effort. They want to eat like a glutton and for someone else to take off the pounds for them. They behave like a maniac towards their spouse and want a marriage consultant to fix their relationship problems, without taking any responsibility themselves. That is why they abuse alcohol and don't want to deal with the consequences of a Hangover; now they take a pill for their hangover and another one for their nausea. These shortcuts are now harming the kidney and liver and maybe the heart. Now they have all kind of long-term health problems. These health problems are created by their ignorance and unwillingness to take charge of their life and future. Instead of finding out why they abuse drugs or alcohol and fixing the root cause that originally led to the abuse, they just suppress the symptoms of the abuse with

chemical drugs. This is often the beginning of a long journey of sickness and early death. Was it a lack of self-love or self-esteem caused by child abuse, for example, that you never looked at and dealt with effectively, that led you to numb your brain and emotions with the use of chemicals and alcohol? Could that have been the original cause that lead you to become an Alcoholic or drug addict? The root cause you have to look for and eliminate is the original reason why you started the self-destructive behavior in the first place. It might be the child abuse that you are trying to forget or the lack of self-love and self-esteem that was caused by the way you were raised; being put down and insulted as a kid all the time, for example. You always have to look for the root cause, and get rid of it, before you can heal your life. Remember, there is no difference if someone has cancer in the body, their wallet, their relationships, their job or finances. It all has a root cause within the person themselves.

IBMS® coaching by licensed IBMS Coaches® will teach you how to simply let go of the past. There is a reason why you want to get even, and most of all not to forgive.

When people want to forgive, it's all just a religiously trained false behavior, that can easily lead to cancer.

IBMS Coaches can show you how to get even ( get revenge ) in a healthy and most of all nonviolent and legal way. Never forgive always get even! IBMS® can show you how you can develop the self-love and self-esteem

and respect you deserve. You can do it with the help of my books, audio programs and videos, just by yourself.

Go to:

[www.DrCDownloads.com](http://www.DrCDownloads.com) [www.DrLeonardColdwell.com](http://www.DrLeonardColdwell.com)  
[www.IBMSMS.com](http://www.IBMSMS.com)  
[www.DrColdwellOpinion.tv](http://www.DrColdwellOpinion.tv)

How could that symptom of alcoholism and drug addiction be cured or reversed, without eliminating the root cause first?

All illnesses are caused by a direct violation of God or Nature's laws. It is a violation of the use of power and free will that you have. It is an imbalanced energy system that causes your immune system to fail. It is self-neglect, self-denial, self-hatred or subconscious suicide that leads to cancer. It's you! The only reason for living is personal growth and development. If you don't grow and learn by yourself, life will make sure; you will get challenges in your life that make you grow. It can be illness or bankruptcy or divorce, the loss of a loved one or a job, etc. That means you should always try to learn and grow and develop your potential, before God or the Universe, forces you to.

## **It's Up To You**

Whether you want to believe it or not, you gave

yourself this health challenge, and you can reverse it anytime you want to. But first, you must be willing to take responsibility and stop hiding behind self-pity, ignorance, arrogance or fear. This may sound harsh, but I want you to understand that you no longer have to be a victim of the medical community or your self-destructive decisions. You are stronger than that; you are wiser!

Now it's your time to live! It is your life! You live in the here and now, and in the here and now you can choose to be happy, healthy and successful. You don't have any time to waste because your life is happening right now. Stand up and fight! Stop giving strangers complete power over your life and health.

Helplessness and hopelessness are two emotions that can create cancer. If you put yourself into the hands of the medical profession, what do you think you'll get more of? Yes, helplessness, hopelessness, fear and a lot of suffering!

Let me repeat: All cancer can be eliminated; you can reinstate your optimum health! As long as the damage done by the medical profession does not prevent that. Stand up and fight for yourself, your spouse, children, and all the people you love and who love you! Consider this a war book on how to fight and win against corruption, ignorance, and arrogance. A way to battle against fear, loneliness, false information, manipulation, and most of all the media (that false prophet!) along with

the medical profession and pharmaceutical industry, and anyone else who makes money on your pain, suffering and ultimate death. Start fighting back! It is your right!

Like Jesus said, “Stand up and walk!”

## **Don’t Treat the Cancer Treat the Person!**

Just listen to how the medical doctors talk: “We treat the tumor, we kill the cancer cells, we fight the cancer, and we treat the cancer.” To do this is like fighting against a riptide. No matter how much you fight, you’ll still be pulled under the water!

Cancer is just the symptom of a life that lacks energy. To cure cancer, all they would have to do is help the patient to define the root cause of his or her individual illness and teach them how to eliminate this cause. Once this is accomplished, what they call cancer will disappear on its own.

But here’s the catch: There is no money to gain for the pharmaceutical and medical industry, in you getting healthy, so nobody in the medical profession is interested in giving you advice on how to stay healthy or get healthy in the most natural way possible. The medical office is a business. They need customers. Plus, no one has ever trained these medical doctors in natural healing techniques, healing diets, supplementation and herbs for effective stress reduction. In my experience, stress is always the cause of every illness!

It’s important to understand our nature and not to

separate the health challenge, the illness, or the cancer from the person. Cancer is not a separate living being that can be fought without harming the person that the cancer is a part of.

Cancer is nothing but mutated and deformed half-dead cells that multiply themselves in that area of your body. Factually, they are with DNA damage. Cancer is nothing new to the body, it's simply a problem of free radicals which are always present in the body from the day we are born, but our immune system usually gets rid of them all the time from your first day of life onward. Statistically, we all get cancer at least six times in our life and if no one tells us about it (such as in the early detection fraud) it usually goes away the same way it developed in the first place: It simply un-develops itself!

Cancer often develops in a phase of a person's life where he or she is stressed out and depressed. Potentially hates life or wants to escape a life situation. But after the life situation resolves itself, the depression goes away, and life is good again. The body naturally eliminates the unwanted cell growth on its own. If that person never went to a doctor, they would never know that they had cancer and that their body cured itself. But if they had gone to an early detection fraud procedure and the cancer would have been found, the assault, slaughter and potential murder would have started right away. How can they even treat someone knowing that they have no cure and that the effects of the treatment

are often more horrifying than the cancer?

If you have the bad luck of getting your yearly physical and have been tricked into going to cancer screenings or early detection procedures, and at the same time you just happened to have some cancer buildup in your body, the medical professional will scare you instantly into surgery, chemo and radiation. They always use fear as their weapon against you!

The yearly physical is the same kind of fraud than makes you believe that a regular vaccination schedule will keep you healthy. No vaccine has ever been proven safe and effective in protecting you from any illness. The opposite is true; you often get the flue or whatever they give you with a live virus.

By the way, if they kill someone too fast or too apparently with their barbaric medieval treatments they just say, “We caught it too late. If we had gotten it earlier, we could have saved that person.”

All of this is a huge lie; they cannot cure anybody with poisoning, cutting and burning! Did you know that breast cancer, for example, grows about 7 to 12 years in a woman’s breast before they can even find and diagnose it? Once they do, it’s supposedly a matter of days or even hours that the poor woman has to get her breast cut off or maimed. The cancer grows in there for nearly a decade, but to avoid having you think about alternative treatments and possibly skipping out on their income generating scheme; they scare you into instant surgery or

treatment. After they cut you open and bombard you with their poisons, and burn you with radiation, you are much too weak to escape their claws, and they will usually end up “treating you to death.”

## **Cancer is Cancer**

To make it look like the MDs know what they’re talking about and what they’re doing, they give cancer different names based on Latin or Greek or Spanish languages to try to impress you and give the illusion that they know what it is and how to get rid of it; but they don’t.

Cancer is cancer, there aren’t different types. They just name it after the place in the body where it is and how it behaves or how they diagnose it in the laboratory. That is the case with Hodgkins or Non-Hodgkin’s lymphoma for example. That’s it! Let me repeat, cancer is cancer, it’s all the same! Even if the medical community comes up with more complicated words and names based on the difference in structure or based on specific tests, it’s still the same cancer.

Have you noticed that they always make up names for illnesses? Your doctor won’t be happy until he finds a label to put on your disease. I don’t even believe there is some disease called “cancer.” These are just specific symptoms, and when they occur, they just call it cancer and create the illusion—or delusion—that it is something separate from you. Something that is alive

and existing on its own within your body, and it needs to be cut out, burned out, or poisoned to death. But since these tumors or cell mutations are a part of your body, if they kill them they kill you too!

For example, they call a specific condition related to bones that have holes in them and are brittle, osteoporosis. Osteoporosis is simply Latin for "bones with holes in them". So, to say that osteoporosis causes bones with holes in them is like saying, bones with holes in them cause bones with holes in them! How ridiculous is that? They call it Low T if someone has low testosterone, to make it sound special or like an illness. By the way, have you ever recognized how many people get told by their doctor that they have a very rare form or a special form of cancer? They do that not to be held responsible when the patient finds eventually out that they are dying or not getting better, so they can later say, yes, it is a very rare form of cancer, and we have to use experimental treatments. That is the reason why it is not getting better. We have no experience with that form or cancer. And they even make the patient feel special. Often they run around showing off: "My doctor said, I have a very rare form of cancer." Even in dying, they want to be special.

We know today the power of the subconscious mind and our thoughts and convictions. Patients that like their doctor die young. The reason is if their doctor, that they love and admire, says you have only six months left to

live, they die within this timeframe so as not to turn the doctor they love and respect into a liar. That is a fact and not a joke! Over 100 years ago some white guys dressed up like voodoo priests or medicine men and went into a mine in Africa, telling the superstitious workers there, that because they were working for the white man, they would die within a specific time frame. They all did. That is the power of the mind, of belief of personal convictions. They killed themselves because they believed it would be true. Be careful who you trust and believe.

It is all just a big hoax, and they speak Latin, so you don't understand what they're saying, and letting you know that they have no idea what you have, where it comes from and how to treat it naturally without any side effects. Plus, if they use exotic words it usually impresses the patient who now believes that since their doctor knows what condition they have, they also know how to cure it. Wrong!

These so-called medical professionals are not even trained to cure anyone, nor have they studied health. They've studied pathology, illness, death and chemical intervention to suppress the symptoms in hopes that in the meantime your body cures itself on its own. If you do heal, they know that you'll believe the doctor or their drug did the healing. But today, it's even worse because they unknowingly or intentionally give you new diseases, symptoms, and conditions so that they have something

new to treat all the time.

Let's face it, a doctor's office is a business, just like your deli, butcher shop or bakery, and if all of their patients were healthy, they would have no income and would soon go bankrupt. To avoid going broke, they make sure to continually create new business for themselves.

The newest money making trick is all of these diagnostic gimmicks and early detection scams they use to make money even on healthy people. But this also creates new customers. Or the individual gene therapy they will create specifically for you and your particular condition. All of that is a super hoax. They always find something to treat you for, or they just make it up, much like the cholesterol lie. You die from not enough cholesterol, not because of too much. There has never been a fatal heart attack caused by cholesterol ever; they are caused by acidosis and a chemical reaction, and not by cholesterol. And, the cholesterol drugs themselves cause cancer, hardening of the liver, and all kind of cardiovascular diseases, but, this is for another book. Just know that 87% of all new cells are built from cholesterol. If you don't have enough, your cells will be weak and have a huge potential of being mutated. Statin drugs, to lower cholesterol, lead to shrinkage of the organs and hardening of the liver. They, like chemotherapy, shrink the brain which is nearly completely built from cholesterol. It may be the cause of the epidemic in

Alzheimer's, Parkinson's, MS, etc.

**Cancer Is the Easiest Malfunction to Reverse.  
Cancer symptoms can be eradicated in days or weeks.**

Positive thinking cancer patients usually die fast. If they tell their body and mind, "I am healthy; I am super healthy." The body and mind believe there is nothing wrong. There is no action from the immune system needed, and the person dies. The IBMS® Way of positive thinking, combined with decisive action, is the only way that produces positive results. In IBMS® the patient would say: I have XYZ disease. It is bad. But I will research, learn and do whatever is needed to get well again. I will be healthy because I am taking charge and control over my life, health and healing process. I will get perfectly healthy again. I get and feel better with every breath I take and every morning when I wake up. That would be the IBMS version of positive thinking combined with positive action.

Cancer is not the big myth you've been lead to believe. Cancer is nothing more than the accumulation of mutated DNA damaged cells. We have these kinds of cells in our system since the day we are born and are they are simply the leftovers of cell repair. When cells get old or damaged, they are replaced by new and healthy cells. If your energy level is normal, which means your immune system works perfectly, it will eliminate

these damaged cells and free radicals. We don't have to think about it and don't even need to do anything about it; it's just the normal way of life to replace old or damaged body cells with new ones. Only a stem cell can become a cancer cell that produces the daughter cells that are responsible for the size development of the tumor.

In fact, every six weeks we have a brand new liver. That means if your liver is damaged today it does not need to be that way in six weeks. The entire body is replaced by cell renewal every seven years. The only cells that do not renew themselves are nerve cells, such as the brain cells. That isn't bad though because we know today that other brain parts can take over the work of damaged parts of the brain after a stroke, for example. In fact, nearly all cells renew themselves within 11 months only a few in 21 months. You have new skin every four weeks. Every eight weeks new kidneys. Every eight months new lungs. That means the potential for a new start for the organs and the entire body.

I'm telling you this because my books are books of hope, and I want you to understand that there is always hope, no matter how bad your health situation is right now.

If your energy level and therefore your immune level are high and normal, you don't have to worry about cell renewal or body repair or self-healing. If your energy level is low, I want you to know that there are many ways

to strengthen it and gain back your health. And: there is no such thing as a pre-cancerous cell! The body knows and has been eliminating damaged cells since the day you were born and let me also say, HPV does not lead to cervical cancer and HIV does not lead to Aids. In the case of Aids the patients get Aids from the drugs they give them and not from any mysterious virus, that may not even exist. **The Main Causes of Cancer**

*The first cause of cancer is a lack of energy* that debilitates the body's immune function, preventing it from doing its usual job. Once you're at this low energy level, it allows the DNA damaged and dead cells to stay in the body and accumulate or poison the body. They then start to replace new cells with their own DNA mutated damaged form and that accumulation becomes tumors which are called cancer. There are some tumors or cysts that grow and some do not. This is determined by the energy level and acidosis level of the Patient. The dangerous ones are of course the growing ones, especially if they start to spread into the body and invade the surrounding body tissue. Since cancer is nearly always seen in connection with Candida, Dr Simoncini, thinks that maybe it is not the cancer cell that travels and grows in other parts of the body and that it could be the Fungus ( Candida ) that is creating a new colony of cancerous growth in other places of the body. I really don't care. I don't study the cancer or symptoms thereof or how it works, I simply studied health and

supervise the patient. IBMS® is flexible and tailored to the individual patient and his own situation. Since I know that if you do the right things and fully implement IBMS® that no matter what, you will produce the results you deserve. If you do the right things, it does not matter how illness works, you will produce the right results, no matter what you have. You don't need to know if you have a tumor or not. If you have no symptoms except a bad feeling about your health just use IBMS as a prevention based approach. You have nothing to lose to use the Life Healing Science of IBMS®. What I am saying here is that, even if you have no big health challenges right now, using IBMS as a prevention based approach to maintain excellent health is a winning strategy... in case something is going wrong, this will catch it and fix it before it causes problems or symptoms.

Let me tell you a secret. When I had my horseback riding accident and they said I will never walk again, I was in a hospital that was run by Dr Rueppert. I told him don't let them show me the X-rays and I don't want to know what is ripped or broken. If you need to do surgery on me, fine, do whatever you need to do. But don't tell me about the damage. My reasoning for that was that as a Trained Physician, if I would be confronted with the "Facts" that caused them to say, I will never walk again, I may not have had the strength to ignore that. I was 4 month in a wheel chair and that was it. I am 100 % fine and of course walking again. My chiropractor Dr Alvin

Liebe, had his arm cut off by a horse, escaping a mountain lion. They said he will never be able to use the arm again and needs to find a new job. The arm was just hanging on the tendons and still with the help of a specific smart laser that I use too and IBMS he healed the arm completely. They said the healing process will take at least 9 months. It took only 5. They also did surgery on his knee and cut one major muscle and said you will never run again or walk normally. Today Dr Liebe is a healthy strong bodybuilder, pushing 400 pounds with his arms and 1000 with his legs. I have personally seen it. I know thousands of these true miracle stories. That is the reason why I believe in and am even capable of creating Miracles. I have cured a patient of mine one day before the scheduled mastectomy from breast cancer growing on 4 different places. The attending doctor a friend of mine, first thought the X Rays where mixed up.

Every illness is curable. Every health condition is fixable in my understanding and belief.

These cancer cells need an acidic environment that lacks oxygen. Nobel Prize winners Otto Warburg and Max Planck received their Nobel prizes for proving that cancer cannot exist or grow in an oxygen rich and slightly alkaline (pH 7.36) environment. So was that not already the cure for cancer in 1936 when these facts where known and scientifically proven?

The first physical cause of cancer development is acidosis. So, what causes an acidic body? Or, what puts it in

a state of acidosis and a lack of oxygen? The answer is, first and foremost, *stress!* Nothing can make the body acidic faster than stress. Stress shuts down the metabolism so you can't get proper nutrition. Many illnesses stem from nutritional deficiencies which are actually caused by stress— even if the person has the best diet and nutrition in the world.

Stress truly does affect our health and well-being. Studies have shown that 86% of all illnesses are caused by stress, while I believe the Stanford University study concluded that 95% of all illnesses are stress related! Even if we use the modest 86% figure, this means that only 14% of all illnesses are caused by other factors not related to stress.

*The second physical cause of cancer is the accumulation of toxins in our system* which mostly comes from our diet in one form or another. Fluoride and chlorine in our drinking water or toothpaste (just two teaspoons of fluoride toothpaste can kill you!), preservatives and taste enhancers, MSG, GMO, Aspartame (every artificial sweetener!), heavy metals and all of the countless toxins in vaccines and medications, prescriptions and over the counter drugs. That is the reason why you should do the IBMS® full body organ and cell cleanse twice a year. See [www.CancerPatientAdvocateFoundation.com](http://www.CancerPatientAdvocateFoundation.com) for info.

Other factors are malnutrition and microwaved foods, and the worst of all is milk! I would never drink milk since it will harm you in one way or another, plus

the medications and antibiotics and chemicals in milk can kill you if the milk doesn't do it. Did you know that milk is responsible for osteoporosis and most allergies, and also acne in teenagers?

If you've been diagnosed with cancer it's imperative to start on an organic, raw food diet. In fact, everyone should only eat organic foods. You also need to do a whole body cleanse twice a year to avoid the massive damage your body has to endured due to the accumulation of toxins. Twice a year I do the IBMS 21 day full body cleanse see [www.CancerPatientAdvocateFoundation.com](http://www.CancerPatientAdvocateFoundation.com)

I have [www.IBMSChampionsLine.com](http://www.IBMSChampionsLine.com) but I am not sure if they let these highly safe and effective products into the US. I take these supplements every day of my life, but, more on these later.

*The third physical cause of acidosis and toxemia is a lack of hydration.* Most people need at least a gallon of water a day with half a teaspoon of sea salt in it. Don't use table salt since it often has sand and/or glass in it which cuts your arteries and causes the accumulation of cholesterol to stop the internal bleeding. That's how you get high blood pressure! If you want to know what kind of water filter I use in my home go to [www.CancerPatientAdvocateFoundation.com](http://www.CancerPatientAdvocateFoundation.com)

*The fourth physical cause of cell damage is EMC (electromagnetic chaos) or EMF (electro-magnetic frequencies). These are the damaging frequencies that come from cell phones, computers, microwaves, etc. We'll come back to this later, but if you want to know how to protect yourself best from these dangerous frequency waves write to:*

**IBMSInternational@startmail.com**

I've mentioned all of this so that you understand that a lack of energy, lack of oxygen in your body, and acidosis are caused by mostly controllable factors.

That means, if cancer can only live in an acidic and oxygen lacking body, the cure or the way to the normal state of health is to change the factors that lead to acidosis, toxemia and lack of oxygen. Once you do this, your body goes back to its normal state of health!

## **Your Pain and Suffering Makes Them Rich**

Now that you know how simple it can be to reverse the accumulation of mutated cells and get the body back to health, the next question is: Why isn't the medical profession using these scientific facts and simple truths to cure me of cancer?

As usual, the answer is always the same: Money! Money and power are the only true motivations of the pharmaceutical and medical industry. John D. Rockefeller and Andrew Carnegie, needed sales people for the chemicals he produced so he created his own army of

salesmen which we today call medical doctors. Morgan, Rockefeller and Carnegie started all of this insanity by creating and supplying controlled and manipulated education for medical doctors and controlling every aspect of medicine.

Poisoning the patient with a mainstream killer drug called Ifosfamide costs over 10,000 dollars for a five day course. Plus you have to figure in the doctors and hospital fees, and the other drugs prescribed. The business of cancer brings them big bucks!

The McGill cancer center in Canada concluded after a secret study that 58 out of 64 oncologists said that all chemotherapy programs were unacceptable for their family members or themselves. They admitted that the drugs are ineffective and have an unacceptable degree of toxicity.

This statement from oncologist James Holland says it all: "My definition of cancer quackery is the deliberate misapplication of a diagnostic or treatment procedure in a patient with cancer ... The culprit who victimizes his fellow man suffering from cancer ... all the while greedily enriching himself, is a quack, a criminal, a jackal among men who deserves the scorn and ostracism of society. Because human life is at stake, he must be controlled." Of course, Holland has a different treatment plan that he applies to his patients.

As you can see, the trillion-dollar cancer industry is not interested in cancer cures, especially those that are fast,

easy and natural. (In other words, not patentable!) To be able to patent something from nature they have to alter it, change a molecule to make it patentable. The problem is that if you change something from the way nature created it, it will not work in the same way anymore, as it was intended by nature. That is why GMO genetic modified organisms (Monsanto Seeds) cause cancer in 100 % of all studies

Using mice and rats, their publicized goal today is it to turn cancer into a manageable disease. Meaning, they make a lot of money off of the suffering of cancer patients even longer. Just the cancer treatment alone without any of the other aspects, brings in for Big Pharma 300 Billion each year.

Cancer patients today usually do not die of cancer anymore, they die of the effects of the medical treatment of surgery, chemotherapy, radiation—which everyone knows causes cancer because who would want to live next to a nuclear reactor?—or surgery, which usually spreads the cancer throughout the system like an explosion. After they've caused cancer either through biopsy or surgery they call it a “fast growing cancer.”

To damage an already weakened body that is cancer ridden with all these medications and medical procedures is absurd and is more like massive slaughter than anything. What really should make you think is that even after all the trillions spent for cancer research, the treatments have not even really changed in the last 100

years. Just the big show around them. But the treatments are basically still the same. Chemo, Radiation and Surgery. It simply just looks more impressive. We had a cancer rate of 7% in 1900 and they even diagnosed everything else that they did not know or could not treat as cancer. Therefore the actual cancer rate was significantly smaller. Today we have a 57 % cancer customer rate. Meaning every second person will have or get cancer in their life time.

Just go into the cancer division of a hospital and watch how healthy and normal most cancer patients look when they first arrive and then see how they look after just two or three treatments of chemotherapy. They usually look 10 or 15 years older within a few weeks. In fact, they almost look mummified. I personally have not been able to recognize patients that I knew after they had surgery and three chemotherapy treatments. I just passed by their beds because they didn't even resemble the person I had seen some weeks before.

## **Why Are They So Afraid?**

Why is the medical profession, pharmaceutical industry, the FDA and others so afraid of people like me?

Because this book and my information is capable of breaking down the power and trillion-dollar income source of the pharmaceutical and medical industry. Massive amounts of personal attacks, defamation, and lies against me will follow the publication of this book. But don't let this lead you to doubt my facts, proven

successes and scientific facts that I have published in this book and I have much more to follow. Always check my websites for the latest information.

[www.DrLeonardColdwell.com](http://www.DrLeonardColdwell.com)

[www.DrColdwellOpinion.tv](http://www.DrColdwellOpinion.tv)

[www.IBMSMS.com](http://www.IBMSMS.com)

It is important to understand that no personal attack against me has anything to do with the proven facts and truth that this book is offering. Since for the very first time I offer a deeper explanation into the fraud and assault committed against cancer patients and prove the fact that natural cancer cures, that have been kept from Cancer Patients, that have the proven potential to eliminate cancerous tumors is in my opinion a crime in itself. Murdering people knowingly or at least suspecting, that the surgery, chemo and radiation treatment could potentially cause the death of cancer patients, should be criminal. If 97% or more of medically, pharmaceutically treated cancer patients die, while a higher percentage of patients that do nothing or went the natural route live and get cured all the time, should be a clear indication that their treatments don't work and maybe even responsible for the death of 97 % of pharmaceutically treated patients. Should the medical profession not rebel and push for treatments that cure and heal the patient, if they are really in it to help their patients?

Remember that they are the ones that make their money on our suffering, pain and death.

# **Chapter 8**

## **PROTECT YOURSELF NATURALLY**

I'm convinced that all of these diagnostics in regards of finding cancer or diagnosing cancer are absurd. You don't even need to know if you have cancer or not. If you are in doubt just do a natural cancer treatment (see further information in this book) that usually has no side effects at all but eliminates the cancer symptoms, the tumor or cell mutation, and growth of cancerous cells.

Even if you don't have cancer it does not harm you at all, and you'll have a healthier body afterwards. Everybody should do a once a year general IBMS "re-healthing™" protocol as I describe later in the book. It slows down or even reverses the aging process and usually gets rid of every malfunction, toxemia and acidosis in the body. You'll feel better, look younger, feel stronger and healthier, and have more energy, vitality and quality of life.

Even if you did not have cancer in the first place, the main outcome is that you will feel better and healthier. But if you have cancer and get into chemotherapy, surgery or radiation therapy, you are damaged for life!

Cancer is not a disease, it is the final and most desperate survival mechanism the body has. It only takes

control of the body when all other measures of self-preservation have failed.

## **They Think They Can Cure Cancer**

I am so tired of people announcing that they have invented a natural cure for cancer then use this information to publish a book. In truth, I already published this information when I was 17 years old in my books: *Finally Say Goodbye to Your Illness* and *Mother Please Don't Die*.

Of course, there are over 300 cures out there that eliminate tumors and other mutations, but that does not mean the cancer is cured at all. It always comes back because treating or eliminating the tumor or abnormal cell growth or any kind of mutation does not cure the cancer at all. Cancer is systemic and caused by mental and emotional stress and the lack of energy caused by these forms of stress.

As long as you don't define and eliminate the root cause of your individual cancer there is no cure! After you have identified the main cause of your personal cancer development—such as living in constant fear, worries, doubts, compromises against yourself, lack of hope or goals, low self-esteem or self-confidence, unhappiness, lack of success, poor quality of life, or pessimism about your future—you will never permanently eliminate your cancer.

The subconscious mind constantly gets the order: "This body and mind does not want to exist any longer under these circumstances and these conditions." It does what you indirectly order it to do. Your subconscious will do all it can to take you out of the life situation that you do not want to live in any longer.

Of course, we don't consciously think about this, but it's a mute order directed at the immune system and the life sustaining systems. Often a divorce, loss of a loved one through death, bankruptcy, or other traumatic events can trigger the self-destructive order to eliminate your body. In other words, it will do all it can to get it out of the unbearable life situation or circumstances that you experience as unbearable.

After you have defined what life circumstances lead to this unconscious suicide, you have to get rid of the root cause of your health breakdown. Only then will the symptoms, tumors, and mutated cells disappear on their own.

Please remember that only 5% to 14% of all illnesses are caused by poor nutrition, dehydration, and lack of exercise. The truth is that at least 86% of the illnesses we face daily are caused by stress. Though this is certainly a very important 14%, it does not really matter in the long run because that is not the root cause of your cancer, it is only the physical byproduct.

What I am saying is even if you use all the proven cancer cures but don't eliminate the mental and

emotional stress that leads to the lack of energy that leads to the health breakdown (cancer in this case) then there is no way you can achieve any long-term result. The only cause of illness is an ongoing or massive lack of energy; usually caused by mental and emotional stress such as living in fear, doubt and worry, not achieving your true potential, being someone other than yourself, and leaving behind your desires or dreams. The only reason for living is for personal growth and development, and if we don't grow as a person we feel unsatisfied and unhappy. The main problem is if we don't grow consciously then life makes us grow whether we like it or not and that usually happens through illness, dissatisfaction, unhappiness, and negative life developments.

It's better to choose your own way of growing than to let life pick something that ultimately makes you change or take action.

## **The Only Way to Be Cured**

There are no incurable diseases only incurable people. These are people who are not willing to take responsibility and take charge over their own lives. Many are not willing to accept that they have made themselves sick and therefore cannot understand that they are the only ones who can cure them. They usually go to their doctor and allow someone else to make all the

decisions for them. Of course, they suffer a lot and finally die after having no quality of life, although they did spend a lot of money on their own “medical suicide.”

In my experience, no one has ever been cured by chemotherapy, radiation or surgery— ever! If someone survives the pharmaceutical poisoning and the medical attacks, they survive in spite of the terror attack on their life not because of it.

I believe the statistics that show that 1/3 of all patients diagnosed with cancer never had it in the first place and were false positives, treated with all the horrors of the medical cabinet. Most of them will never even know that their breast was cut off without a good reason, and that the massive damage done by the chemotherapy and radiation is also causing cancer and early death.

Just think about it: Chemotherapy is a leftover of the First and Second World Wars. It is based on the chemicals that were created for warfare to kill people on the battlefield. After the wars were over they had no idea what to do with all the chemical poisons they came up with, so the absurd idea was to put the dangerous Mustard Gas (after the Geneva Convention forbade it to be used as a war chemical) into humans. The basis of this completely ridiculous idea, one which wasn't founded on any good science, was to kill the human to a point where all cells and body functions are dead but the patient is still somewhat alive.

After this terrible near death experience only the

good and healthy cells are supposed to re-grow and the cancer cells won't come back. Well, that would be the same as if you went into your garden and killed all the flowers, trees and grass together with some weeds, hoping that only the flowers, trees and grass would grow back, but not the weeds. The same happens with chemotherapy.

If you have ever seen someone going into the hospital with cancer he or she usually looks and acts pretty normal until they poison them a couple of times with what they call chemotherapy. The person then looks 10 or 15 years older within days or weeks. Not only does their hair fall out, but their fingernails, gums and teeth often start rotting away. The person is sterile and often impotent, and can no longer be an organ donor, even after just one chemotherapy session.

The quality of life is usually gone instantly and a slow death is spread out as long as possible to make as much money as they can on the poor patient. The wasting away problem that is usually the final cause of death for the medically treated cancer patient begins right away.

If the medical victim does not show any improvement, they move to radiation therapy. Radiation, as well as chemotherapy, causes cancer and does nothing except burn away the size of the mutation (tumor), builds scars and creates toxic deposits for the development of new cancerous growth. No one wants to live next to a nuclear reactor because they know that radiation

causes cancer the same way an atomic bomb would do if you survived a major explosion. Slaughter, or as they call it, *surgery*, knocks out the immune system first with the anesthesia and all of the implemented medication then destroys it even more with the massive physical trauma that comes with every surgery. This is usually the route the medical field takes in cases of fast spreading or fast growing cancer.

More cancers are caused by the so-called early detection methods which were really created as a way to generate more customers. The medically treated patient usually dies anyway at a given time, but the earlier they detect the cancer the longer they are able to make money on the patient because they can treat him longer.

Isn't it strange that the cancer patient usually gets the most amounts of chemotherapy in the last days of their life? Is it just me or does this very clearly show that they're trying to make every dime they can on the poor victim before he or she is finally gone?

Oh yes, and then after they have tried every murderous approach on their victim and the patient hasn't gotten any better, there are always new and untested drugs or treatments, and they finish off the patient with the rest of that stuff.

I don't believe that the medical profession has any acceptable approach to cancer and they should just stay out of it, especially since they have taken the Hippocratic Oath: First, do no harm!

It is not really the medical doctor—even if they are the main cause of death in America—that should bear all of the fault because it is truly their limited education and the manipulation and brainwashing created by the pharmaceutical industry that is causing these damaging and saddening results. The big pharmaceutical industry bribes its way into all kinds of powerful positions and is able to influence and make laws assuring that no natural cancer cure will ever be legally implemented in America or Europe. As we all know by now...it's all about the money.

## **You Don't Have To Die Of Cancer**

The true number one cause of death in the Western world is the US government or, better said, their criminal institutions like the FTC, FDA and all of the others.

The laws and regulations are allowed to be made are in favor of the pharmaceutical and medical industry, as well as for genetically manipulated food (GMOs) that makes you infertile, impotent and sick, and then finally kills you because we don't have the enzymes to deal with it. Plus, the murderous techniques that are allowed to produce this junk food will cause a completely new form of disease. That the government is in it with BIG Pharma is shown by the fact that they unlawfully gave Monsanto and the Vaccine producing Companies Immunity from being held responsible for the deaths

their products potentially cause.

## **Ways to Prevent the Cancer from Coming Back**

It's important to keep your body clean. Every 6 months we do a three week organic whole food full body cleanse and take only safe toothpaste, deodorant and soaps. Use Products suggested by the [www.CancerPatientAdvocatefoundation.com](http://www.CancerPatientAdvocatefoundation.com)

When you combine this time of cleansing with my Stress Reduction Programs the results are amazing. See [www.DrCDownloads.com](http://www.DrCDownloads.com)

## **You Can't Pick And Choose Just One thing**

I am always stunned that some people want to cure a life threatening disease or condition that took decades to create with just one single, cheap supplement or herb. This simply will not work! If you're facing a health challenge, it did not happen overnight. In fact, it took many years and tens of thousands of dollars along with a lot of bad choices to make yourself sick. There's no way you can take a single pill and heal from these massive, life threatening health break downs.

You can't eat junk foods and pour toxins into your body for ten, twenty, thirty or more years then just swallow a multi-vitamin or the "newest cure" and be

healthy and full of energy within a week.

Thyroid problems, diabetes and high blood pressure are more prevalent now than ever. However, it's not due to genetic problems, it's due to overeating, bad choices, and an unhealthy lifestyle in general. Let's face it, you're overweight and will die much earlier than you should. But the good news is you don't have to *stay* overweight! No, it's not easy to make changes in your life, but it's absolutely necessary if you want to live a healthy, happy, successful life.

I have seen the illnesses and symptoms that are caused by obesity. It's killing you! All of the fat on your body is accumulated toxins and poisons that the body stores in your fat cells, the more overweight you are, the more toxic your body is.

In many ways I believe in tough love. I always hit my patients hard—mentally and emotionally. Why? Because so many people are under a sort of self-hypnosis and I try to snap them out of it! Only when you wake up will you be able to change. If you are willing to accept that you created your high blood pressure, diabetes 2, cancer, or any other health problem and are willing to reverse the bad choices that got you here, I will do everything in my power to educate, coach, support and help you on your way to optimal health. However, if you're looking for a magic pill or a miracle cure that will fix all of your problems without you taking charge and control over your own life and health, then this book

is not for you.

Since you're still reading though, I can tell that you're a determined person, eager to make sweeping life changes both inside and out.

## **Do you swat mosquitoes or drain the swamp?**

The typical American cancer doctor focuses on the cancer and is looking for a way to get rid of it instead of stabilizing the patient so that his body can do the work to get rid of the cancer cells. But the doctor makes up his mind to get rid of those cancer cells one way or another—"whatever it takes."

Usually step one is to cut the cancerous growth out of the body. So, if the cancer is operable, the tumor is surgically removed. But everyone today knows that even the medical profession knows that if a few cancer cells are left behind in the body after surgery they will start new cancerous growths. And in the approach to kill off those cells, step two is to burn the cancer cells out of the body by radiation—which causes cancer, toxic scar tissue, etc. In fact, because cancer is a disease of the soul, it does not matter what they cut out, burn or poison, since the root cause has never been addressed it will come back anyway. It will come back much more aggressive since the body is now so weak, energetically, as the result of the medical treatment, that the cancer symptoms can now explode in the patient's body. My

grandmother with her simple mind who was a nurse and midwife always said, that when the cancer is exposed to air during surgery it grows viciously and aggressively and the patient dies soon after surgery. She also said it is very obvious that doctors and intellectuals have all these mentally handicapped children and children with autism. She thought because they are too intellectual they raise their children without love and that that was the reason. But we know today, because these Idiots where such smart asses that they all had their children vaccinated and they had the price to pay for it. Or better their children had.

And just to make *triple* sure all those cancer cells are gone, step three is to poison any remaining cancer cells with chemotherapy— which also causes cancer. It is proven that chemotherapy cannot and will not kill or destroy the cancer stem cells. It can only kill the daughter cells, and after 6 months the daughter cells grow and usually explode. But no cancer cell is or can be harmed by chemo, only the body's organs will be harmed, including the brain. This is called chemo brain. Chemo does not even have the hypothetical potential to cure cancer. Neither has radiation or Surgery.

The problem is, cancer usually returns because nobody tried to even approach, identify and eliminate the root cause of the patient's cancer which is always related to mental and emotional stress. Instead, they treat cancer as if it's a localized and not a systemic

phenomenon. The only system known today that is capable to enable the User to identify and eliminate the root cause of his or her individual cancer, is my IBMS System. I am the ONLY one that can do it. NO ONE else! That is the reason why I am training Certified IBMS® Coaches, to be able to do this also. IBMS® is the only answer and only result proven system for cancer patients to cure themselves by curing their own lives.

Remember, I believe cancer does not exist as an illness, it is an accumulation of symptoms that are based on negative frequencies, or, better said, being out of homeostasis —being out of balance. Cancerous growths develop due to a lack of energy created by the patient's own mind, mental and emotional stress, acidosis, toxemia and chronic lack of energy. Therefore it is completely absurd to believe that a drug or medical procedure could cure or prevent cancer.

It is always a lack of energy that leads to cancer? And if this lack of energy does not get eliminated will the patient die? Without a doubt! And all along the “cancer cure route” what happens if the patient doesn't heal? More surgery? More radiation? More chemo? When cancer patients have received their lifetime quota of radiation, they can't have any more of it—even if the cancer returns. Plus they can now treat the new illnesses and health problems their medical treatment has caused in the first place. Cancer can develop out of lack of love or self-love but not from lack of Chemotherapy.

The most chemotherapy is usually given the last weeks of a cancer patient's life to make as much money as possible before the "customer is gone." As for chemo, it's toxic and kills healthy cells. Worst of all, it often has no effect on the tumors at all. The tumors keep growing as if there's no tomorrow, despite massive doses of the most toxic chemotherapies known to man. It's almost as if some cancers thrive on chemo. That is because chemo does cause new cancer growth plus it weakens the immune system so much that the body cannot fight the cancer cell multiplication any more on its own. Since Chemo shrinks all organs and dehydrates the entire body including the Tumor, they lie and say, the chemo is working the tumor shrunk by 30 % yes and so did your brain and all other organs. They shrank too. Mainly due to dehydration.

Sadly, the American approach to cancer treatment ("cut-burn- poison") is all too often a dead end. In other cases it leaves cancer patients disfigured from surgery or sickened or weakened.

If one may compare the cancer cell to another pesky parasite, the mosquito, the American-style cancer treatments are like swatting mosquitoes while ignoring the mosquitoes' breeding ground: the swamp. And that's why it often fails. Swatting mosquitoes isn't enough. It's necessary to drain the swamp!

Whether you receive conventional cancer treatment, alternative treatment, or a combination, if you want to

get rid of cancer *for good* so that it *never* returns, you have to get serious about draining the swamp.

All of the German cancer specialists recognize that cancer is never a localized problem. In other words, breast cancer isn't simply a disease of the breast, and prostate cancer isn't simply a disease of the prostate. Rather, cancer is a symptom of a systemic disease of the *whole body*—no matter where the tumor may appear.

Plus, it's not physical anyway it is an energetic problem, caused by stress or poisons or a combination of both.

Something within the body is producing the cancer cells. When people get cancer, it means that their bodies have become the “swamp” (the breeding ground—mentally and emotionally and that causes the physical acidosis and toxemia) that allows the “mosquitoes” (cancer cells) to breed, multiply, and spread out of control.

It's necessary to clean up the body's toxic mess—in your mind and in your body.

It is a fact that a cancer patient's body is loaded with toxic wastes and toxic metals. Typically, a cancer patient's colon is junked up, his blood is thick and sludge-like, his lymphatic system is stagnant, his liver is clogged, his gall bladder accumulates stones, his kidneys are weak, and so on.

Because the cancer patient's organs are usually functioning inefficiently, toxins come into the body

faster than the patient can get rid of them. That has to be reversed. And it can be!

“Draining the swamp” involves a serious detoxification process. For over 10 years now I have been recommending a back-to-the-basics cleansing method that really works.

It’s based on the natural way that your body works. Our body is designed to fight against disease and to heal itself. If you get a minor scratch on your hand, you just keep it clean and it will heal by itself. The inside of the body works the same way as the outside.

By nature, our body is designed to eliminate toxins. Every time we exhale, use the bathroom, cough, sneeze, vomit or sweat – our body is removing toxins.

The problem is that now in 2019 we live in a toxic soup of chemicals from the air, the water, personal care products, household products and the biggest one – prescription drugs. But our body is not designed to handle that much toxicity. If we don’t cleanse it ourselves the toxins can build up and compromise our immune system.

This natural approach is very simple. We drink only water and organic tea and eat only organic whole foods for a few weeks. You can find my recommendations on [www.CancerPatientAdvocateFoundation.com](http://www.CancerPatientAdvocateFoundation.com)

Because we stop putting any toxins in our body our body’s natural, “built-in” cleansing system has a chance to catch up.

Imagine if you had a swimming pool that got very dirty. If you open the drain and add clean water, at the same time, the pool will start to clean itself. The longer you do this the cleaner the pool will get. This method of cleansing is doing the same thing to the inside of your body.

As the toxins get flushed out, your body's built-in cleansing system will start to cleanse deeper and deeper and cleanse all the way down to the cellular level. That is why I only endorse the cleansing programs that I know and trust, you can find them on [www.CancerPatientAdvocateFoundation.com](http://www.CancerPatientAdvocateFoundation.com)

This cleansing system is gentle but consistent and fast at the same time because usually the cancer patients I saw had only weeks or months left to live—if you could believe their doctors.

## **Cleanse the colon**

The German doctors recognize the necessity of “draining the swamp.” That’s why they *all* recommended colonic hydrotherapy to their patients—a low-tech treatment most orthodox doctors ignore or even discourage. The colon is the center of the “swamp.” You can easily do colonic hydrotherapy in the privacy of your home, unless you prefer to pay for the services of a professional colonic hydro therapist. Coffee enemas are extremely effective.

## **Change your body from acidic to alkaline**

An acidic body is the foundation for cancer, and cancer cells thrive in an acidic oxygen lacking environment. The typical average diet, which is high in meat, high in sugar, and low in fruits and vegetables, contributes to an acidic body.

To change from an acidic body to an alkaline body, you can't eat like the typical American. You must eliminate refined sugar because cancer cells love sugar. If you're fighting cancer, stop feeding it! Cut the cancer cells off from their favorite food: sugar. Switch from a high meat diet to one that has little or no meat. Especially avoid red meat.

Eat lots of fruits and vegetables—organic if possible. A fresh lemonade morning tonic, which you can use to start your day, can help change your body from acidic to alkaline. Food grade silica is another great way and extremely cheap to get rid of Parasites and alkalinize the body. Plus it helps to avoid osteoporosis.

### **Here's the recipe for lemonade:**

Squeeze the juice out of a lemon and add two tablespoons of *organic* maple syrup—or an amount that suits your taste. Add about 10 to 12 ounces of water and some ground cayenne pepper, and stir well or shake it in a

shaker cup. You can start with a pinch of cayenne and gradually work your way up to a half-teaspoon. According to some doctors this lemonade has other benefits, too. It digests mucus, increases circulation, and stimulates the body to produce the hydrochloric acid necessary for digestion.

I love my special apple lemonade: 3 apples and  $\frac{1}{4}$  of a lemon with peel—organic and clean and ice cold! Try it.

### **Flush your lymphatic system**

If there are too many toxins in your body they get stuck in your lymphatic system. As discussed before, unlike your circulatory system, your lymphatic system doesn't have a pump, and we have 4 times more lymph liquid in our body than blood.

Except for the manual lymph drainage, which is the best, there are only a few ways to flush your lymphatic system: through aerobic exercise such as swimming or biking, or lymphatic drainage massage which is 1000% more effective and faster and can make sure nothing toxic is left in the lymph nodes. Actually the most effective way to cleanse your lymphatic system is the use of the rebounder. The mini trampoline. But you are not allowed to jump on it. Just keep your feet on the fabric and move for 7 minutes up and down. Do not jump or let the feet leave the fabric of the trampoline.

## **Help your largest organ—your skin—eliminate waste and renew itself**

Sweating is good because it helps your body get rid of toxins through your skin, which is your body's largest organ. Taking a hot sauna and finishing it with a cold shower helps do this. But an even more effective sauna is the Far Infrared sauna, which quickly and easily pulls out toxins from deep within the skin. This kind of sauna can even be installed in your home.

Another technique for assisting your skin is dry skin brushing: using no water, you brush every square inch of your skin with a natural bristle brush every day. Why? There are several benefits: it cleans pores, exfoliates the skin, keeps skin toned and soft, aids blood circulation, and helps eliminate toxins. Dry skin brushing also stimulates all of your body's acupuncture points, which helps energize the body.

Read what the legendary natural healer Dr. Bernard Jensen said about dry skin brushing: "I believe skin brushing is one of the finest of all baths. No soap can wash the skin as clean as the new skin you have under the old. You make new skin every 24 hours on the body. The skin will be as clean as the blood is. Skin brushing removes the top layer. This helps to eliminate uric acid crystals and various other acids in the body. The skin should eliminate large amounts of waste acids daily. Keep the skin active."

You'll need two different brushes for dry skin brushing: a body brush with a removable handle and a complexion brush. The more sun you get, the healthier you and your body are. Just don't ever use sunscreen because it causes cancer. The sun does not cause cancer, the sun cures cancer. Especially skin cancer. We use drops of Hemp oil on the tumor and put the patient into the sun. Usually the tumor falls off in a few days. This happened to my brother-in-law. Use common sense and don't get sun burn. If you don't tan, based on albino like skin, you of course have to avoid the sun.

### **Get rid of the false, negative programming in your mind to eliminate cancer.**

An often overlooked part of the “swamp” is the mind, and that is my most favorite playing and battle field. All illness is in the mind before it is manifested in the body. Therefore, all health is in the mind before you can experience it in the body. It's necessary to detoxify the mind! By getting rid of the false, negative thoughts, worries, doubts and fears as well as lack of motivation, low self-esteem, lack of self-love, hopelessness and the feeling of being helpless, you can get rid of cancer.

Toxic thinking should be replaced with healing thoughts that kick your immune system into high gear. Some of the German clinics help the patient focus on this very task, and this is something you can also do at

home. Believe it or not, counseling techniques that change the cancer patient's thought patterns have turned around "hopeless" and "terminal" cases of cancer.

It's not just a matter of changing from "negative thinking" to "positive thinking"—though that's part of it. More importantly, it's a matter of changing false thinking to true thinking. For example, many if not most cancer patients believe cancer is a powerful, almost invincible enemy. But the American pioneer O. Carl Simonton, M.D., points out that the truth is quite different: cancer cells are, in fact, weak, abnormal, and deformed. Dr. Simonton created a groundbreaking method that helps cancer patients visualize their immune system vanquishing the weak, deformed cancer cells.

Please read Dr. Bernie Siegel's books. He offers hope, inspiration and guidance to so many.

But the fastest and most effective way to achieve these necessary changes is, in my experience and the opinion of thousands of my patients and colleagues, the IBMS® system. It does not allow space for failure.

# **The Effects of Chemo Therapy**

## **A**

**Abdominal Pain**  
**Acid Indigestion**  
**Acid Reflux Infection**  
**Allergic Reactions**  
**Alpecia Injury**  
**Anaphylaxis**  
**Anemia**  
**Anemia**  
**Anxiety Itching**  
**Appetite (Lack Of)**  
**Arthralgias**  
**Asthenia**  
**Ataxia**  
**Azotemia**

## **B**

**Balance & Mobility Changes**  
**Bilirubin Blood Level**  
**Bone Pain Libido (Loss Of)**  
**Bladder Problems**  
**Bleeding Problems**  
**Blood Clots**  
**Blood Pressure Changes**  
**Blood Test Abnormalities**  
**Breathing Problems**  
**Bronchitis**  
**Bruising**

## **C**

**Cardiotoxicity**

**Cardiovascular Events**  
**Cataracts**  
**Central Neurotoxicity**  
**Chemo Brain**  
**Chest Pain**  
**Chills**  
**Cognitive Problems**  
**Cold Symptoms**  
**Confusion Myocarditis**  
**Conjunctivitis (Pink Eye)**  
**Constipation**  
**Cough**  
**Cramping**  
**Cystitis**

**D**

**Deep Vein Thrombosis (DVT)**  
**Dehydration**  
**Depression**  
**Diarrhea**  
**Dizziness**  
**Drug Reactions**  
**Dry Eye Syndrome**  
**Dry Mouth**  
**Dry Skin**  
**Dyspepsia**  
**Dyspnea**

**E**

**Early Satiety**  
**Edema**  
**Electrocardiogram (ECG/EKG) Changes**  
**Electrolyte Imbalance**

## **Esophagitis Eye Problems**

### **F**

**Fatigue  
Feeling Faint  
Fertility  
Fever  
Flatulence  
Flu-like Syndrome  
Flushing**

### **G**

**Gas  
Gastric Reflux  
Gastroesophageal Reflux Disease (GERD)  
Genital Pain  
Granulocytopenia  
Gynecomastia  
Glaucoma Seizures**

### **H**

**Hair Loss Sinusitis  
Hand-Foot Syndrome  
Headache Sleep Problems  
Hearing Loss  
Hearing Problems  
Heart Failure  
Heart Palpitations  
Heart Problems  
Heart Rhythm Changes  
Heartburn  
Hematoma**

**Hemorrhagic Cystitis**  
**Hepatotoxicity**  
**High Blood Pressure (Hypertension)**  
**High Liver Enzymes**  
**Hyperamylasemia (High Amylase)**  
**Hypercalcemia (High Calcium)**  
**Hyperchloremia (High Chloride) U**  
**Hyperglycemia (High Blood Sugar)**  
**Hyperkalemia (High Potassium)**  
**Hyperlipasemia (High Lipase)**  
**Hypermagnesemia (High Magnesium)**  
**Hypernatremia (High Sodium)**  
**Hyperphosphatemia (High Phosphate)**  
**Hyperpigmentation Vertigo**  
**Hypersensitivity Skin Reactions Vomiting**  
**Hypertriglyceridemia (High Triglycerides)**  
**Hyperuricemia (High Uric Acid)**  
**Hypoalbuminemia (Low Albumin)**  
**Hypocalcemia (Low Calcium)**  
**Hypochloremia (Low Chloride)**  
**Hypoglycemia (Low Blood Sugar)**  
**Hypokalemia (Low Potassium)**  
**Hypomagnesemia (Low Magnesium)**  
**Hyponatremia (Low Sodium)**  
**Hypophosphatemia (Low Phosphate)**

I  
**Impotence**  
**Incoordination**  
**Injection Site Reactions**  
**Alopecia Injury**  
**Insomnia**  
**Iron Deficiency**

**J**

**Joint Pain**

**K**

**Kidney Problems**

**L**

**Liver Dysfunction**

**Liver Problems**

**Loss of Libido**

**Low Blood Counts**

**Low Blood Pressure (Hypotension)**

**Low Platelet Count**

**Low Red Blood Cell Count**

**Low White Blood Cell Count**

**Lung Problems**

**M**

**Memory Loss**

**Menopause**

**Metallic Taste**

**Mouth Sores**

**Mucositis**

**Muscle Pain**

**Myalgias**

**N**

**Nail Changes**

**Nausea**

**Nephrotoxicity**

**Nervousness**

**Neutropenia**

**Neutropenic Fever**

**Nosebleeds**

**Numbness**

**O**

**Ototoxicity**

**P**

**Pain**

**Palmar-Plantar Erythrodysesthesia (PPE)**

**Pancytopenia**

**Pericarditis**

**Peripheral Neuropathy**

**Pharyngitis**

**Photophobia**

**Photosensitivity**

**Pneumonia**

**Pneumonitis**

**Post-nasal Drip**

**Proteinuria**

**Pulmonary Embolus (PE)**

**Pulmonary Fibrosis**

**Pulmonary Toxicity**

**R**

**Radiation Recall**

**Rash**

**Rapid Heart Beat**

**Rectal Bleeding**

**Restlessness**

**Rhinitis**

**Ringing Ears**

**Runny Nose**

**S**

**Sadness**

**Sexuality problems**  
**Shortness of Breath**  
**Skin Reactions**  
**Sore Mouth**  
**Stomach Sour**  
**Stomach Upset**  
**Stomatitis**  
**Swelling**

**T**

**Taste Changes**  
**Thrombocytopenia**  
**Thyroid Hormone Levels**  
**Tingling**  
**Tinnitus**  
**Trouble Sleeping**

**U**

**Urinary Tract Infection**

**V**

**Vaginal Bleeding**  
**Vaginal Dryness**  
**Vaginal Infection**  
**Vertigo**  
**Vomiting**

**W**

**Water Retention**

**Watery Eyes**  
**Weakness**  
**Weight Changes**  
**Weight Gain**  
**Weight Loss**

**X**  
**Xerostomia**

# **Chapter 9**

## **THE SECRET BEHIND THE SECRET IT DOESN'T WORK**

Years ago there was a big promotion online of a new movie called “The Secret”. The premise was just wish for whatever you want and instantly you will get it for free without any effort at all. Of course, the absurd message that you just have to think about something or wish for it and you get it, without ever doing anything at all, is an easy sell. So many people don’t want to put in the effort that true success takes. Positive thinking and the law of attraction don’t do anything for you unless you act on it. You can only help yourself if you can imagine yourself healthy, successful and happy, but the true success does not come from the law of attraction; it comes from the law of attitude and action! If you want to be as happy, healthy and successful as you can be, you have to do these things:

- Program it into your conscious and subconscious
- Have a clear vision & precise goals
- Develop a detailed action plan
- Put your plan into action every single day
- Know that lack of action is your enemy
- Be ready to do whatever it takes to succeed
- Get up one more time than life throws you down

Winners never quit and Quitters never win!

So don't think that all you have to do is lie around and spend your time simply fantasizing about a life of health, happiness and success and believe it will magically appear into your life. It will not!

As Dr Bernie Siegel MD and Yale professor stated and I paraphrase, cancer patients that are positive thinking about their health situation and for example say: "I am healthy I am fine", give their immune system the information:" everything is fine, no reason to act, nothing to do!" and the cancer patient dies because he did not activate his immune system.

He shut off the immune system instead of activating it. By contrast, the IBMS® approach is to say: "I am severely ill! I accept the fact and activate now my self-healing system and instinct and act accordingly. Because I do whatever it takes and follow my instinct and common sense and educate myself to make sophisticated decisions and put them into action I know I will be cured. I know my body, mind and spirit know how to heal themselves and I will do whatever it takes to be and stay healthy. And because I support my immune system and stimulate my own healing I know I will be healed. I am strong and getting stronger and healthier day by day, hour by hour, minute by minute and second by second. I know because I do all the rights things that my research and instinct is telling me: I will be happy and healthy very soon! I am on my way and I am excited because I know I

am in complete control.”

## The IBMS Audio Programs

I invested hundreds of thousands of dollars to create the right music for the background of my audio programs. This is important because the IBMS® sessions are capable of scientifically changing your subconscious since it gets the listener into the right brain wave frequencies that are necessary to make changes. These audio programs actually get you into the mental mode of living and experiencing your ideal life—which is the only way to successfully reprogram your mind.

There is no other system known worldwide today that can do what my IBMS® does each and every time by getting your brain into the right frequencies of beta, alpha, delta and theta. This is very important and necessary for the right programming.

In the opinion of many leading healers, practitioners and successful MDs, there is no program out there that can produce even 1% of what the IBMS® system does and without any major effort on the part of the user. This program will help you to find solutions, create goals, develop an action plans and uncover the root cause of all life's challenges including health challenges and breakdowns of all kind. The Berlin health institute has clinically proven that one IBMS® session equals the relaxation, regenerating and healing of 7 to 8 hours of deep restful sleep, just in one 20 minute session! When

you remember that the body can only heal while you are in a deep restful sleep or IBMS-State™ you will easily understand why it was so effective for my cancer and other patients.

In the near future I will, for the very first time ever, make my entire IBMS-Life Therapy System™ available for the public. Until now it was only available for the hand-picked people I personally trained IBMS Certified Coaches™. Also, the IBMS seminars and courses for healers and practitioners will start with the publication of this book. We will also offer a special audio program set for Cancer patients! For more information go to: [www.DrLeonardColdwell.com](http://www.DrLeonardColdwell.com) or write to [IBMSInternational@startmail.com](mailto:IBMSInternational@startmail.com)

## **The All Natural Approach**

IBMS® is the way nature intended for you to stay healthy and to heal and repair yourself. It's the best way to prevent disease, and best of all it's a simple and effective treatment to rid the body of malignant, viral, bacterial and allergic disease by using the laws of nature to heal and by eliminating the root cause of all disease which is a lack of energy. As we talked about before, this lack of energy is mainly caused by mental and emotional stress and the health destroying behavior that is often the result from these stressors.

The medical profession loses nearly 100% or their

patients within 5 years of the first diagnosis. Their method of “curing patients” annoys me so badly! They believe that their form or treatment is the only way to even attempt to cure cancer, and yet they have a dismal survival rate of 2.1 percent at 5 years. Their cancer patients do not even have the chance of getting cured or having a normal life span or quality of life.

IBMS® and Natural methods are the answer. You need oxygen therapy in one form or the other, but even this is not a cure. You need an organic raw food diet, but this is not the cure. You need a lot of water and proper nutrition, but it is not the cure. No one thing is the cure for everything. All these things help to relieve the symptoms of your personal health breakdown, and they do help to speed up the healing process, but until you get rid of the root cause of your own health problems, you will never heal!

Again, think about the answer to these questions: What is it that made, and is making you, sick? What are the constant worries doubts and fears and compromises against yourself? Is it lack of self-esteem, self-love, self-confidence that drain your energy to the point that you developed these symptoms and created this energy breakdown?

Once you answer that question and act upon it you will have your individual Only Answer to Cancer! You just need to add the necessary 14% of healthy behavior and you are on your way to

optimum health, happiness and success. Now ask yourself what can I do on a daily basis and long-term to get and stay healthy.

## **The Instinct Based Medicine® System IBMS®**

We are now at the point where you should have a general understanding of the way I think, how I have cured cancer patients, or more correctly how have I helped many patients to cure themselves.

If you are now ready to apply my IBMS® into your life read on because I've put it all together for you.

The protocol for my IBMS® as previously published in my books and papers is as follows:

1. Immediately go on a raw food diet. Become a vegetarian or vegan, at least until you are healthy again! I suggest using the Cancer Patient Diet from my friend Paul Nison in this book, but also read his other wonderful books or watch his video clips on Youtube and see his website at [www.PaulNison.com](http://www.PaulNison.com)
2. Stop drinking tap water, it's filled with poisons. Get a whole house water filter, or at the very least one that goes under the sink. This should be a reverse osmosis system. Also put filters on all of your showers. See my personal suggestions and recommendations at [www.CancerPatientAdvocateFoundation.com](http://www.CancerPatientAdvocateFoundation.com)
3. Avoid all artificial sweeteners like Aspartame, Equal, Splenda, Sweet n Low, and all others. Instead, use

organic stevia as a sweetener. Never use MSG and stay away from GMO foods!

4. Don't consume milk or milk products such as yogurt, cheese and sour cream. Even milk in or coffee is not allowed at this time.
5. Start juicing! The best and easiest to use is, in my opinion, the Jack Lalanne Juicer. You can get one at Costco for a good price. Start every morning with a juice made from fresh apples, celery and carrot in equal proportions. Drink fresh juices at least four times a day. You can juice any fruits and vegetables you like, but remember that green vegetables give you oxygen and that is what the cancer patient needs most. You can go to my website for some juice recipes: [www.DrLeonardColdwell.com](http://www.DrLeonardColdwell.com)
6. Drink a gallon of water every day with half a teaspoon of sea salt in it. Or, even better, use Stardust. See info from Cancer Patient Advocate Foundation.
7. Walk 20 minutes each day and expose your skin to the sun at least 12 minutes each day. Never use sunscreen because by now you know it could give you cancer.
8. Three times a day use a rebounder (mini-trampoline). Just bounce up and down without your feet leaving the fabric. Of course, a manual, full body lymph drainage on the parts of the body where the lymph

nodes are concentrated or painful and big, is best. However, some so-called medical professionals say this will spread the cancer into the entire system. I have had it done on all of my cancer patients and have never seen this happen!

9. Three times a day listen to the IBMS® Stress Reduction Audio Sessions. (See info on [www.CancerPatientAdvocateFoundation.com](http://www.CancerPatientAdvocateFoundation.com) ) And at least once a day you should use the Breathing Therapy session. When you've gotten used to this you can then switch over to the IBMS Immune and repair booster sessions. See IBMS Coaches for that.
10. Use the information in this book and/or my IBMS® audio program sessions. This will help you to uncover the root cause of your individual energy and health break down. You'll be able to uncover the worries, fears, doubts that hold you back and are making you ill. You can also use my Self-Empowerment audio programs see [www.CancerPatientAdvocateFoundation.com](http://www.CancerPatientAdvocateFoundation.com)  
These are only suggestions. Everything you need to know is supplied in this book. Remember, all illness is the result of lack of energy. What is the root cause of your personal lack of energy? Find it and fix it, or you will not heal!
11. Now that hydration and nutrition have been covered, you need to start the detoxification process. I would

start with the full body and colon cleanse from [www.CancerPatientAdvocateFoundation.com](http://www.CancerPatientAdvocateFoundation.com) and after that the lymphatic, Candida and parasite cleanses that are recommended from the CPAF. I would take the metal cleanse and colloidal silver and if you have the money take the Mega Bio Available Nutrition and super-hydration water.

12. The minimum requirement of supplementation is Essiac Tea Capsules, one capsule of 400 iU vitamin E per 30 pounds of body weight, and 150, 000 iU vitamin D three times a day for the first week then lower the dose to 10,000 iU three times each day. Flaxseed oil is great for cancer, especially breast cancer. Also, see my full cancer protocol on [www.DrLeonardColdwell.com](http://www.DrLeonardColdwell.com)
13. 1. Only under the care of a qualified practitioner you can try: Oxygen therapy after Prof. Manfred von Ardenne Intravenous injection of vitamin C and/or aloe vera.
14. Find a practitioner who can help you to get off of as many medications as possible. Do not take cholesterol lowering drugs since they can kill you! People die of not enough cholesterol not from too much. This fact has been proven by medical doctor and professor, Walter Hartenbach. I will get to this later. (See the cholesterol hoax.)

15. Avoid all vaccinations. No vaccine has even been proven safe and effective. Plus, the toxins in the vaccine can cause autism, Parkinson's, Alzheimer's, cancer and even death.
16. Don't listen to the manipulation from the media, the pharmaceutical advertisements, or anyone around you who certainly means well but stands in your way of good health! The mainstream Media is ONLY the publisher of Fake or Manipulative news. ALL of them are only in it for themselves.
17. Throw out every single "energy drainer" in your life—this includes negative people.
18. Stop all self-pity and don't let anybody pity you. This negative energy can kill you.
19. Make clear goals, both short term and long term. These should be inspiring goals that make you want to live and be healthy
20. Create your own motivation as to why you want to live a long and fulfilled life
21. Visualize yourself in perfect health and in a life that makes you happy. Imagine this in every detail as if it's happening right now. Experience, in your mind, how you are feeling and acting in your happy and healthy life. Experience the things you are going to do in your

future, things that inspire and excite you. As long as you cannot imagine yourself being healthy you don't have a big chance of getting there. So train your imagination until you can visualize your future life in as much detail as possible. How do things feel? What sounds do you hear? What do you see around you? How do you look?

22. If you believe in God then spend some time each day in prayer. If you aren't sure of what to say, try this: *"Dear God, I thank you for my health and happiness, and for the healing that is taking place in my body right now. I am so grateful to know that You give me all of the answers and solutions I need so that I can achieve all of my goals for health, happiness and success."* Pray as if you are absolutely sure it is happening right now and will happen in the future without any doubts. I believe in God not in organized religion. It was only created to steal your money, control your mind, gain power over you and to rape your children, mainly the boys.

23. From now on use your common sense and your instincts when making any decisions. If it does not feel right, it is probably not right for you! I believe that our instincts are the voice of God within us. God speaks to us through our intuition and natural instincts. I believe that all illnesses are caused by our

vibrations getting out of a healthy frequency because of our energy level being too low.

24. Recognize that you are the only one that has to live with the consequences of your actions, not your doctor who wants to put you through the torture of chemo and radiation, and not your relatives who have been brainwashed into believing that “poison, cut and burn” are the only chance you have of surviving.

You have to answer to no one except yourself. This is why I cannot and will not make decisions for you. I can only educate you and give you my personal opinion based on my life experiences and observations, but you have to decide for yourself.

At this point, if you still believe the medical route is the best option for you because you don't believe me or you don't want to take the responsibility for your own life and health and healing, then that is your choice.

25. After you read this entire book, take a few days off to think about it and to make up your mind. Take as much time as you need to feel sure about your decisions. Nothing is worse than doing something and not really believing in it, then having regrets later. I respect your decision either way, but please don't write to me later for help if you went the

medical way, because by then it is probably too late.

26. Do not try both the natural and the medical route at the same time. In my experience every patient that did this died. Decide what you want to do and stick with it.
27. Do the research and educate yourself.
28. If you don't have the money for all the supplements I mentioned, go on a 21 day fresh juice diet and organic raw food diet. After that, do the IBMS® techniques and use all of the information in this book and pick at least one or two of the cancer fighters I've talked about in these pages. Since I believe that all cancer is caused by mental and emotional stress, you should now be able to define and eliminate the root cause of your individual health break down and soon return to your normal state of health.
29. Recognize and accept that you now have: The Only Answer to Cancer! Your personal, individual answer! There is no healing power outside the body, only your own personal healing power given to you by Nature or God (according to your own beliefs)
30. Never ever eat microwaved foods and protect yourself from EMC (Electro Magnetic Chaos) that is emitted from cell phones and computers. For extra protection EMC you can see my suggestions at

[www.CancerPatientAdvocateFoundation.com](http://www.CancerPatientAdvocateFoundation.com) Don't live underneath electrical lines since they cause cancer.

31. Do not get root canals with amalgam fillings since this is the main cause of breast and prostate cancer. Get all "silver" fillings in your teeth replaced with gold.
32. Underwire bras can restrict the lymph flow and cause breast cancer.
33. Do not watch TV, especially the news. Instead, become a member of Netflix or Blockbuster online and enjoy all types of movies, but skip TV, news radio and newspapers. That mindless propaganda will simply manipulate you and make you weak minded.
34. Never ever eat or drink anything that is not natural any longer. Refined sugar or GMO related foods or Glyphosate poisoned food.
35. In fact if it did not exist 150 Years ago you don't want it in your body.

### **Are You Worth It? Yes!**

If you do all of the suggested things in this book, it is going to cost lot of money, especially when you look at it the very first time, but now let me ask you, are you not worth it? Of course you are! Good health is priceless.

Who would be spending your money if you died from cancer?

Consider this an investment into your health and happiness. If you've worked hard all your life and have saved some money, now is the time to spend it on your future so that you can see your children and grandchildren grow up. Don't you want to live to do all the things you always wanted to do in your life? Don't you want to be with your loved ones as long as possible?

As I said, it is your life and your decision, but if you don't invest in your health and your life, then what is your money good for? Even if I didn't have much money, I would rather get into debt and get healthy, then pay it back later rather than die because of greed! Money is the ONLY tool for freedom and to fight back effectively, when bad things happen to good people.

## **There Is No Such Thing As Cancer!**

There is no disease called cancer, they just named normal natural occurrences in the body as such. And, if they would just leave it alone, most of the time it would simply disappear on its own the second the energy and nutrition, detoxification and hydration level is normal again. If you get rid of the root cause then you have no cancer symptoms!

Here are some of the natural proven cancer symptoms eliminators. Please note this is just a report for your personal research. If you use the listed proven, natural cancer treatments, you do it at your own risk. Also, you should ask an expert before and while you are following any of the following protocols.

### **1. The Eggplant cure from Australia**

Originated from the cattle herders of Australia Dr Bill Cham developed the latest cure for skin cancer called the Eggplant cure or BEC- 5. It is extremely successful with basal cell carcinoma and squamous cell carcinoma without harming the skin in any way. I personally used to put my skin cancer patients into the sun and the sun cured in all my cases the skin cancer. Remember it's not the sun that causes skin cancer it's the sunscreen and/or environmental poisons and nutritional deficiencies.

### **The healing fruit from the Amazon**

Graviola or also called Guanabana, Annona or Brazilian Cherimoya is sold in local markets as fruit but used in many countries to successfully treat everything from diarrhea and dysentery to asthma and increasing the flow of mother's milk. It also has the proven ability to kill slow growing cancer cells. There are over 40 naturally occurring acetogenins in Graviola which have the strong ability to prevent abnormal cellular division which is the cause of cancer symptoms. Graviola has

shown huge success with breast and colon cancer patients. Even Grapefruit juice has been proven to have a positive impact on cancer patients.

## 2. The tree that can make you happy

The Chinese Happy Tree is used in China and Tibet for relieving depression and as a cure for everything from the cold and psoriasis, to liver, gallbladder, spleen and stomach diseases. It has been successfully used for ovarian and small cell lung cancers. It has also shown great results with metastatic colorectal cancer.

## 3. Cancer defying diet from Dr Budwig

The German doctor Johanna Budwig introduced to the world a nutritional package that successfully helped cancer patients fill in deficiencies and recharge nearly-dead metabolisms. The simple formula is based on omega 3 fatty acids and sulfur-rich proteins. Dr Budwick's formula cured countless so-called hopeless cancer patients! The diet is based on flaxseed oil and cottage cheese. Dr Budwick found that a few simple foods can help fix the stagnated growth process in our cells. She found that when you combine flaxseed oil, with its powerful healing nature of essential electron-rich unsaturated fats, plus cottage cheese which is rich in sulfur protein, it produces a chemical reaction that makes the oils become water soluble and easily absorbed into the cell membranes. Flaxseed oil has been proven to have a huge positive effect for patients

with prostate, breast and skin cancer.

Dr. Budwick used 2 tablespoons of cottage cheese mixed with one tablespoon of flaxseed oil. The daily dosage is 6 to 8 tablespoons of flaxseed oil. People with pancreatic cancer have to work their way to this amounts very carefully and slowly. Flaxseed oil can also help with arthritis, heart infarction and most cancers.

1. My colleague Dr Hans Nieper in Germany used an acid– squelching combo to enable the blood to repel cancer. Dr Nieper cured countless cancer patients that I personally knew with cesium and DMSO treatments. Nature's most alkaline metal is cesium and when it is combined with DMSO it directly targets cancer cells, stopping the metastasis of the cancer, shrinking the tumor within weeks and stopping the pain of cancer within 24 to 48 hours.

Dr Nieper's protocol is: cesium chloride 1 – 6 grams a day. The usually dosage is 3 grams a day and always with food.

Breakfast: Cesium chloride (1 gram), vitamin C (1000 Milligrams), zinc (25 – 30 milligrams) one potassium capsule as prescribed by physician.

Lunch: Vitamin C (1000 milligrams)

Dinner: Cesium Chloride (1 gram), vitamin C (1000 Milligrams)

Before bed, after eating 2 slices of bread: Cesium

chloride (1 gram) and vitamin C (1000 milligrams)

1. The detoxification cancer symptom cure named after Max Gerson: As the father of medicine Hippocrates stated so rightfully: Let food be your medicine, a German doctor Max Gerson did exactly that and invented a cancer detox diet that today still cures countless patients. His revolutionary diet is based on the philosophy that quickly revealed itself to be a potent nutritional and metabolic therapy and a cure for cancer!

For over 60 years doctor Gerson's diet has been based on organic fruits, vegetables and juices and helps detoxify the body quickly and effectively. It's helped countless cancer patients to completely recover from their cancer symptoms.

I believe that if you use Paul Nison's information you will also have great detoxification results.  
[www.PaulNison.com](http://www.PaulNison.com)

### **Mistletoe wiping out cancer symptoms**

The mistletoe has been used in Germany for hundreds of years to cure headaches, lung disease, internal bleeding, nervous conditions and cancerous tumors. It has the ability to help repair the DNA damage caused by cancer and to prevent the cancer from spreading. It has been successfully used to treat colorectal, stomach,

breast and lung cancer. This treatment has to be injected and must be done by a physician because mistletoe can be toxic.

#### 4. Curcumin kills cancer cells

Indian curries are a cancer blaster. The spice turmeric, whose main active component is called curcumin, is a well-documented cancer fighter. It is a part of the ginger family and it's made by grinding the root of the large leafed Asian plant known as curcuma longa. Curcumin has been proven to inhibit a cancer provoking bacteria H-pylori associated with gastric and colon cancer. It can protect the DNA from damage and has been shown to be extremely effective with breast cancer, and it can protect you from radiation damage if eaten before x-rays.

#### 5. Ayurveda – herbal cancer fighting trio

Triphala is a healing power source for reducing cholesterol, improving circulation, reducing high blood pressure, and improving liver function. It has anti-inflammatory and anti-viral properties and has been shown effective with pancreatic cancer. Triphala is the most popular Ayurvedic herbal formula and it is easy for you to find information about this everywhere. It is taken as a tonic by stirring 2 or 3 grams of the powder into warm water and drinking it each evening. It is also

available in capsules and is taken usually two tablets one or three times daily.

## 6. Cancer is a fungus

Dr Tullio Simoncini from Rome, Italy has been curing cancer for over a decade with a simple solution of sodium bicarbonate (baking soda) and organic maple syrup. It is common knowledge in the medical profession that sodium bicarbonate can kill all sorts of fungi and microorganisms.

Dr. Simoncini has proven cancer is usually a Candida yeast infection (or always coexists with it.)

Because the Candida acts as glue that keeps the cancer cells together, if you cure yourself from that fungus the cancer mass falls apart. The fungus produces an acid that is acid based and holds the cancer cells together. That is why it is so important to have an alkaline pH of 7.36 in your body environment.

Candida plays a vital role in the cancers ability to survive, by making toxins that impair a cell's ability to self-destruct while allowing mutated cells to replicate into full-blown cancer. When Candida becomes intertwined with tumors, it stays alive along with the cancer.

This is why I had all of my patients do the cleanses and other suggestions on the CPAF website at [www.CancerPatientAdvocateFoundation.com](http://www.CancerPatientAdvocateFoundation.com) I had

such huge successes with prevention and cures of all kinds of cancer symptoms with just a few products, that they are a must for all my patients when it comes to cancer treatment and prevention.

Dr. Simoncini has had great success with his treatments in brain, bladder, breast, spleen, liver, lung, prostate, stomach, pancreatic and other cancers. Dr. Simoncini's protocol involves: 500cc of a 5% bicarbonate solution given intravenously over one hour six days a week or injected in localized, accessible tumors.

Today he has modified his protocol by alternating the bicarbonate injections with vitamin C intravenous injections. He also uses a mixture of sodium bicarbonate with organic maple syrup taken orally.

## 1. The macrobiotic diet for the fight against cancer

Macrobiotic literally means “long life” in Ancient Greek. The philosophy of the Macrobiotic diet is based on the idea of achieving balance for health and longevity. As I talk about all the time, health is a condition of balance. The Macrobiotic diet has been proven to cure cancer symptoms. It is based on dietary principles of simplicity, and avoidance of toxins that come from eating dairy products, meats and oily foods.

The basics are:

50% organically grown whole grains

25% organically grown fruits and vegetables

10% soups made with vegetables, seaweed, grains, and beans.

Other elements occasionally include some fresh white meat fish, nuts, seeds, pickles, Asian condiments, and non-stimulation teas. Foods on the diet include vegetables such as potatoes, tomatoes, eggplant, peppers, asparagus, spinach, beets, zucchini, and avocado. It also advises against eating fruits that are not grown locally, such as bananas, pineapples, and other tropical fruits. The use of dairy products and eggs, coffee, sugar, stimulant and aromatic herbs, red meat, poultry and processed foods are to be avoided.

Clinical studies have shown that a low fat diet based on a foundation of whole grains, legumes, vegetables and fruit is the healthiest for cancer prevention and preventing the recurrence of cancer.

It has been very effective with pancreatic, lung, breast and colon cancer. This diet keeps is low in protein, B12, iron, magnesium and calcium. I suggest supplementation.

## 7. The cancer fighting vitamin

For over 150 years the vitamin B17 (laetrile) has cured cancer symptoms! It is prevalent in bitter almond and fruit pits, mainly in the seed of Apricot. Laetrile is

also known as amygdalin, originating from the seeds of plants in the prunus rosacea family and has been proven to cure cancer symptoms for centuries. It kills cancer cells without doing any harm to the healthy cells in the body.

Many doctors have used this with a near 100% cure rate.

#### 8. The cancer cure that may be gone soon

*Antrodia camphorata* is a cancer fighting Taiwanese mountain mushroom that has shown stunning results when it comes to cancer, as well as inflammation and toxicity. It has also proven effective in reversing and even destroying cancer cells. An added benefit is that it offers significant liver protection and can prevent or treat liver cirrhosis. It is extremely effective against liver cancer, bladder cancer, breast cancer, leukemia and lung cancer. It is often seen on the market under the name of Vitalsil.

#### 9. Killing cancer with a poisonous plant Oleander

has cured advanced and inoperable cancer since the 8th century. It is also used to cure hangovers if combined with licorice. It has had stunning results with pancreatic cancer.

Oleander is available in capsules that are safe for human consumption. It is generally toxic, but in the

right formulation it is deadly against cancer cells yet absolutely harmless to healthy body cells. You can also make your own oleander soup! Begin with  $\frac{1}{4}$  to  $\frac{1}{2}$  of a teaspoon two or three times a day after meals. Work the dosage slowly up to 1 tablespoon three times a day after meals. For the full recipe to create oleander soup visit [www.CancerPatientAdvocateFoundation.com](http://www.CancerPatientAdvocateFoundation.com)

Although you can make this soup, it is probably safer to research where you can buy the capsules.

## 10. The injectable cancer cure

The Ancient Egyptians used aloe vera for cuts, burns and skin irritations. In 1930 it was used to treat skin irritation from radiation. It also helps with constipation, psoriasis, frostbite, ulcerative colitis, and diabetes. Injectable aloe is successfully being used to cure cancer symptoms. The injectable form is called Albarin. It even helps to limit the damaging effects of chemo or radiation therapy and helps the body to heal and recover faster after surgery. The tumor shrinking potency has been clinically proven for a long time.

## 11. Cansema – and other secret cures

Cansema has been curing cancer since the 16th century, starting with Paracelsus. It is made from “sal ammoniac” (ammonium chloride) along with fuligo

(wood soot) and orpiment (arsenic sulfide) to treat skin cancer and non-healing wounds.

By the way, a paste made from bloodroot, zinc, chloride, flour and water was found in the 1900s to cure malignant growths and generally destroyed the tumor within two to four weeks when applied directly to the skin cancer.

One native American cure for skin cancer is zinc chloride, bloodroot, bittersweet, ginger root, galangal and capsicum. This mixture has been proven to destroy cancer cells without harming the healthy cells.

12. The Canadian tea that has cured cancer for over 100 years.

A Native American recipe that has been used for many decades by a nurse in Canada to cure cancers of all kinds is called Essiac Tea. The success she has was so stunning that the governments did all they could to destroy nurse Caisse and her formula.

The original formula included burdock root, slippery elm inner bark, sheep sorrel, Indian rhubarb root, watercress, blessed thistle, red clover and kelp. Over time it was later reduced to four mountain herbs: burdock root, sheep sorrel, slippery elm and Indian rhubarb. She named the tea Essiac, which is Caisse spelled backwards.

It has been so successful that I nearly always used

it for my patients when it came to treatment and prevention.

### 13. Vitamin C the super cancer killer

I personally nearly always used vitamin C in doses of 100 g per day and aloe injections intravenously in my clinics and my Modern Therapy Centers™. I believe there is nothing more effective, safer and faster. Nobel Prize winner Linus Pauling called it Nature's Chemotherapy.

Vitamin C is the most important element in cancer cures because stress uses up huge amounts of this vitamin. Besides using my IBMS stress reduction audio programs, you need huge amounts of vitamin C to combat the effects that stress has on the body.

### 14. Citrus Peels – the great cancer protection

Peels of citrus fruits like lemons, oranges, and grapefruit contain a compound called d-limonene which has been clinically proven to have a huge impact on a variety of cancer symptoms. It's especially useful in combating breast, skin, liver, lung, pancreatic and stomach cancer. The way it works is it causes apoptosis or, self-suicide of cancer cells. It is believed that it inhibits the ability of cancer cells to communicate with each other.

### 21. Oxygen, the force of life

Personally, I have used oxygen therapy in my centers. Manfred von Ardenne was the originator of this. This leads to an instant boost of energy and floods the blood with oxygen. The therapy is very simple. One quart of blood will be taken from the patient and intravenously put back after it was enriched with ionized oxygen. The energy boosting effects are instant and the healing effects kick right in. I have never seen any negative side effects with this therapy.

## 22. Hemp cures cancer symptoms

To recap what I've just talked to you about, as well as listing a few others, here is what I have witnessed as the best cancer cures:

- Hydrogen peroxide (35% food grade) I used 8 drops daily in 4 ounces of aloe juice
- Vitamin C injections
- Vitamin E 400 iU for every 30 pounds of body weight
- Co-Q10
- Omega 3
- Thyroid support products (natural)
- L-cysteine
- N-acetylcysteine
- Glutathione
- Burdock Root

- Essiac Tea or capsules
- Oxygen treatments
- Flaxseed oil
- Grapefruit seed extract
- All kinds of organic fresh juices and fruits and vegetables
- Hoxsey tonic and treatment
- Gerson diet
- Rife Therapy

Of course, this is not all since we now know of over 400 natural cancer symptom cures. There simply isn't enough room in this book to talk about each and every one of them. I wanted to give you a brief description of the ones I feel are the best and that I have personally witnessed as beneficial. For more information see my website:

[www.CancerPatientAdvocateFoundation.com](http://www.CancerPatientAdvocateFoundation.com)

And remember, cancer is always stress related! If you get rid of the cancer symptoms without getting to the root cause of why you attracted cancer in the first place, it will come back!

### **A Note about Nurses:**

At this time I want to point out that when I show my utter disgust in regards to the medical and pharmaceutical industry that I don't include in this our

wonderful nurses. They do all the work anyway and often know more about health and healing than doctors do. I also don't include in my disdain our experts in emergency, trauma and restorative medicine. These people are a Godsend and we would not want to be without them. What angers me are the MDs who hand out their dangerous toxins provided by the pharmaceutical industry.

When it comes to cancer; run as far away from the hospital as you can and get detoxified. Rebuild your own health and support your immune system as best as you can all through the power of God and Nature.

Another exception: Of course our doctors in the reconstructive and emergency field are the most competent and valuable MDs in the world. And that is the only field where the Medical profession has its true value! I admire their talent and their work.

# **Chapter 10**

## **HOW I CURED MY PATIENTS FROM ALL KINDS OF HEALTH CHALLENGES**

The Book of Health™

From my books, here are some summaries I want to share with you. You will find more information on my website [www.DrLeonardColdwell.com](http://www.DrLeonardColdwell.com) and on the audio programs that were created to help you to apply all the knowledge in my books *Instinct Based Medicine* and *The Only Answer to Cancer* faster and much more effectively if you need or want to speed the IBMS® process.

What is my goal with this book and all my work? I will do everything in my power to achieve an amendment to the constitution for health freedom and patient rights and the full implementation of the constitution in general!

Historically, whenever the government interfered with mandatory health treatment—like leeching and mercury injections—it usually killed or at least potentially harmed the patient. Since the government is obviously practicing medicine without a license, every time they interfere with our health and treatment options, they should be held responsible their actions!

All humans should be created equal, so no law should be legal or applicable that makes any

government member or persons or groups immune to criminal or civil prosecution. The only reason the government would do that is that they obviously know that criminal action will be committed and harm to the public will be done. Therefore, such laws should be voided and not acknowledged by any judge or jury.

The FTC, FDA and ACS are, in my opinion, the greatest enemy for cancer patients and are only there to protect the interests of the pharmaceutical and medical industry. Therefore, it's a violation of their oath of office or given agenda and I believe it must be fraud, treason or some kind of prosecutable offense. Any law that only benefits a few politicians or special interest groups like bankers, politicians and big money makers (pharma, oil, medicine, etc.) should automatically be null and void.

Since we are all equals shouldn't it be illegal to exclude anybody from the law or set them above it? Shouldn't the same laws pertain to everyone with no exceptions? Basically, as I understand the constitution with the right of freedom and liberty, we automatically have the freedom of choice for our own health and life!

If someone pushes mandatory vaccinations on us with proven toxins and harmful poisons and microbes, or forces mandatory chemotherapy, radiation or surgery that hurts and kills, doesn't it seem logical that the person or group or government or parts of it would be violating our constitutional rights?

Since all the facts about toxins and microbes in vaccines are well known and scientifically documented, and the effects of poisonous chemotherapy and cancer-causing and healthy tissue burning radiation are very well known, as well as the danger of surgery and related drugs, is it not an obvious conspiracy?

If what Dr. Tulio Simoncini says is true, the medical profession has a cancer cure rate of only 2% to 3% and yet cancer can be cured by over 300 natural treatments. The crimes against humanity are committed by the companies and politicians that are involved in the production and application of dangerous treatments and the political involvement of creating mandatory laws to apply these dangerous and killing treatments. Isn't this unconstitutional, maybe even treason, but at least a major crime? I think so!

## **Cholesterol Is Good For You!**

The money making and controlling scheme of the pharma and medical professions, in conspiracy with parts of government, are causing unnecessary illnesses and cancer and death by the minute! Cholesterol lowering medications will harm you and can make you die much earlier than you have to. It destroys the liver and/or kidney function. What's most scandalous of all is that there is no such thing as too high cholesterol! You

die of not enough cholesterol.

Nearly 87% of all body cells are made of cholesterol. Every cell replacement therefore needs a huge amount of cholesterol! The production of hormones, your brain, and all of your body functions need cholesterol. The normal and average extremely healthy cholesterol level is 250 and above everything below 250 will create a problem for your body to function at an optimum level and to repair itself.

The conspiracy of the guys that make the big bucks on your suffering and the illnesses and symptoms they create by lowering your cholesterol is huge. They simply made up an unrealistic and unhealthy level of cholesterol and told you everything below 250 then above 200 and so on to make every person in America, or in the world for that matter, a patient! That is a horrific lie!

Cholesterol is good and there is no such thing as good cholesterol or bad cholesterol. LDL and HDL are not even cholesterol, they are transport proteins. Plus, nobody in this world has had a fatal heart attack caused by cholesterol. Every fatal heart attack has been caused by a chemical reaction (acidosis) and not by cholesterol. Cholesterol is a good guy! It saves your life every day!

If you are toxic and are acidic that acid burns holes into your blood vessels. To avoid bleeding to death internally the cholesterol in your body goes there to clog

the holes and stop the bleeding. If you have arteries that are clogged with cholesterol then you know that you have a heavy form of acidosis and should instantly work on it. I do the alkalizing protocol from [www.CancerPatientAdvocateFoundation.com](http://www.CancerPatientAdvocateFoundation.com)

## **Salt and High Blood Pressure – Not True!**

They tell you salt gives you high blood pressure because they know that if you don't have enough salt—at least half a teaspoon of sea salt or Stardust or Pink salt, in your system you get sick or develop deficiency symptoms. You'll be chronically dehydrated, which is basically the main cause of aging, illness and cause of death. The fact is that most table salt contains many elements that are not salt at all such as tiny glass shards or sand which cuts your arteries and the cholesterol now goes there to stop the bleeding. Because of that process, if it is all over your arteries it will raise your blood pressure, but it's certainly not the salt! So please use sea salt or 100% pure unrefined salt. You can't take table salt that could be laced with glass and sand and no sea salt because that is now nearly all radioactive from the Fukushima reactor incident.

## **Eggs are good for you!**

Everybody should eat at least 2 hard boiled organic eggs at least 4 times a week for good and healthy cholesterol levels. If you are on any kind of statin drugs, please find a licensed health care practitioner that will help you to get off of them ASAP! Every burn unit in every hospital I know gives their burn victims up to 20 hard-boiled eggs a day because they know it is the fastest and safest way to rebuild healthy cells. So, if your money-hungry or incompetent MD tells you your cholesterol is too high laugh at him and find a new physician. You can always write to me if you have a question [IBMSInternational@startmail.com](mailto:IBMSInternational@startmail.com)

## **The Diabetes Fraud**

Many colleagues of mine, countless therapists and researchers found that diabetes 2 can usually be cured by Eleotin and a vegetarian or raw food diet, along with a lot of water and enzymes. The Asian diabetes society and other organizations have called Eleotin (which is an herbal compound and not a drug) the final cure for diabetes. It takes usually 1 to 5 months to cure the person, but this does work and I have seen this happen for many years! There is enough proof out there that

shows diabetes can be eradicated by an organic non GMO diet and that even the panaceas can be rebuilt has been scientifically proven. Diabetes is based on lack of love, mainly lack of knowledge and self-love.

## **High Blood Pressure Easy To Fix**

In my experience, high blood pressure can usually be easily normalized with full spectrum vitamin E, C and D plus Co Q10 and a raw food diet until it's normal. Of course, IV Chelation therapy is a huge help and is the fastest and most effective treatment I know. You still need the supplements above to keep it right, if you want my opinion on that.

I have also seen patients completely ridding themselves of nearly every health condition by simply eating good organic raw foods.

## **Arthritis Usually Gone In 5 Months**

I have seen many cases where arthritis, even rheumatoid arthritis, is completely gone in 5 months with the application of CMO and for the pain DMSO and for the inflammation hydrosol silver. Don't worry, I guarantee you will not turn blue like the "Blue Man" the media paraded so much some time ago! He caused it himself.

I have a laser that has eliminated pain in 33 seconds

most of the time. It shortens the Recovery or Curing rate for bone and joint related issues in days or weeks. It cured my dog and even tonsillitis in 33 seconds. We also have a frequency plasma generator that works with stunning success. Info from [www.CancerPatientAdvocateFoundation.com](http://www.CancerPatientAdvocateFoundation.com)

## **Depression and Anxiety Cured My Nearly 100% Success Rate**

The feeling of helplessness, hopelessness, feeling overwhelmed and living in fear without clear goals, action plans and lack of motivation, self-love or self-confidence and low self-esteem is usually the cause of depression and anxiety.

In my experience it is not a chemical imbalance that causes depression, it is the state of depression symptoms that are causing the chemical imbalance. When I worked with patients, I used to give these missing elements, emotions and clarity to my patients with the same techniques that I used on my Depression and Anxiety research. This is now available as IBMS stress reduction audio program system available at [www.DrCDownloads.com](http://www.DrCDownloads.com)

## **How I Cured Skin Cancer in My Patients**

Historically, after I had them complete a whole body cleanse I flushed their mutated skin parts with sodium bicarbonate (baking soda) and put them on 25 000 Vitamin D3 three times a day and three times a day put them in direct sunlight for 12 to 20 minutes directly on the skin where the mutations occurred.

## **How We Cured Colon Cancer**

In my MTC®, Modern Therapy Centers® my employees or colleagues used, after a simple colon cleanse and the usual cancer supplementation, Oxygen Multi-Step therapy after Prof Manfred von Ardenne. I would also blow ionized oxygen directly on the tumor and often saw the tumor, the same way as Prof von Ardenne published in his works, that the tumor shrank in front of our eyes.

After that we flushed the colon with a sodium bicarbonate solution and usually had extremely fast success. We also used to have our patients sit in an oxygen chamber, no matter what their health challenge were and this was a huge success.

Healing Cancer Treatments:

10,000 Times Stronger Killer of CANCER than Chemo

- Sour Sop or fruit from the Graviola tree is a natural cancer cell killer, 10,000 times stronger than chemotherapy.
- You can make smoothies, juice, or eat the fruit right out of hand.
- Graviola also is a broad spectrum anti-microbial agent for bacterial and fungal infections.
- Studies from the 1970s showed extracts from the tree could: target and kill malignant cancer cells effectively, slow the growth of cancer cells 10,000 more strongly than Adriamycin (a common chemo drug), and the extract selectively finds cancer cells and leaves healthy cells alone.
- Various parts of the tree have been used for centuries by medicine men and native Indians in South America for heart disease, asthma, liver problems and arthritis.
- This product has not hit the market because, since it's natural, it can't be patented. Companies invested a lot of money to create synthetic compounds of the Graviola but they were not able to do so and, therefore, couldn't make money so they halted the research. They also chose not to publish their findings on the Sour Sop.
- The Catholic University of South Korea, Purdue University, the National Cancer Institute have all done research on the effects of the Sour Sop. (The National Cancer Institute did this in the 1970s but never published their study results).

## 7 Cancer Curing Spices that are Commonly Found in Every Kitchen

- Research has revealed that the intense taste of spices correlates with high concentrations of anti-oxidants and other cancer-killing substances.
- Oregano: The phytochemical “quercetin” restricts the growth of malignant cells and acts like a drug against cancer related diseases. A teaspoon of oregano has the power of 2 cups of red grapes.
- Ginger (fresh): can lower cholesterol, boost metabolism and kill cancer cells. You can chew on parsley if the odor bothers you when cooking with it.
- Turmeric: One of the most medicinal spices on the planet, turmeric contains curcumin, which has been found to kill almost every type of cancer cell that exists. Like Sour Sop, turmeric only targets sick, cancerous cells and leaves healthy ones alone.
- Ginger (dried): contains zingerone, which is believed to have antioxidant and anti-inflammatory properties that can be used as prevention of cancer.
- Cayenne Pepper contains capsaicin, a powerful antioxidant. This is toxic to cancer cells. A study at UCLA School of Medicine found capsaicin inhibited the growth of prostate cancer cells and could kill them off.
- Saffron contains over 150 volatile and aroma-yielding compounds as well as nonvolatile active components like carotenoids. These are characteristics of anti-tumor, anti-cancer therapeutic agents.
- Cinnamon can be used as cancer prevention possibly due to the high levels of iron and calcium.

As little as half a teaspoon a day could be enough to provide health.

### Just a Weed, or an Unrecognized Health-Boosting Plant?

- Purslane, or Portulaca oleracea, is a common weed that originated in India and Persia. Many people pluck it away but others use it in their cooking.
- The seeds are powerful enough to stay viable on land for about 40 years. You can grow it in a well-tended garden or arid climates just as well.
- This weed has more Omega-3s than many fish oils. It has the highest levels of vitamin A among all leafy green veggies (1320 IU/100g, 44% of RDA). Vitamin A can protect us from many cancers and boost eye health.
- Purslane contains 2 types of betalain alkaloid pigments, which are potent antioxidants and anti-mutagens. Not only this but it contains riboflavin, pyridoxine, niacin, carotenoids, and trace minerals.

### How Adding Eggs to Your Salads Can Help You Prevent Cancer

- A study done by Purdue University found that adding cooked egg to a raw-vegetable salad helps the absorption of carotenoids.
- Many people consume enough of these healthy vegetables so eggs are vital for the body to absorb as much as possible from them.
- The absorption of carotenoids was 3 to 8-fold higher when a salad included 3 scrambled eggs as opposed to none. (You could use hard-boiled eggs as well; just include the white and center parts).

- Eggs contain the entire range of B vitamins, from B1 to B3 and folic acid. They don't contribute to heart attack or stroke, as many people believe.

## Grape Seed Extract More Effective than Chemotherapy in Advanced Cancer

- In the journal Cancer Letters, a December 2012 article revealed that grape seed extract was useful against colorectal cancer in experiments that used cultured cancer cells. It noted that the extracts benefits increased with higher stages of cancer.
- The study explained that the mutations of colorectal cancer that typically resist conventional treatments are the very things that make them sensitive to treatment with grape seed extract.
- Grape seed extract killed head and neck squamous cell carcinoma cells both in cell lines and mouse models, without harming nearby healthy cells.
- It has been published in other journals that the extract is effective against prostate and certain types of lung cancers.
- The aforementioned study from Cancer Letters also showed less than half the concentration was needed to kill 50% stage IV cells compared to what was needed for similar results at stage II cancer.

## Lignans: The Gentle Way to Prevent Breast Cancer

- Lignans are natural plant compounds found in the cell matrix of certain seeds, beans, legumes, fruits and veggies.

- They resemble estrogen in shape but are much gentler to the body than estrogen.
- There are many foreign estrogens in our environment from meat, household cleaners, tap water (from contraceptives), etc that are hard for the body to incorporate.
- Too many of these will buildup in the body. From there, more aggressive forms of estrogen arise and unwanted diseases then evolve.
- Toxicology profiles done on breast tissue after mastectomies revealed levels of parabens one million times higher than normal estrogen levels in unaffected breast tissue. Some women acquired these from deodorants and the like, but other simply acquired them from the environment.
- Lignans work by blocking receptor sites more aggressive forms of estrogen use to initiate mutations in breast tissue cells.
- When these forms of estrogen are displaced, the body can metabolize them as waste and flush it from the body.
- You can consume flax seeds, sesame seeds, and certain varieties of kale for higher concentrations of lignans. These will pass through the system in 1 to 2 days, meaning the effects will be over at that point so be sure to eat lignan-containing foods on a regular basis.

Avocados can Naturally Treat Rare Form of Blood Cancer, Science Shows

- Professor Paul Spagnuolo of Canada's University of Waterloo found a lipid that fights myeloid leukemia or, AML, in avocado.
- Spagnuolo has developed a drug derived from the lipid called Avocatin B. This targets the stem cell responsible for AML.
- Avocatin B is less harmful to the body because it targets stem cells specifically and not healthy cells.
- Spagnuolo prefers the precision of nutraceuticals (drugs derived from plants) as opposed to plant extracts because the contents of them can vary based on environmental factors that could affect the plants.

#### Pine Needle Tea: Fortify Yourself with this Unusual Cancer-Killer and All-Around Health Tonic

- Pine needle tea has been used for centuries by Native Americans.
- Dr. Edward F. Group III lists these benefits: strengthens immunity; relieves bronchial and sinus infections; disinfects mildew, yeast spores and *Escherichia coli*; protects against the common colds and flu; neutralizes free radicals; guards against muscle degeneration, eye diseases and nervous system disorder; useful for treating eczema, Athlete's foot, psoriasis, dandruff, acne, and boils.
- *Rural Survival* says that pine is a great source of vitamin A and helps improve mental clarity.
- Research published in *Nutrition and Cancer* noted that pine needles show "strong antioxidant, antimutagenic, and antiproliferative effects on

cancer cells and also antitumor effects *in vivo* and point to their potential usefulness in cancer prevention.”

- To make tea: determine a safe species first. White pine is widely considered safe. Make sure the trees have not been sprayed by any chemicals and are far from any roadways. Strip away the brown papery sheath and chop roughly. In a heatproof container, pour boiling water over the needles. Cover and steep for 10 means. Strain and prepare as you would regular tea and drink immediately.
- Toxic pine species: Ponderosa, Lodgepole or Shore Pine, Common Juniper, Monterey Cypress, Common Yew, Norfolk Pine, and Australian Pine.
- Women who are pregnant or planning to be should not drink this tea because of a risk of abortion.

### Marijuana Research Supports Its Safety and Benefits

- A 2014 survey found 56% of physicians favor nationwide legalization of medical cannabis and most of those were oncologist and hematologist.
- Israel is leading the world in medical cannabis research. They are now using it to treat cancer, epilepsy, Parkinson’s disease, Tourette’s syndrome, and more.
- Cannabis is pro-apoptotic (triggers cell death) and anti-angiogenic (cuts off tumor blood supply).
- This could explain why pot-smokers have surprisingly low rates of lung and other cancers especially compared to tobacco smokers.

(This article contained a lot of information about other

things cannabis can be used for but I didn't include that because it wasn't cancer-specific)

## How One Woman Turned East for Her Natural Cure to Cancer

- After heading to Southeast Asia on a trip, Ashley Peters discovered a mineral, Zeolite, which relieved some of her cancer symptoms after the first dose. After taking it for a few months, her scans came back cancer free.
- She totes nutrition as another contributing factor to her overall health now. She says a whole food diet rich in vitamins, minerals and enzymes allow for this. By adding enzymes to your diet, you take the burden off of your body so that it can spend energy on repair. Eat lots of super foods like raw turmeric, kale, goji berries, acai berries, blue berries, and cacau.
- “Chava” is a product that contains raw cacau and liquid zeolite and an ORACFN antioxidant value of over 465,000 per 100g. Raw cacau only has 80,933 by comparison.
- Juice cleanses and detox are another important component to Ms. Peters’ health. Especially, removing Candida. (Both it and cancer feed off sugar).
- Clean water is important that has had detrimental toxins removed.
- Exercise, meditation, and changing mental patterns are all important factors to living cancer-free as well

## This Amazing Plant is 100x More Effective Than Chemotherapy

- Dandelion tea can disintegrate cancer cells within 48 hours.
- Unlike chemo, Dandelion root tea only affects diseased cells and leaves healthy ones alone.
- This tea: has diuretic properties, stimulates the secretion of bile, cleanses the liver, helps allergies and reduces cholesterol. It contains vitamin B6, thiamin, riboflavin, vitamin C, iron, calcium, potassium, folic acid and magnesium.
- It contains 535% of the RDV of vitamin K and 110% of vitamin A.

## Apricot Seeds Kill Cancer Cells without Side Effects

- In the 1950s Dr. Ernst Krebb, Jr. decided that cancer results from metabolism of unhealthy foods. There must have been something missing that could solve this issue. He found that to be amagdylin.
- Laetrile is the extracted, concentrated form of amagdylin from the apricot seed kernels.
- The FDA will approve any drug that kills less than 50% of the animals used in testing stages... (so if it killed 49% of the animals they still put it in our pharmacies and grocery stores).
- Laetrile breaks down into 4 compounds: 2 sugars, cyanide, and benzaldehyde. The benzaldehyde is the major factor involved in initiating the death of the cancer cells. Luckily, after that work is done, other

enzymes in the body take care of the cyanide so you can release it via the bladder.

- It does take quite a bit of time and B17 to effectively kill the cancer because of that other enzyme in our bodies that take the cyanide and make it non-toxic by binding it to other molecules.
- Laetrile is non-toxic but was banned by the FDA in 1971.
- The usual recommendation for cancer prevention is 5 to 7 kernels a day. For actual cancer use 2 to 3 times that. Some therapists use vitamin B15 tablets and digestive enzymes from papaya and pineapple instead because the kernels can create nausea or dizziness.
- There are no recorded deaths or disabilities from the seeds or laetrile.

### Eating Flaxseed May Reduce Breast Cancer Mortality by Up to 70%

- Flaxseeds contain lignans, which are plant estrogens that can also act like antioxidants.
- Sesame, sunflower, pumpkin seeds, grains, broccoli, and beans also contain lignans but at much lower levels.
- The University of Toronto study tells us that: the majority of animal studies show that a diet of 2.3-10% flaxseed, or lignan, or flaxseed oil reduces tumor growth, diets that consist of 10% flaxseed increases the effectiveness of tamoxifen, lignans reduce breast cancer mortality by 33-70%, clinical trials show taking 25g a day for 32 days reduces

tumor growth in breast cancer patients, and taking 50 mg of lignans for a year reduces risk in pre-menopausal women.

- Lignans: prevent tumor growth, block blood supply to tumors, lower estrogen production, block estrogen receptors, help generate more protective estrogens, and decrease cases of metastasis.
- Gold or brown flaxseed varieties are fine but be sure to avoid GMO flaxseeds. Grind them in a coffee-grinder. Ground flaxseed goes rancid so be sure to use an airtight container and store in the fridge or freezer and only grind a week's worth. Add 1 or 2 tablespoons to cereals, smoothies, yogurt or salads. Work up to 2-4 tablespoons a day, slowly, minding the fiber content.

#### A Tasty Way to Help Prevent Cardiovascular Disease, Cancer, and Dementia

- Blueberries are native to the Americas and were shown to the colonists by Native Americans who used them for medicinal and culinary purposes.
- A study revealed that consuming blueberries just 3 days a week is enough to reduce heart health risks by 1/3.
- A study from FSU revealed these effects of blueberries: nitric oxide levels in blood rise up to 68% allowing blood vessels to dilate and accommodate for easier blood flow, thus lowering blood pressure.
- An Appalachian State University study showed natural killer cells increased significantly after 6 weeks of using blueberry powder.

- Laura Newton, of the University of Alabama says a cup a day of blueberries could eliminate cellular damage linked to cancer.
- Elderly mice that were given blueberry extract, as opposed to strawberry or spinach, were found to have decreased symptoms of age-related dementia compared to their rodent counterparts.

### A Handful of Walnuts Each Day Can Help Keep Breast Cancer Away

- A study done on mice that ate the human equivalent of 2 oz of walnuts a day revealed that they had experience breast cancer less than half as much as the standard diet group.

### Cures

### You Won't Believe That This Chinese Herb Can Cure Cancer Better Than Any Other Medicines. But It's True

- Artemisinin is a derivative of the wormwood plant, which is known to kill 12,000 cancer cells for every healthy cell.
- Artemisinin works by creating free radicals when it reacts with iron that cancer cells
- Researchers from the University of Washington have altered the compound so that it is 1200 times more accurate in killing just cancer cells.

## Soon Censored? Korean Scientists Successfully Kill Cancer with Magnets

- Scientists from the Yonsei University in Seoul attached iron nanoparticles to antibodies that bound to the receptor molecules on the tumor cells. When the magnetic field was applied, the molecules clustered and triggered apoptosis. This worked for over half of bowel cancer cells when the signal came on in this study.
- Besides this new method of killing cancer cells, foods like turmeric, ginger, garlic, papaya leaf extract, berries and more exist.

## Woman Cures Terminal Cancer with Unusual Delivery

Cannabis has been known to cure cancer but one lady from Australia could not handle the psychotropic effects of the THC necessary to induce apoptosis of cancer cells.

- Patients who use cannabis oil as a cancer cure are recommended to use one gram daily.
- The Australia lady ended up mixing half gram of coconut oil and half a gram of cannabis oil in a syringe and inserted it rectally to get her dose without the psychedelic effects.
- It is much better to use this “back door” approach specifically for lung issues because the body is able to absorb the essential oils directly into the circulatory system to the lungs without transforming the chemicals in the digestive process by the liver.

## Chamomile Essential Oil Shown to Kill Up to 93% of Breast Cancer Cells

- With regards to breast cancer, four essential oils proved to work best such as cinnamon, thyme, chamomile and jasmine. Thyme worked best compared to the other 3.
- Chamomile essential oil killed 93% of breast cancer cells and thyme killed 97%.
- Chamomile is a powerful antibacterial agent, it was effective against P. Acnes within 5 minutes. Regarding other bacteria, it killed all bacteria in the study in 20 minutes.
- Chamomile is a strong antioxidant and is effective as a treatment against inflammation, muscle spasms, migraines, upset stomach, flatulence, fungi, and parasites.

### Intravenous vitamin C for Cancer

- The National Institutes of Health found that vit C helped cancer patients live four times longer than those not given the vitamin.
- Dr. Charles Mortel of the Mayo Clinic tried to refute this study and information by doing his own study on vit C. He used terminally ill colon cancer patients and only gave them 10 mg of vit C orally whereas the other study used a high dose both orally and intravenously. Of course, Dr. Mortel's study showed that vit C has no effect on cancer.
- Vit C behaves differently IV compared to orally. Orally, the vitamin is weaker but effective to boost the immune system and aid in tissue repair. IV vitamin C at higher doses it can increase the

hydrogen peroxide levels deep in the tissue where cancer cells live. Our white-cells use peroxide-mediated killing to help fight infection and cancer.

- Doses of vit C are safe up to 100 g with doctor monitoring.

### Compound in this Herb Beats Cancer, FDA Fast Tracks its Use for Big Pharma Meds

- Feverfew (wild chamomile) has been shown to be better than anti-leukemia chemo drugs
- Some pharmacological properties it has include: anticancer, anti-inflammatory, cardiotonic, antispasmodic, and an enema for worms.
- Parthenolide has been shown to treat various cancers including breast, prostate, lung, bladder, leukemia and myeloma. It can slow cell growth, migration and begin apoptosis in human pancreatic cancer.
- Harikrishna Nakshatri and Marian J. Morrison have discovered that parthenolide could inhibit the activity of a protein that blocks cell death. This property of the protein makes cancer cells resistant to chemo drugs.
- You can grow chamomile cheaply and it will come back year after year in your garden.

### Studies Find Chinese Herb Doubles Survival Rate of Cancer Patients Undergoing Radiation

- Astragalus at large doses is a powerful antibacterial, anti-inflammatory, and anti-oxidant.

- For those who have or have not had chemo, this could be a wonderful alternative to deadly chemo and radiation treatments.
- Researcher from the University of Texas M.D Anderson Cancer Center found astralagus to boost the apoptosis ability of interleukin-2 by aiding immune system cells.
- Astralagus might also stimulate the immune system to produce interferons which are a group of substances the body makes useful against fighting viral infections.

### Research-Pineapple Enzyme Kills Cancer without Killing You

- An article published in 2007 from *Planta Medica* found that bromelain found in pineapple was better with a 263% survival rate in animal models compared to the chemo-agent 5-fluorouracil.
- 5-FU is a highly toxic form of uracil that is flouride-bound.
- It inhibits RNA replication enzymes and RNA synthesis in cancer, healthy intestinal, hair follicle, and immune cells.
- The dose that would kill 50% of humans is 7.8 grams for a 150lb adult. This is about the weight of 3 pennies.
- Bromelain's killing level is 1.5 lbs for a 150 lb adult.

### Woman Uses Carrot Juice to Beat Stage 4 Cancer!

- Carrots contain a compound called falcarinol, which blocks BCRP/ABCG2, a protein that encourages breast cancer.
- One woman juiced 5 lbs of carrots a day (about a quart) and after 8 weeks her tumor growth stopped. By 6 months of doing this, she was almost cancer free and no new tumors were growing. 4 months after this, there was no sign of cancer at all.
- Carrots are also high in antioxidants and vit A, which aids RNA synthesis. The vitamin also stimulates thyroid and adrenal function.

#### GcMAF Book, Chapter 9, Nagalase: Friend and Foe?

- Nagalase is an enzyme made by all cancer cells and viruses. It can therefore be used for early detection of cancer.
- Nagalase inhibits immune function by not allowing the DBP molecule to become GcMAF, a vital immune system catalyst. This allows for the proliferation of cancer and viruses.
- Nagalase attacks one specific 2-electron bond at the 420<sup>th</sup> amino acid position on the large protein molecule DBP every time. It is like an extremely accurate missile.
- This enzyme can help us by being an accurate alternative to detect cancer. Other methods like X-ray, colonoscopy, and mammograms cause unnecessary deaths.
- Levels of Nagalase in the blood directly correlate with the size and severity of cancer within the body.

Therefore, if levels rise, the cancer is spreading or tumor growing. If levels fall, the cancer is receding.

- A 6-month treatment with 100 ng of GcMAF intramuscular injections and monthly Nagalase tests would be a viable procedure in the future when GcMAF becomes available.

### GcMAF for the Treatment of Cancer, Autism, Inflammation, Viral and Bacterial Disease

- Since 1990, 59 papers have been published on GcMAF research with 20 of those analyzing cancer treatment.
- GcMAF stimulates our macrophages to digest cancer cells in our immune system.
- It stops development of blood vessels at the site of cancer cells (this blocks nutrient flow).
- Nagalase can only destroy the precursor GcProtein, not GcMAF. However, GcMAF has about a week-long life span in the body so Nagalase can deplete stores quickly. External injection of GcMAF has been shown to be effective as a treatment to cancer.
- Cancer in stages I and II approach a 90% treatment success rate within 6 months of GcMAF injections.

^ This above article mentioned other diseases like autism etc. that I didn't continue reading about because they are not cancer-specific. I can go back

and look at that information and summarize if you would like!

## 11 Health Benefits of Green Tea You Haven't Heard Before

In a study of 472 women, those who drank the most green tea experienced the least spread of breast cancer.

- Researchers believe the polyphenols in green tea help kill cancer cells and stop progression.
- A Chinese study found that men who drank more than 3 cups of tea a day reduced their risk of prostate cancer by 70 percent.
- The EGCC in green tea inhibits the production of urokinase, an enzyme cancer cells need to grow.

## 10 Natural Cancer Treatments Revealed

- Gerson Therapy: organic, plant-based foods, raw juices, coffee enemas, beef liver, natural supplements
- Budwig Protocol: replace processed fats and oils with unsaturated/saturated fatty acids to rebuild and rejuvenate cells. Dr. Budwig found a mixture of cottage cheese, flaxseeds, and flaxseed oil has the best results
- Proteolytic Enzyme therapy: It has been suspected that imbalances in the sympathetic and autonomic systems in the body cause cancer. Vegetarian diets suppress the sympathetic system and the opposite is true for a high-meat diet. Those with epithelial tumors should have little to know animal protein

and those with blood or immune based tumors should consume a high-protein, high-fat diet. It's recommended that all patients take 5 grams of proteolytic enzymes on an empty stomach to reduce inflammation.

- Vitamin C Chelation
- Frankincense Essential Oil Therapy: Indian frankincense (*Boswellia serrata*) has the ability to regulate cellular epigenetic function which means it can influence genes to promote healing. Rub the oil on your neck area 3x daily and take 3 drops in 8 oz of water 3x daily.
- Probiotic Foods and Supplements: probiotics keep your immune system healthy and 80% of that system is in your gut. Research has confirmed probiotic supplementation can stop tumor growth.
- Sunshine & Vitamin D: In a study done on postmenopausal women, those who were treated with calcium and Vitamin D (as opposed to those with just calcium) found that their risk of developing any cancer type decreased by 77%.
- Turmeric and Curcumin: curcumin seems to be able to kill cancer cells and prevent them from growing. The best effects are seen with breast, bowel, stomach, and skin cancer cells.
- Oxygen Therapy and Hyperbaric Chamber: Cancer cells can exist without oxygen. With therapy and sessions in the chamber, one can greatly maximize the amount of oxygen that the blood carries and transports to tissues in the body.

- Mushrooms: Cordyceps and reishi varieties. They can: increase survival, shrink tumors, boost immune system, and reduce radiotherapy and chemo side effects like nausea and hair loss.

### The Flower that Keeps Tumors from Growing

- Honokiol, a chemical compound found in magnolia's seed cones, stops the growth of blood vessels that supply nutrients to cancer cells.
- Magnolia has been used for over 2000 years to treat fatigue, fever, cough, digestive problems, depress, headaches and more.
- Lab tests from Emory University School of Medicine revealed the honokiol could limit tumor growth by 50%.
- Honokiol convinces endothelial cells that line blood vessels that cancer cells have summoned, to undergo apoptosis.
- This chemical also may activate production of a protein that causes cancer cells to kill themselves.
- Magnolia might be specifically effective against head and neck cancer because, as shown by the University of Alabama at Birmingham, it shuts down the supply of epidermal growth factor receptor proteins that these cancers need in order to spread.

### Lemon and Baking Soda Miraculous Combination: 10,000 Times Stronger than Chemotherapy?

- Lemon has proven to be a strong anti-carcinogen. It has a powerful effect on cysts and tumors.

- Research shows consuming citrus, especially lemon, prevent and, in some cases, cure cancer.
- Adding baking soda helps normalize the pH of the body in conjunction with lemon.
- A study in Europe showed consuming 4 or more 150-gram portions of citrus decreased the risk of throat cancer by 58%, oral/pharyngeal by 53%, stomach by 31% and colorectal by 18 percent. There didn't seem to be an effect on breast cancer.
- An American study on women who consumed 75 grams daily of grapefruit showed a 22% reduction in breast cancer risk if they had never had hormone replacement therapy.
- From these studies, the weekly consumption of about 525-600 grams of citrus could be interpreted as the minimum intake for anti-cancer protection.
- Lemon has great antimicrobial effects showing much activity against bacterial and fungal infections, internal parasites, and worms. It regulates blood pressure, is a powerful antidepressant, and reduces stress and nerve crises.
- Lemon destroy cancer cells from 12 different types of cancers
- It prevents metastasis and is 10,000 times stronger in effect compared to Adriamycin, chemo, and narcotic drugs.

### 3 Drinks Per Day May Raise Liver Cancer Risk

The World Cancer Research Fund International found

“strong evidence” that coffee might lower a person’s chances for liver cancer.

- 3 alcoholic drinks a day were found to increase chances for liver cancer as well as being overweight.
- Aflatoxins are produced by fungi resulting from improperly stored foods. They are mainly found in foods from warmer parts of the world. They have shown to be a global culprit in liver cancer rates.
- Foods potentially affected by aflatoxins : cereals, spices, peanuts, pistachios, Brazil nuts, chili peppers, black pepper, dried fruit, and figs.

### 10000 Times Stronger Killer of CANCER than Chemo

- Sour Sop or fruit from the graviola tree is a natural cancer cell killer, 10,000 times stronger than chemotherapy.
- You can make smoothies, juice, or eat the fruit right out of hand.
- Graviola also is a broad spectrum anti-microbial agent for bacterial and fungal infections.
- Studies from the 1970s showed extracts from the tree could: target and kill malignant cancer cells effectively, slow the growth of cancer cells 10,000 more strongly than Adriamycin (a common chemo drug), and the extract selectively finds cancer cells and leaves healthy cells alone.
- Various parts of the tree have been used for centuries by medicine men and native Indians in South America for heart disease, asthma, liver problems and arthritis.

- This product has not hit the market because, since it's natural, it can't be patented. Companies invested a lot of money to create synthetic compounds of the Graviola but they were not able to do so and, therefore, couldn't make money so they halted the research. They also chose not to publish their findings on the Sour Sop.
- The Catholic University of South Korea, Purdue University, the National Cancer Institute have all done research on the effects of the Sour Sop. (The National Cancer Institute did this in the 1970s but never published their study results).

### Research Unveils Key Mechanism in Resveratrol's Healing Capabilities

- Resveratrol mimics the amino acid tyrosine. There is an enzyme, TyrRS that activates when it binds with resveratrol and this allows the enzyme to move into the center of the cell. It can then protect the DNA in the nucleus.
- This procedure is where resveratrol gets its anti-cancer and anti-aging reputation.
- Studies done on colorectal patients who received 8 daily doses of 500 mg or 1000 mg showed a reduction in tumor cells by 5%.
- Resveratrol may inhibit cancer stem cells.
- Besides red wine other sources of resveratrol include cranberries, blueberries, pomegranates and red grapes.

## Sunshine Vitamin Regenerates and Detoxifies Your Hormones

- The molecular structure of progesterone, estrone, and testosterone allows for loss of electrons when the hormones are exposed biological or environmental conditions like UV light, pH, and temperature. At this point, they become toxic or carcinogens.
- Vitamin C is an electron donor meaning it could have antioxidant effects on these transient hormone metabolites.
- Studies done on the effect vitamin C has on degraded hormones yielded results of regeneration of these hormones at 52.7% for progesterone and 58.6% for testosterone.
- Using Vitamin C to prevent cancer is a viable option for many people because it reduces the formation of hormone metabolites.

## How Green Tea can Destroy Oral Cancer Cells

- EGCG (epigallocatechin-3-gallate) is responsible for the many benefits of green tea such as preventing and beating cancer, increasing metabolism, protecting the brain, and slowing the aging process.
- ECGC works on the mitochondria of cancer cells, damaging it and setting the cell on a spiral towards death.
- A protein called sirtuin 3 is vital in the function of mitochondria and anti-oxidant response. Scientists theorize that EGCG turns on this protein in healthy cells and turns it off in cancerous ones.

- ECGC does not have the effect on healthy cells that it does on cancerous ones; in fact, it appears to increase their protective capabilities.

### How Multivitamin use ‘Slashes Overall Cancer Risk by 8%’

- A study was done on men aged 50 or over who were followed from 1997 to 2011 to determine the effects of their daily multivitamin use. It showed that there was an 8% reduction in risk of cancer for all of them. Scientists from Brigham and Women’s Hospital and Harvard Medical School did this study.
- The Council for Responsible Nutrition stated: “consistent use of multivitamins and other key supplements can promote good health and help prevent disease”.
- Highlights from a 100 page CRN report on vitamins and minerals and their long term effects:
  - Birth defects could be reduced by 70% if women used folic acid
  - Regular use of multivitamins with minerals by elderly people could improve immune function and reduce infectious disease
  - Calcium and vit D could reduce hip fracture rates amongst the elderly by 20%
- You can’t rely on food to supply all the nutrients you need. It is best to get your nutrients from whole, organic foods but our soil’s minerals have been depleted severely so multivitamins can help mitigate that.
- By the time you’ve bought your well-traveled factory-farmed produce from the store and

microwaved it to eat, you've depleted most of its anti-cancer nutrients.

- Other studies: University of Illinois suggests that supplements may improve or maintain cognitive function
- A study from Massachusetts claims multivitamin and mineral use may help prevent anemia, neural tube defects, osteoporosis, and prevent or delay cataract formation
- Scientists from the National Institute for Environmental Health Sciences at the National Institutes of Health reported that multivitamins help strengthen telomeres.
- Scientists from the New Mexico found that multivitamins lead to a better outcome for smokers and results from the Mayo Clinic support that.

### This Recipe Saves Lives: People Claim They Cured Their Cancer with It

- People all over the Internet have been talking about this recipe and how it helped cure their cancer.
- One woman, who was on life support for 20 days due to endocrine gland cancer, claims she was cured without chemo and surgery due to this recipe

-2 large ginger roots, well cleaned and blended

-Mix 1 lb organic honey with this

-Store in a jar and take 1 tsp 3-4x a day

-It is important to use a wooden, plastic, or a ceramic spoon because metal will affect the

recipe such that it loses its healing properties

### Vegetable Compound 100% Effective in ‘Preventing Cancer from Spreading’

- Arup Bhattacharya, a scientist with a Ph.D. in Molecular and Cellular Biophysics, found that allyl isothiocyanate (a compound in brown mustard) was 100% effective in keeping cancer from spreading to muscle cells from the bladder.
- Other researchers have found that bladder cancer tumors invade surrounding muscle tissue 71% of the time regularly but that number was reduced by 34.5% when subjects were treated with AI TC.
- Another AITC rich food is wasabi, 40x more effective than just eating cruciferous veggies like broccoli. (100% pure wasabia japonica is the best for this purpose).

### Two Must-Have Minerals for Fighting Breast Cancer

- Research from Penn State shows breast tissue is especially sensitive to zinc because of its need to transport the mineral into breast milk during lactation.
- When zinc is deficient, cellular functions is severely impaired in breast tissue.
- Dr. David L. Watts reviewed trace mineral reports of thousands of women and found a pattern of higher boron, copper, and calcium levels paired with lower zinc levels in those who had breast cancer.
- Boron and Copper appear to make the body more sensitive to estrogen stimulation and less so to progesterone.

- Gene p53, the main gene that exists to help protect women from breast cancer, is believed to be the most altered gene in the development of the disease. This gene requires zinc and if it doesn't receive it, it mutates.
- Zinc is necessary for protein synthesis and collagen formation. If one doesn't have enough zinc the skin will begin to sag and lose elasticity.
- Dr. Watts noted that minerals have to be in balance to work effectively so get zinc from food sources.
- Food Sources: brewer's yeast, egg yolks, kelp, lamb, legumes, lima beans, liver, meats, mushrooms, pecans, poultry, pumpkin seeds, sardines, seafood, soy lecithin, sunflower seeds, and whole grains.
- Selenium's main function is to inhibit the oxidation of fats as a component of glutathione peroxidase. This is one of most powerful antioxidants the body makes.
- It is important in the regulation of thyroid hormone effects and metabolizing fats.
- Symptoms of selenium deficiency: exhaustion high cholesterol, infections, liver impairment, and pancreatic insufficiency. Westerners are usually deficient as most of the selenium is processed out of the foods.
- Selenium sources (depends on levels found in soil): meats, grains, brewer's yeast, broccoli, brown rice, chicken, dairy products, garlic, kelp, liver, molasses, onions, salmon, seafood, veggies, and wheat germ. The best source is Brazil nuts, 2 have about 240 mcg

of

selenium.

### 3 Big Reasons Why You Actually Need Butter in Your Diet

- Butter and other high-fat dairy foods contain short and medium fatty acids that Dr. Ray Peat has found to be associated with anti-tumor actions.
- Butter contains conjugated linoleic acid and this has vital anti-cancer properties.
- Women who consumed 4 or more servings of butter and high-fat dairy had a 41% reduction in colorectal cancer risk compared to those who ate less than 1 serving a day.
- They have proven there is no associate between meat, egg, and high fat dairy consumption and higher breast cancer risk.
- Butter is the only animal source of 12-carbon lauric acid, an anti-cancer fatty acid chain. Other sources include coconut oil, palm kernel oil, and breast milk.
- Butter is the only source of butyric acid, a short chain fatty acid responsible for inflammation reduction and maintenance of the integrity of cells that line the colon.
- Butter also contains vitamin A, vitamin D, selenium, lecithin, and cholesterol.

### God Food: Can Tomato Cure Cancer?

- Health benefits of tomato: improves vision (vitamin A), helps fight cancer (lycopene, antioxidant), maintains blood health (vit C, vit A, potassium, and iron), reduces heart disease risk (lycopene), and good for digestion (prevents constipation and diarrhea)

- A study revealed that men who ate 2+ servings of tomato sauce a week experienced 23% lower risk of prostate cancer and 36% lower risk of metastatic prostate than those who ate less than one serving a month.
- Lab tests have shown that lycopene is 2x as strong as beta-carotene for neutralizing free radicals.

### Raw Honey Garlic Lemon Shots: Super Charge Your Immune System!

- Allium vegetables, like garlic, contain sulfur and flavonoids.
- Washington State University showed garlic is 100x more effective than antibiotics at fighting disease causing bacteria responsible for food borne illness.
- Allicin, a sulfur compound, does not break down for 2-16 hours at room temp when it is present in pure form. But when crushed in a clove, it will stay for 2 ½ days.
- Allow garlic to sit for 10-15 minutes to increase potency before you change its temperature or pH when cooking. Not doing so will result in less health benefits.
- Recipe: 1 lemon

1-2 cloves of garlic

1/8 tsp cayenne pepper

1 tbsp honey (Manuka preferably, at least raw)

Cut lemon in halves, squeeze juice out of one half and place in a bowl, chop garlic and let sit for at least ten mins, then add lemon juice and cayenne, add honey, mix well,

pour mixture on squeezed half of lemon and consume everything, pulp and all. Repeat in four hours with other half of lemon.

### Medical Marijuana: The Future of Breast Cancer Therapy?

- Receptors in the endocannabinoid system when bound with cannabinoids are able to inhibit cancer cell growth through apoptosis of cancer cells and impairing angiogenesis.
- Research suggests that THC and CBD can be useful in treating all 3 types of breast cancer.
- Cannabinoids are non-toxic to healthy cells and there are only mild side effects like dizziness and fatigue.

### These 2 Grapefruit Compounds May Act Through DNA to Stop Cancer

- Our DNA is under attack from all of the toxins in our environment and foods. DNA does consistently repair the problems however the reparations aren't exactly like the original strand.
- Scientists have recently discovered two compounds that can help DNA repair itself more efficiently.
- One study from 2006 showed naringenin (a compound found in useful amounts in grapefruit) by inducing 2 enzymes that work during the cell replication stage.
- Naringenin was found to inhibit human colorectal and breast cancer growth.

- It did this by influencing the cell death to occur on schedule.
- Apigenin is another compound found in grapefruit, parsley, onions, and chamomile tea that has antioxidant, anti-inflammatory, and anti-tumor properties.
- Besides these effects, half a grapefruit has 59% of the RDA of vit C.
- It also has lycopene, which has shown to slow the aging of skin by stabilizing the DNA structure, and it inhibits enzymes that destruct collagen.

### One of the Cheapest Cancer Fighters on the Planet Both the Compound and the Food that Contains It

- Onions have the highest flavanoid counts of all vegetables, specifically quercetin. They also have isorhamnetin, myricetin, and kaempferol conjugates.
- Quercetin can prevent chemically induced cancers. Its molecular structure allows it to block receptors that chemical carcinogens would bind to. This makes it important for the colon where chemical carcinogens tend to accumulate.
- Dutch researchers found that quercetin reduced “cancer gene” activity and increased “tumor-suppressor gene” activity after 11 weeks of use.
- Researchers also supplemented patients with 480 mg of curcumin and 20 mg of quercetin 3x a day for 6 months and found every single patient to have a major decrease in polyp number and size with average reductions of 60% and 51% respectively.

- Besides quercetin, onions have high levels of vit C, copper, calcium, vitamin A, and vitamin E.

### Extra-Virgin Olive Oil May Rapidly Kill Off Cancer Cells While Leaving Healthy Cells Intact

- Scientists put a compound found in olive oil, oleocanthal on cancer cells in vitro and found that within 24 hours 100 percent of the cancer cells were non-viable.
- The OC breaks open the lysosomes of cancer cells to induce apoptosis.
- OC acts a powerful antioxidant and antibiotic.
- It protects our brains by altering neurotoxins that are associated with Alzheimer's.
- Bertolli and Whole Foods' 365 brand 100% olive oil have quality seals from the NAOOA and USDA.
- How to make sure you are getting a quality olive oil:
  - ✓ Check the date, use within 2 years
  - ✓ Check for a quality seal
  - ✓ Look for dark glass bottles
  - ✓ Look for oil designated origin of the oil
  - ✓ Don't fall for bargains
  - ✓ Stay away from highly refined "light" oil

### Prevention

#### NIH Three Super Immune-Boosting Herbs

- Garlic: garlic contains strong sulfur-containing nutrients and immune stimulators. Daily

consumption is a great defense against infection and inflammatory-based diseases. It has 100 biologically active components. When you crush or chew raw garlic it forces allin and allinase enzyme together to create allicin, a cancer-fighting agent. Sulfur-based compounds like this are a strong antibiotic, antiviral, and antifungal agents that stimulate the immune system. Garlic is potent against Candida and other yeasts and viruses. It is more powerful than penicillin and tetracycline.

- Oregano: This herb has been found to work better than all of the 18 antibiotics currently used to treat MRSA staph infections. The phenol antioxidants kill pathogenic bacteria, viruses, and yeasts. Oregano has 4 times the antioxidant power of blueberries. It helps to suppress inflammation, cancer cell production; it has been used for ear, nose, and respiratory infections as well.
- Ginger: Ginger has many potent oils that are antibacterial, antiviral, antifungal, antiparasitic agents. It is great prevention for cancer since it boost our natural immune system. Being a carminative, ginger can reduce intestinal gas, soothe the intestinal tract, and induce peristaltic action. It stimulates the production of bile and helps us to digest fats.

### Truly Healing from Cancer and Preventing It Altogether

- Some chemotherapies brought no extra benefit to the patient over a 24 year period, from 1978 to 2002.

- A large amount of German MDs say they would not use chemotherapy. One Reconnective Healing Practitioner says he sees MDs who consult him rather than other MDs for their issues.
- Prevention of cancer: reduce refined sugar, alcohol, coffee, animal protein. Consume raw foods, keep the body alkaline (juicing is a great way). Keep cells oxygenated with exercise and ozone therapy. Dr. Leigh Erin Connealy says exercise reduces cancer by 50%. Vitamin C and D3 are important in cancer prevention. Enzymes are also great to supplement with. Avoid plastics when you can so use stainless steel water bottles and glass good storage. Clean up your living environment by reducing/ eliminating chemical laden products

## Cancer-Proof Your Diet

When you think of cancer as a weed as Donald Abrams metaphorically puts it, you can think of eliminating cancer in the same way you would prevent weeds from growing in your garden.

- First you eliminate its fertilizer, in cancer's case that would be sugar, dairy, refined flours and red meat.
- Being overweight is a widely-believed cause of cancer in that it causes inflammation. Cytokines are constantly produced and this takes up the immune system's "attention" so it neglects the function of apoptosis.
- Too much alcohol can raise estrogen levels.
- Dairy contains simple sugars we as humans were not meant to digest past the breast-feeding stage of

our lives. Therefore, dairy consumption leads to inflammation, as sugar does, and is linked to breast, prostate, bladder, and lymphoma cancers.

- Daily red meat consumption significantly increases a persons risk for cancer and the risk numbers rise to 64% for women who eat bacon, ham, hot dogs, sausages or other processed meats.
- 9 Protective foods: Barley - the fiber content in barley, whole oats, corn, and brown rice help our cells differentiate to make it easier for our cells to know which need to undergo apoptosis. Black Beans are another source of fiber but they have high amounts of anti-oxidants in their skin. It has starch that mimics estrogen enough to block receptors that harmful forms of estrogen would normally attach to and wreak havoc. This way, those harmful estrogens pass through the body naturally with the help of black beans.
- Black raspberries (not blackberries) these contain antioxidants, anti-inflammatory, and anti-carcinogenic compounds. It also has anthocyanin which has been link to reduced rates of upper respiratory and digestive tract cancers.
- Broccoli contains sulforophane which is strongly though to slow cancers. It is believed to stimulate enzymes that fight cancer.
- Green Tea contains the compound epigallocatechin-3-gallate appears to work as a signaling agent to induce apoptosis in cancerous cells. You'll want to consume 2-4 home brewed, organic cups of tea a day.
- Mushrooms - a study published in the

International Journal of Cancer showed that women who ate 10g of mushrooms a day were 64% less likely to develop cancer than women who didn't. Mushrooms are known to be anti-inflammatory. You can add more mushrooms to your diet or take supplements that contain cordyceps, maitake, and reishi.

- Soy - some studies show that soy foods can decrease the risk of hormone related cancers. They contain phytochemicals with weak estrogen elements that can lessen the amount of estrogen in circulation in the body.
- Turmeric discourages inflammation and keeps levels of tumor necrosis factor lowered. Combine turmeric with black pepper for best results as it increases turmeric's bioavailability.
- Watercress - just 3 sprigs will support liver function enough to be a great cancer-preventative
- Glutathione is a vital molecule known to prevent aging, cancer, heart disease and more
- Eat: garlic, onions, broccoli, kale, collards, cabbage, cauliflower, watercress, spinach, asparagus, avocado, watermelon, acorn squash, okra, walnuts and non-denatured, bio-active whey protein to increase glutathione levels.
- Take supporting supplements like N-acetyl, cysteine, Alpha lipoic acid, folate, vitamins B6 & B12, selenium, vitamins C and E, turmeric, and milk thistle.

## The Man Who Discovered Cancer Said This... You Will Never Hear This from Your Doctor

- Maintaining a healthy pH level can prevent conditions like cancer, osteoporosis, cardiovascular disease, diabetes, and acid reflux
- Keeping away from processed foods like refined sugar, refined grains, GMOs that support an acidic environment will help prevent these illnesses.
- A natural remedy of 1/3 tablespoon of baking soda and 2 tablespoons of lemon juice or apple cider vinegar will reduce pH levels to prevent unwanted acidic health conditions. (Treatment)

## Five-day ‘Fasting Diet’ Miraculously Slows Aging, Can Prevent Death from Heart Disease, Cancer, and Diabetes

- Researchers from the University of Southern California developed a diet that induces the same health effects as long-term calorie restriction when participating in a monthly, 5-day fast.
- This new study was prompted by previous research that showed a wide variety of organisms live longer on a severely calorie-restricted diet. In 2014 the USC showed fasting seems to regenerate the immune system.
- The diet created is named “fasting mimicking diet”.
- Mice on this diet had a greater number of regenerative stem cells and increased neuron counts. There were also improvements in learning and memory.

## 5 Ayurvedic Herbs that Effectively Destroy Cancer Cells

- Garlic has more than 20 types of organo-sulfide compounds and many antioxidants which protect from free radicals.
- Green Tea prevents the formation of cancer cells, kills cancer cells in the initial stage, and helps to lower the risk of cancer
- Components of Ginger prevent the expression of cell cycle regulatory genes. It also alleviates inflammation. It is effective in destroying prostate and ovarian cancer cells.
- Ashwagandha("Indian Ginseng") helps the body fight and deal with fatigue anxiety or trauma, protects good cells and destroys cancer cells
- Curcumin can prevent lung cancer and cures many other bodily issues. Curcumin initiates apoptosis of cancer cells and has shown to prevent metastases.

"No cancer has been found that isn't affected by curcumin." MD Anderson, Cancer Center Texas.

## Tips

### Ways to Recognize Cancer without Damaging Tests

- Changes in your oral cavity such as bleeding sores or patches of red or white inside the mouth, tongue or lips can indicate oral cancer. This is especially so with people who use tobacco products like chewing tobacco.
- You can feel some forms of cancer like breast or testes cancer by feeling thickened lymph nodes under the skin. Breast cancer can show by puckered, dimpled, or thickened skin on/around the breasts as well as nipple discharge.

- If there is no obvious reason to have difficulty swallowing it could be a sign of throat cancer.
- Changes in skin can be telling of skin cancer or the development of other types of cancer. These include non-healing sores or lesions, dry/scaly skin patches, reddened/inflamed skin that won't respond to treatment, or warts/freckles or moles that change in color, shape, size, or border pattern.
- An unexplained cough, especially one that gets worse or increases in sputum or blood is another sign of potential cancer.

### Homemade Vitamin C

- vitamin C is one of the best immune system strengtheners
- it helps detoxify our bodies and promote cell repair
- Great Sources for vit C: yellow & red peppers, guavas, dark green leafy veggies like kale, kiwi w/skin, broccoli, strawberries, and watermelon have more vit C than a citrus fruit WITHOUT the peel.
- Also: rosehips, parsley, cilantro, and coriander are herbal supplements
- The citrus fruit peels have the most concentration of vit C in the whole fruit. So dry your peels in some way and put them in teas. This is great for the taste but the heat will destroy the enzymes. It's better to grind these dried peels into a powder and use this in smoothies or raw juices. A rounded tsp is more than enough of your daily vit C complex to keep you healthy.

## Pass the Butter... Please."

- Margarine increases heart disease in women by 53%, more than women who eat the same amount of butter.
- Eating butter increases the absorption of nutrients it's eaten with.
- Margarine: is very high in trans-fatty acids; It triples the risk of coronary heart disease; increase cholesterol overall; lowers breast milk quality; decreases immune response; decreases insulin response; it is one molecule away from plastic; it shares 27 components of paint.
- If margarine is simply left in an open container in a garage it will not rot. No flies or microorganisms will stop to make a home in the margarine because it is devoid of nutritional value and so close to plastic.

## Detox Drink

- This drink helps you burn fat, boost metabolism, lose weight fight diabetes and lower blood pressure
- Ingredients:
  - 1 glass of water (12-16 oz)
  - 2 Tbsp. Apple Cider Vinegar
  - 2 Tbsp lemon juice
  - 1 tsp. cinnamon
  - 1 Tbsp Raw honey

Blend all ingredients together and drink.

## Cucumber Tips & Tricks that You Don't Want to Miss!!

Cucumbers contain most of the vitamins you need every day: Vit B1, B2, B3, B5, B6, Folic acid, Vit C, Calcium, Iron, Magnesium, Phosphorus, Potassium, and Zinc.

- Cucumbers area a good source of carbs for energy in the afternoon so you can avoid coffee.
- Avoid headaches with cucumber because of its balance of sugar, electrolytes, and B vitamins.

## Oat Straw

- Oat straw contains: Vit A, C, E, K, B-complex, iron, calcium, magnesium, silica, and zinc
- Sweet and mild herb
- Great benefits for the immune system: remedies stress, anxiety, depression, nervous tension, and insomnia.
- It prevents osteoporosis; supports the endocrine system and balances adrenal glands; aids cognitive abilities like memory, focus, and concentration; strengthens blood vessels and nerve sheaths; relieves menstrual cramps and bloating.
- It has diuretic properties to help reduce inflammations, kidney stones, urinary tract infections, water retentions, edema, and lymphatic swelling.
- Can use oat straw topically in bath water or in a cream or salve. One can make a tea by adding 2 tablespoons of the dry herb to 1 cup of hot water and steep for 15 minutes or more.

## Turmeric

- Turmeric is used as an anti-inflammatory, antioxidant, antiseptic, and anti-depressant since ancient times.
- Turmeric is effective against: prostate, skin, colon, mouth, esophageal, lung, stomach, pancreatic, liver, and breast cancer.
- It is known as a blood purifier and helps soothe respiratory ailments, improve liver function, support the circulatory system, regulate menstrual cycles, prevent cognitive diseases, and heal gastrointestinal disorder.
- Turmeric helps the body digest proteins and fats.
- The antioxidants have anti-aging, anti-fungal, anti-bacterial, and anti-microbial properties so it aids in healing skin wounds and inflammatory skin irritations like eczema.
- You can consume turmeric in food, by tincture, tea, powder, or ointment.

## Chia Seeds

- Chia is a source of protein, vitamins E & B-complex, calcium, magnesium, boron, zinc, strontium, and iron.
- Have the highest content of omega-3 fatty acids of any food.

- Particularly beneficial for chronic inflammation, heart disease, brain function, cancer, and autoimmune diseases.
- It helps improve memory, focus, concentration, and reduce brain fog and forgetfulness.
- Chia is high in antioxidants.
- It stabilizes blood sugar in diabetics.
- Their high fiber and protein content are great for weight loss since it boosts the metabolism.
- Chia helps soothe and cleanse the colon and absorb toxins in the process while strengthening peristaltic action.
- You can eat chia sprinkled on anything from yogurt to soup.

### Anti-Cancer Benefits of Avocado

- Research published from *Cancer Research* revealed that avocatin B targets leukemia stem cells and leave healthy cells alone.
- Avocados are full of cancer-fighting carotenoids. These are most plentiful in the dark-green flesh closest to the skin.
- Avocados have shown to raise optimal cholesterol levels.
- After a week-long diet high in fats from avocados, those with elevated cholesterol experienced decreased LDL levels and increased HDL levels.
- One study noted that eating a whole avocado with an orange-colored tomato sauce or raw carrots significantly increased carotenoid absorption and their conversion into usable vitamin A.

- Another showed eating avocado on salad increased carotenoid absorption 3 to 5 times more than without.
- Avocados contain: potassium, vitamin E, B vitamins, and folic acid.
- Potassium plays an important role in heart function, skeletal health, digestion, and muscular, cell, tissue, and organ function.
- Avocados have a 4.6 gram fiber content.
- It has an optimal ratio of vitamin C and E to slow plaque build-up and prevent heart attacks or stroke.

### 3 Easy Ways to Strengthen Your Bones

- Consume vitamin D and calcium through foods like Kale, tahini, and almonds to support better absorption.
- Too much beer can decrease the density of bones but about one 12 oz bottle a day can have the opposite effect. Women who drank 12 oz a day had more bone mass than those who do not. Beer has high levels of dietary silicon and phytoestrogens which may protect against bone loss.
- Jumping and other high impact activities send signals to your osteoblasts to build more cells.

### The Top 6 Inflammatory Foods + How to Detox from Them

- Eat whole foods from the ground and inflammation will go away, allowing your liver to begin processing fat instead of toxins.

- Processed Sugar: use raw honey, organic maple syrup, liquid stevia, or fruit instead
- Sodium: use sea salt, or Pink Himalayan salt.
- Wheat Flour: use almond or coconut flour.
- Highly processed oils like vegetable, canola, safflower and partially hydrogenated oil for high quality omega-6 and omega-3 oils. Sources include: extra-virgin coconut oil, extra-virgin olive oil, hemp seeds, chia seeds, avocados, or avocado oils.
- Cow Dairy: Use sheep or goat dairies. Our bodies stop producing as many enzymes specifically used for digesting dairy around 2 years of age.
- Alcohol: use water, bubbly water, Kombucha drinks (no added sugar), tea, or cold pressed juices. Alcohol tops the list of most inflammatory, toxic foods.

#### Try this Anti-Inflammatory Turmeric-Coconut Bedtime Drink for Better Digestion (Health Tips)

- Turmeric milk is a traditional Indian and Ayurvedic drink consumed before bed.
- You can add ginger for more anti-inflammatory properties, honey for anti-bacterial properties, and coconut milk for the healthy fats.
- Turmeric is known to: ease arthritis pain, help detoxify the liver, boost circulation and thin the blood, heal and soothe the digestive tract, reduce pain and fever associated with illness
- Recipe: 2 cups milk of choice

1 tsp turmeric

$\frac{1}{4}$  tsp black pepper (enhances turmeric absorption)

1" piece of sliced ginger

raw honey if desired

Heat all ingredients except honey in a saucepan over medium heat. Whisk ingredients then leave until it begins to bubble. Turn the heat down at this point and simmer 5 mins. Strain out the ginger and add honey. 2 servings

### Avocado Seeds-Superfood for Your Health

- The seeds have more antioxidants than the flesh, most fruits, veggies, and healing teas have.
- 70% of antioxidants are in the seed and 30% are in the flesh of the avocado.
- The seeds are useful for reducing inflammatory disease and works very well with swelling the gastrointestinal tract.
- Helps diarrhea go away and prevents constipation.
- Those with gastric ulcers find it soothing. The seed contains phenolic compounds which make it effective in preventing ulcers.

### Sun Exposure: The Best Weapon to Fight Vitamin D Deficiency

- 50% of American kids aged 1-5 are deficient in vitamin D and 70% of kids aged 6-11 are deficient.
- Vit D is actually a steroid hormone and it is best obtained through sun exposure, not fortified food.

- When your skin turns the lightest shade of pink that is an indicator you have had enough sunlight.
- Dr. Joseph Mercola suggests that if getting sunlight is not convenient, you can use a high quality tanning bed with beneficial UV lights. Note: “a loud buzzing noise in a tanning bed indicates that it has magnetic ballasts, which are well-known sources of cancer-causing electromagnetic fields or EMFs”.
- How to know if you may have vit D deficiency: you have dark skin, are feeling “blue”, are >50 years of age, are overweight or have higher muscle mass, have aching bones, have a sweaty head, and/or have gut trouble.

## Causes

### 16 Cancer Causing Foods You Probably Eat Every Day

- Microwave popcorn: The bags are lined with perfluorooctanoic acid (PFOA), which is a toxin that can be found in Teflon. It is linked to infertility in women. Microwaves popcorn usually has soybean oil (GMO), propyl gallate (causes stomach issues and skin rashes), and Conagra Foods used to use diacetyl in their ACT products. That chemical was causing lung diseases in workers at their factory.
- Non-Organic fruits: non-organic fruits are inundated with pesticides, some of which have been proven to reduce babies' body weights during the mother's pregnancy. These foods are even pumped with hormones to make them bigger. 98% of tested

apples show pesticide residue and 90% of oranges, strawberries, and grapes have pesticide residue.

- Canned Tomatoes - truly any canned food is a risk factor because most cans are lined with BPA. It has been shown to alter the function of genes in rats' brains. Tomatoes are a much higher risk factor because of its acidity level which causes BPA to leech out of the lining. Cook veggies fresh or buy them glass-bottled to avoid this.
- Processed Meats - the excessive salt and chemicals used in things like sausages, hot dogs, bacon, and lunch meats are damaging to health. A study from the journal of BMC Medicine found that 1 in 17 people from the study died and those who ate 160 or more grams of meats increased their early death risk by 44% within 12 years compared to those who ate 20 grams or less.
- Farmed Salmon: farmed salmon are fed a cocktail of chemicals, antibiotics, pesticides, and other carcinogens and kept in such cramped quarters that they have 30x the amount of sea lice compared to wild salmon. They are fed chemicals to keep their meat bright and pink because this doesn't happen naturally with their chicken litter diet.
- Potato chips: chips have an unhealthy combo of fat and calories such that if a person ate an oz of chips a day, they would gain 2 lbs per year. When potato products are cooked at high temperatures such as when fried, acrylamide is made and this is a known carcinogen found in cigarettes too.
- Hydrogenated Oils: all hydrogenated oils are vegetable oils derived from their source using

chemicals (because you can't do it naturally like with butter). They are very often deodorized and colored. These oils are high in Omega-6s which in excess can cause heart disease and various cancers. You need to balance this with omega-3s like supplements, grass fed meats, and fatty fish like wild salmon.

- Foods that are highly salted, pickled, or smoked: cured foods contain nitrates or nitrites many times to preserve them. These compounds change to N-nitroso composites in the body which is associated with increased risk of developing cancer. Smoked foods absorb a great amount of tar, a carcinogen.
- Highly processed white flours: these days, mills don't wait for their nutrient-deficient grains to whiten naturally, they gas them with chlorine gas to change their color. The EPA states this is a dangerous irritant that isn't safe to inhale and can be lethal. White flour quickly raises blood sugar levels and insulin levels. Sugar is a major energy source for cancer cells.
- GMO's: Dr Pusztai of the Rowett Institute in Scotland fed rats GMO foods and potatoes and within 10 days ALL the rats showed damaged immune systems, pre-cancerous cell growths, smaller brains, and smaller livers. There are no testing procedures that the FDA has for GMO foods. The only study done on humans showed that GM foods transfer to the DNA of our bacteria in our gut.  
GMO labeling
- Refined Sugars: Otto Warburg discovered in 1931 that tumors and cancer cells use sugar to "feed"

themselves. They especially like high fructose corn syrup which is found in cakes, pies, cookies, sodas, juices, sauces, cereals and many other popular items. HFCS is metabolized most quickly by cancer cells.

- Artificial Sweeteners: Many people use these because they are trying to lose weight or diabetic. In fact, artificial sweeteners cause weight gain and interfere with blood sugar and insulin levels. Aspartame even causes convulsions which are often mistaken for an insulin reaction. These “sugars” make the body crave more sweets. There is a lot of evidence for the fact that these sweeteners, especially aspartame, breaks down into a deadly toxin called DKP in our bodies. When the stomach processes this, it will make chemicals that can cause cancer.
- Diet Anything: Most diet foods contain aspartame. All of these foods are heavily, chemically processed and contains super refined ingredients, excessive sodium levels, and artificial colors and flavors.
- Alcohol: An American study on postmenopausal women that followed them for 14 years determined that those who drank one drink or less per day had a 30% increase breast cancer rates compared to those who had none. Alcohol is the second main cause of cancer next to tobacco.
- Red Meat: infrequent and small amounts of red meat is actually helpful to have in your diet. However, eating a quarter pound of meat every day has shown to increase the risk of a man dying from cancer by 22% and a woman by 20%.

- Soda: soda has a huge amount of empty calories from sugar that get quickly absorbed into the blood stream, increasing glucose levels. It causes inflammation and insulin resistance. It is also usually the cause of gastro-esophageal reflux disease, where the stomach contents leak into the esophagus and literally burn the lining with the acid.

### Hot Dog Cancer Risks

- According to LA Times: “Children who eat more than 12 hot dogs per month have nine times the normal risk of developing childhood leukemia, a USC epidemiologist has reported in a cancer research journal.”
- Other reports noted that children had double the normal risk for developing brain tumors who were born to mothers who eat at least one hot dog a week during pregnancy. The same goes for children whose fathers ate hot dogs before conception.
- Nitrites are additives found in hotdogs and these form carcinogens.
- Veggies also contain nitrites but have vit C and D which have been shown to reduce cancer risk so these may inhibit the formation of carcinogens from nitrites.

### Breast Cancer and Nuclear Power Statistics Reveal the Link ‘They’ Wanted to Hide

- The German cancer registry studied a large number of nuclear plants over a long period of time and

found a doubling of Leukemia cases in children within a 5 km ring around the plants. Many government departments disregard this information.

- Most studies done on cancer occurrence near nuclear plants compare concentration of cancer cases with a radial distance from the plant's site. Radiation does not spread around in a perfect circle on a map this way, instead it spreads downwind and liquids flow to the sea and rivers. Studies that operate with radial distance are inaccurate.
- The author studied breast cancer rates in Maldon, UK using the more accurate "downwind" method and found the breast cancer Standardized Mortality Ratio to be 2.1. Essentially, women living in Maldon were 2x as likely to die of breast cancer as those living in towns near uncontaminated rivers.

### Why Sugar is Called the 'White Death'

- In the last 300 years Americans' sugar consumption has increased 45x: from 4 lbs a year to 180 lbs a year. (Half a pound a day)
- Corn syrup is already broken down into glucose and fructose. The body absorbs this much more quickly than regular table sugar. Fructose does not stimulate insulin the way it should. Consequently, ghrelin (hunger hormone) isn't suppressed and leptin (satiety hormone) isn't stimulated.
- Sugar is cancer's favorite food due to their anaerobic respiratory mechanisms.

- Half of all sugar in the USA comes from sugar beets. Most of these are now genetically modified.
- Refined white sugar is washed in a syrup solution, clarified usually with chemicals and hot water, bleached, concentrated, evaporated, re-boiled to form crystals, centrifuged, then dried.
- Agave is not like honey or molasses; it is highly processed until it no longer resembles the original plant extraction.

### The Causes of Breast Cancer

- Deodorant suppresses smell while antiperspirant clogs pores
- Aluminum is found in these products and has been shown to be carcinogenic.
- There is a link between using these products and breast cancer. That risk increases if they are applied right after shaving.
- The aluminum is absorbed in the bloodstream and collects in the brain. This has been connected with the increase in Alzheimer's.
- Deodorants contain many parabens. An autopsy done on women who died from breast cancer revealed high amounts of parabens in her breast tissue.

## Dr. Leonard Coldwell: Every Cancer Can Be Cured in a Few Weeks

- Therapies are more successful in a body that can rid itself of acids. It is best to consume items that encourage alkalinity.
- When a body is too acidic we find connective tissues containing accumulated salts. Painful!
- Keep away from alcohol, smoking, analgesics, excessive meat, a diet of mostly cooked foods, too little exercise, excessive sweating
- Causes of acidity: diabetic issues, intestinal gas, lack of oxygen, persistent renal problems, infection, unbalanced cardio-vascular system
- Sweets take in calcium via decay. An acidic body further strips you of calcium and other minerals.
- Increase alkaline foods, increase water intake, exercise, and meditation can greatly reduce many health issues and keep us fit.

## 5-Decade Study Links Pesticide DDT to Breast Cancer

- This study of American women found that those exposed to high levels of DDT in the womb were 4x more likely to develop breast cancer.
- Of these 54 women, 83% had estrogen-receptor positive breast cancer.
- Women in the highest exposure group were more likely to get diagnosed with advanced cancer than those who were not exposed to DDT.
- Chemicals in DDT are known to be endocrine disruptors that can mimic and interfere with estrogen.

## New Study: Cell phones Really Are Giving You Cancer

### Study Confirms Our Years of Warning

- Reports reveal that “using your phone for just 20 minutes a day for five years increased the risk of one type of brain tumor threefold, and using the phone an hour a day for four years upped the risk of some tumors three to five times.” This came from the study author, Igor Yakymenko.

## This Powder is Causing Cancer in 10,000 Women

- Baby powder, especially Johnson and Johnson’s, is increasing women’s risk of ovarian cancer by 33%.
- Studies since 1982 have proved there is a link between baby powder and ovarian cancer. According to the results, women that use this talc-based powder are 300x more likely to be diagnosed.
- Powder products, especially talc-based, can be easily inhaled and breathed in by babies. This powder lead to dried mucus membranes.
- Petroleum jelly and cornstarch-based powders are much safer alternatives.

## Baking Soda True Enemy of the Pharmaceutical Industry

- Baking soda is a powerful buffer against exposure from radiation.
- “Bicarbonate deficiency” (a good term to use😊!)
- Excessive acid in the system interrupts cellular activities and even deteriorates cells.

- Sodium Bicarbonate IV can often instantly cease an allergic reaction or asthmatic attack.

### American Cancer Society Admitted that Untreated Cancers often Go Away Naturally

- The American Cancer Society said they are finding that 25% to 30% of some cancers stop growing which makes medicines that don't work look good, like they are actually the reason the cancer stops.
- This information was published as a hasty mistake after they and other media outlets tried to quickly respond to Suzanne Somers use of alternative therapies for her cancer.
- Because doctors can't really identify which cancers/tumors will progress and which ones won't, early detection is rendered unnecessary and potentially dangerous because the radiation, cutting and poisoning incurred stimulates the cancer. This ensures whatever cancer a patient has, benign or otherwise, would become deadly after early detection protocols.
- Chemotherapy inevitably induces cancer because it is carcinogenic.
- These days, patients die more so from cancer treatments than cancer itself.
- Chemo weakens all healthy cells.
- Those killed in cancer drug trials are removed from the results and referred to as not having "completed the study". This omission helps drug companies' chance to get their product approved.

## Revealed: Cancer Industry Profits ‘Locked in’ by Nagalase Molecule Injected into Humans Via Vaccines... Spurs Tumor Growth... Explains Aggressive Vaccine Push

- Many of the doctors who have died/been killed in Florida believed the immuno-suppressive enzyme Nagalase was entering the body through vaccinations.
- Dr. Bradstreet (the doctor who was killed 3 days after a raid on his clinic for GcMAF research) and his colleagues learned that nagalase is found in high concentrations in children with autism. Since nagalase is not present at birth, they concluded that it was being introduced in vaccinations.
- Bradstreet had treated 1100 patients with GcMAF with an 85% response rate.
- 15% of Bradstreet’s autistic patients were symptomless after reintroducing GcMAF.

## Sunscreen Causes Cancer? What You May Not Know about Sunscreen

- Chemicals in sunscreen, when heated with the suns intensity, could be causing various skin damaging ailments
- When sunscreen comes in contact with chlorinated pool water it becomes toxic and is absorbed through the skin
- The FDA funded these studies that indicated chemicals related to Vitamin A in sunscreen were carcinogenic but the FDA prevented that information from being released to the public.

- Synthetic vitamin A is found in many sunscreen brands and they contain retinol and retinyl palmitate. Both were found to react badly with sunlight and become toxic to the body.
- About 8% of all sunscreens have been quality tested by the Environmental Working Group to be both safe and effective. This means the rest of the 92% contain at least one ingredient deemed detrimental for human use.
- The public has been encouraged to use these products for the last decade when only 8% of the products available are safe.
- Sunscreen (a widely accredited preventative measure against skin cancer) is a major cause of vitamin D deficiency. This vitamin has been shown to cut down flu risk and fight cancer

### What Your Oncologist Isn't Telling You about Chemotherapy and Radiation

- Chemotherapy and radiation initiate 2<sup>nd</sup> cancers... (making you a repeat customer if you don't die the first time around)
- Doctors don't mention the possibility of second cancers as a disclaimer before initiating treatment.
- 2<sup>nd</sup> cancers have been known about for decades and the American Cancer Society recognizes that chemo and radiation therapy together greatly increase risk for developing 2<sup>nd</sup> cancer.
- Chemo drugs that are alkylating agents interfere with a cell's DNA; non-alkylating chemo agents, act similarly and can increase the risk for leukemia;

Topoisomerase II inhibitors stop cells from being able to repair DNA; Zelboraf and Tafinlar, used to treat melanoma, increase risk of squamous cell carcinomas.

- Radiation for breast cancer increases risk for lung cancer; treatment for the prostate can lead to carcinomas.
- Chemo used for lymphomas and breast cancer can initiate bladder cancer; chemo has been linked to testicular cancer.

#### Colgate Total Toothpaste has Triclosan, A Cancer-linked Ingredient And Nobody Knew Until Now

- Many companies are beginning to phase out triclosan and review if it's safe to put in soap. Minnesota voted in May 2014 to ban the chemical.
- The FDA approved Colgate Total in 1997. Just recently, in 2014, the FDA released the 35-page toxicology summary. It included studies that showed fetal bone malformation in rodents. (Potential cause, although, no studies have been done on humans yet claiming this)
- The FDA were wary of some of the claims Colgate made about triclosan almost 2 decades ago regarding the hazards of triclosan and that it can treat gingivitis and eliminate plaque.
- Bloomberg News pointed out that Colgate dismissed the bone abnormalities in the animals saying they were not relevant.

- The FDA stands by triclosan for now because it is not known to cause problems in humans, however, the FDA has begun to further research triclosan.

## Detox/Diet

### Is It Time to Do Another Detox?

- Some people argue that our bodies are meant to cleanse themselves naturally so detoxification is a waste of time. However we were meant to live in an unpopulated environment with healthy foods from the ground.
- Signs you may need a detox:
  - Feeling run down
  - Feeling tired despite getting enough sleep
  - Unexplained crankiness
  - Mood swings
  - Watery eyes
  - Allergy symptoms
  - Craving sweets and/or carbs
  - A white, coated tongue
  - Excessive sweating
  - Increased chemical sensitivity
  - Insomnia
  - Acne/ Skin issues
  - Bloating

- Brain Fog
- Low energy
- Headaches
- Stiffness
- Bad breath
- Constipation
- Trouble losing weight

- Toxins are primarily held in fat cells so weight loss is a beneficial effect of detoxing.
- A colon cleanse should be the first thing you do if you are not doing a full body cleanse so that the exit pathways are clear.
- Lifestyle and diet tips: drink plenty of water (gal a day), eat more fiber, stop consuming processed foods, don't smoke, limit alcohol, drink herbal teas, eat garlic, eat fresh citrus fruits, get exercise, get more sleep.

### Easy Home Recipe: Skin and Body Detox Cream

- The key ingredient in these creams, zeolite, is a tremendous detox agent. Zeolite attracts toxins such as radiation, chemicals, heavy metals, and free radicals into its structure. It then excretes these toxins through natural bodily functions.
- Recipe:

1 cup Coconut oil (Or other of choice, virgin cold-pressed, raw, organic, fair-trade)

1 cup Cacao butter (Raw organic, fair-trade)

1 cup Micronized zeolite (4 ppm or smaller for proper absorption into bloodstream)

Use a bain-marie to melt the coconut oil and cacao butter at low heat

Add Zeolite then pour into a sealed jar.

- You can use this for a full body detox massage or quickly on the head and feet. Use daily!

### The Top Alkaline Foods that Should Be Included in Your Diet

- It is important to keep alkaline foods in the diet so the blood can have a functional pH level and help our bodies fight oxidation and viruses.
- Apples, apricots, and alfalfa sprouts aid in digestion and contain a lot of fiber. They have a pH of 8.
- Grapes, passion fruit, pineapple, raisins and pears are high in vit, A, B, and C. These regulate the blood to help lower blood pressure and reduce the risk of developing heart disease.
- Pineapple is high in L-carnitine, which uses body fat for energy.
- Limes, mangos, and papaya help clean out the kidneys and improve the digestive system.
- Cantaloupe is a great source of vit A.
- Watermelon is a mild diuretic and great source of lycopene, vit C, and beta-carotene.

### Include These Seven Brain Superfoods in Your Daily Diet for Optimum Functioning

- Omega-3 fatty acids from animal sources such as cold-water salmon and sardines. Cod and krill oils are superior choices because of their high ratios of DHA to EPA fatty acids because the fish “pre-digest” the fatty acids and convert them for you. Plant sources are fine but less efficiently as you have to convert ALA to the DHA/EPA ratio for brain health.
- Coconut Oil contains medium chain triglycerides that the liver can metabolize easily to produce ketones. These are used by neurons for energy. Virgin cold-pressed organic is best.
- Blueberries contain proanthocyanidins that protect the fatty and watery parts of the brain from environmental toxins. Blueberries will also reduce inflammation
- Pure water (no fluoride)
- Volvic spring water contains the most solvent and assimilable silica and this removes aluminum from tissues. Aluminum is a known cause of a range of brain diseases from autism to Alzheimer's.
- Red or Purple grapes contain resveratrol which grabs free radicals before they get to the brain. Buy organic as regular grapes are heavily sprayed.

### Which Fruits and Vegetables Are Naturally the Most Detoxifying?

- Cilantro is great for detoxing mercury

- Chlorella is considered by many to be a superfood. This combined with cilantro is a powerful heavy metal detoxifier.
- Garlic is a natural antibiotic and promoter of liver enzymes to aid detoxing. Consume by chewing it raw or squeeze raw cloves in or on freshly prepared foods.
- Broccoli sprouts are better than regular broccoli to stimulate the toxin filtering enzymes in the liver.
- Omega-3 oils lubricate the intestinal walls, which helps to capture and eliminate toxins from the gastrointestinal tract. Avocado, hemp seed oil, flax seed oil, and pure virgin olive oil are best.
- Papaya is a great addition including the seeds.
- Lemon or lime juice mixed with warm water first thing in the morning is a liver cleanse remedy still used to this day.
- Mung beans: buy bulk, raw, dry, and organic. They tend to absorb and help eliminate GI tract toxins.
- Beets help to purify the blood.

### Five Important Go-To Detoxifiers for Every Home

- The following items are naturally anti-inflammatory, antimicrobial, and antiseptic. They are perfect for fighting toxins, cancers, and diseases.
- Apple cider vinegar with the mother: taking a few tsps in a glass of water before a meal provides necessary nutrients, probiotics and enzymes that aid in proper digestion and nutrient absorption. It's

great for stomach ailments and to alkalinize the body.

- Turmeric, curcumin: Should be organic and used weekly in cooking or medicinally. It cleanses the blood and purifies the liver and kidneys in the process. Externally it can get rid of boils. Internally it can help remove cysts.
- Bentonite Clay: It can be wrapped on skin conditions to draw out poisons. It can also be used as a facial mask to clean pores. It is a natural colon cleanser as it has a strong negative ionic charge which allows it to attract and remove heavy metals, toxins, harmful bacteria, and pesticides.
- Zeolite clinoptilolite: micronized zeolite attracts and traps heavy metals and radioactive particles stored in the cells of the body. Once trapped, the body can flush the waste out of the body naturally.
- Activated Charcoal: It comes in powder form and can be made into a paste for external cleansing. It is a natural astringent that can be diluted in water for internal detox. It should be used first in the case of food borne illness and chemical or drug poisoning.

### Is Your Cleanse or Detox Making You Feel Sick?

- People have Herxheimer reactions from the cleanse when the decomposed endotoxins are released into the blood faster than the body can comfortably handle.
- This will provoke an inflammatory response that may be stronger than the original illness you are trying to detox from.

- “The most common symptoms reported in a Herxheimer reaction are increased fatigue, joint or muscle pain, skin rashes, photosensitivity, irritability, dizziness, sleep disturbances, asthenia, muscle cramps, night sweats, hypertension, hypotension, headaches (especially migraines) and swollen glands. Also reported are heavy perspiration, metallic taste in mouth, chills, nausea, bloating, constipation or diarrhea, low grade fever, heart palpitations, tachycardia, facial palsy, tinnitus, mental confusion, uncoordinated movement, bone pain, flu-like syndrome, conjunctivitis and throat swelling.”
- These symptoms present most commonly in Candida and parasite cleanses. These reactions will happen only if your body had Candida or parasites in it, the herbs will simply pass through if not.

### High Colon Cancer Risk Caused by Western Junk Food Can Be Reversed with Healthy, High-fiber Diets, Study Proves

- The University of Pittsburgh and Imperial College London took urban African American residents of Pittsburgh and switched their diets with that of rural, South African villagers. These two groups switched diets for two weeks.
- The researchers suggest differences in diet are the main reason why the risk of colon cancer is 100 times higher among African Americans than rural residents of Africa.

- The African Americans consumed much less fiber than the South Africans and ate 2 to 3 times more fat and animal protein.
- The African Americans had more microbes in their gut that break down bile acids (used by the body to digest fat) and the South Africans had more microbes that break down carbs and produce butyrate (shown to lower cancer risk).
- 9 out of the 20 African Americans had polyps in their colons while the South Africans had none.
- During the swap the African Americans ate a high fiber including things like soup, corn fritters, fish tacos, and raw mango. The South Africans ate burgers, fries, hash browns, and sausages.
- At the end of the experiment, inflammation and colon cancer markers had decreased in the African Americans and cancer markers increased in the South Africans.
- The African Americans had a 2.5 fold increase in butyrate levels which could be the cause of lowered cancer risk markers. In the South Africans, the butyrate levels decreased by 50 percent and had an increase in bile-producing microbes.
- The scientists believe fiber affects cancer in this way by changing gut microbiome.

## Current Events

### Asbestos Found Inside Kids Crayons

- Many people think asbestos was banned years ago but it's still legal and can be found in: "vehicle brakes, vinyl floor tile, cement shingles, disc brake pads, drum brake linings, gaskets, clothing and cement flat sheets."
- It has been found in kids' crayons. The exposure came from talc, which American crayon manufacturers took out of the crayon formula.
- However, asbestos was found in crayons and science kits imported from China.
- The issue is asbestos fibers could come off when coloring and in the kits the fingerprint powder becomes airborne when blown off the fingerprints.
- Everyone who comes in contact with asbestos will be affected and symptoms don't appear for 10-40 years after contact.
- The UK Committee on Carcinogenicity says the lifetime risk of getting mesothelioma from exposure is 3.5 times higher for a child exposed at five than an adult first exposed at 25. That statistic jumps to 5 times greater compared to a first-exposed 30-year old.

#### 'Mutant Daises' Found in Fukushima 'Safe Zone'

- Four years after the Fukushima nuclear catastrophe, these daisies appear to be 2 or more fused together. 3 meltdowns occurred after the original catastrophe in 2011. These daisies were found 65 miles from the original site.
- Contaminated waste could make its way to the water table using fissures and cracks underground.

Based on the geological site the Fukushima Power Plant was built on, the waste could travel a great distance from the plant.

- These plants are experiencing fasciation (a thickening and distortion of tissue) and obvious gene mutations.
- What does this mean for the habitants of this fallout area medically?

### Busted: Children's Leukemia Charity Gave Just 1% of Donations to the Cause

- Beware of charities that scam...
- New York-based National Children's Leukemia Foundation brought in millions of dollars intended for children with leukemia. Only 1% of those donations actually went towards children with the disease.
- Most of the donations went towards salaries and elaborate fundraisers to bring in more money.
- The organization collected money nationally for programs that didn't exist.
- The founder had to step down in 2010 for previous bank fraud but continued to pull strings after getting a friend and long-time accountant to run the charity after his resignation.

### Investigation: Three Days Before Bradstreet was Found Dead...

- Before Dr. Bradstreet was found dead, shot in the chest, he was working with an enzyme called GcMAF.
- GcMAF is a potential universal cancer cure and is legal treatment in many advanced nations but the U.S. FDA outlawed it naming it an “unapproved drug”.
- This was the premise the government had for raiding Dr. Bradstreet’s clinic to find GcMAF and shut down any use of it one patients.
- Motive for murder in many other unlucky Doctors’ cases has been money. There are so many companies and industries reliant on chemotherapy revenue. The system inherently keeps customers because the treatment doesn’t work most of the time so they uncured patients return, giving these companies and the like even more money. (Just made the connection that this is similar to the model used these days with phones and furniture et cetera: made to break so you buy replacements more often).
- One oncologist, Farid Fata, falsely diagnosed some of his patients with cancer so he could sell them chemotherapy treatments.
- The UK and U.S. govt’s are shutting down websites that sell GcMAF even though the UK admitted it was on its way to entering the market as a groundbreaking cancer treatment.
- It is a viable treatment in Japan.

## Cancers Can Vanish without Treatment, but How?

- Cancers can stop or disappear. This is seen especially with testicular cancer. Some times when the organ is removed there will only be a scar where a tumor was suspected or a much smaller tumor than scar, suggesting the tumor shrank.
- The earlier a cell is on its way to an aggressive cancer, the more likely it is to change its course.
- At Johns Hopkins, 450 men with early prostate cancer will opt for “active surveillance” where they don’t remove the prostate but monitor it as time passes. Only 20% to 30% of these small prostate tumors progressed and many of those still didn’t look deadly.

## Drug Maker Will Soon Hold Patent on THC, CBD as Cancer Cures

- GW Pharmaceuticals have been given a Notice of Allowance from the US Patent Office for an application for a drug with THC and CBD.
- It will be used to treat brain cancer once fully approved.
- This company also owns the cannabis drug Sativex.

Mammograms Again Found to Have No Impact on Mortality

- A study published in the Lancet Oncology in 2011 noted that women who had many screenings had a

higher cumulative incidence of invasive breast cancer over 6 years compared to the control group that received many less screenings.

- Harvard and Dartmouth have analyzed cancer registry data from 16 million women in the US and found “no evident correlation between the extent of screening and 10-year breast cancer mortality.”
- Most mammograms find small usually harmless tumors that get over-diagnosed.
- Mammograms use ionizing radiation to take images of your breasts and it is well known that ionizing radiation is carcinogenic.
- In 2012, the British Medical Journal published results showing that women carrying the BRCA ½ gene mutation are particularly susceptible to radiation-induced cancer.
- A study reported in the New York Times that spanned 25 years noted that 1 in 5 cancers found with mammography never needed treatment. 22% of women in the study were over-diagnosed as well.
- Mammograms miss cancer up to 20% of the time. You could receive a false-negative diagnosis for having dense breast tissue, which it is considered that 49% of women have this.
- 75% of women with dense tissue are at risk for their cancer not being detected because mammograms sensitivity to it is 27%.
- Vitamin D has the ability to enter cancer cells and induce apoptosis. (Cure)
- Breast cancer prevention: eat real, unprocessed food, limit fructose consumption, reduce protein

and increase high quality fats, consume vitamin-A preferably from foods, increase iodine but watch dosage, consume probiotics, avoid xenoestrogens (synthetic estrogens), avoid charred meats, avoid unfermented soy, drink a quart of organic green veggie juice daily, consume omega-3s, take curcumin, avoid alcohol, exercise, avoid underwire bras, avoid electromagnetic field. (Prevention)

### **Vaccinations:**

#### Healthy Children and Adults Vaccinated with Flu Shot are Dying

- In early January, a young 5-year old girl, Keira, was feeling sick with a cough and fever. She was prescribed steroids and a nebulizer. She collapsed later that day. Her mother tried to revive her until the paramedics came. Keira later died. Her father said Keira was vaccinated against the flu, which was what she had contracted.
- 3 females of various ages and backgrounds all died this year and the one thing in common between them was having received the flu shot earlier this year. They all were diagnosed with Type A Influenza which is a strain always included in the shots.
- The CDC stated this year's flu shot is less effective than last year's because the viruses have mutated. This mutation could be because of the increase in vaccinations of children and young adults.
- The CDC is pushing this year's flu shot. They receive money for each vaccine sold.
- The Cochrane Collaboration, and independent research company, found in the 1960's that the

makers of flu vaccines only hit their mark about 10% of the time. 90% of vaccines since then have been ineffective.

- The efficacy range for flu prevention (depending on age and immune status of the patient) is between 1% and 30%.

### Sb 277 Will Unleash ‘Medical Civil War’ in California as Parents Demand Doctors Be Arrested for Felony Assault

(This article has a lot of great information on your legal right to refuse vaccines and call the police on those who try to dole them out without consent)

- “Because vaccines have the potential to cause harm... they represent a form of medical violence against women and children.”
- Sb 277, “vaccine mandate” law seeks to squash exemptions from vaccinations due to religious or philosophical reasons. This would be seen as a forced medical intervention on the bodies of children and, soon, adults who did not give consent.
- Victims of the HIV virus have been charged with felony assault for spitting on others or having intercourse. (Why aren’t doctors and vaccine-makers held to the same standard??)
- CDC scientist, William Thompson, publicly admitted that the agency had evidence that vaccines increase the risk of autism.
- The UK recently agreed to pay \$90 million to families whose children were rendered brain damaged from the swine flu vaccine.

- Based on sentencing guidelines from the American government on vaccine assault, if one is given a vaccine from a doctor without consent it's Base Offense level would jump from 14 (basic aggravated assault) to 22 if there were no injury sustained. This level could rise possibly to 29 if the person was unlucky and permanently brain damaged.
- Doctors committing vaccine assault would, by law, be obligated to at least 41 months in prison.
- One has the right to call the police because if one is forcibly violated without consent by a needle weapon with known health risks because it would be considered a violent attack upon the body. Parents have the right to call 911 for their children.

### Homeoprophylaxis Proven More Effective than Conventional Vaccines

- Homeoprophylaxis is a 200-year old form of homeopathy that introduces the system to non-toxic versions of particular diseases to naturally condition health in the immune system.
- Using this, susceptibility to diseases can be reduced to 90% on average.
- 2 former virologists filed a lawsuit against Merck claiming fraud and criminal behavior surrounding the MMR vaccine.

### Andrew Napolitano: In a Free Society You Can Reject the Vaccination 'Scientific Orthodoxy'

- Judge Napolitano is a member of the Ron Paul Institute for Peace and Prosperity Advisory board.
- He says that if the government gave an honest answer about who owns your body, it would be that they believe they own it.
- Napolitano says that you are the sole owner of your body and have every right to refuse medication as your body and decisions about what is done to it is a natural born right, not the for the government to make decisions about.
- Under the constitution, it is the states' decision present laws regarding public health, not the federal government.

### Merck's Former Doctor Predicts Gardasil to Become the Greatest Medical Scandal of all Time

- “It is simply no longer possible to believe much of the clinical research that is published, or to rely on the judgment of trusted physicians or authoritative medical guidelines. I take no pleasure in this conclusion, which I reached slowly and reluctantly over my two decades as an editor of *The New England Journal of Medicine*” – ([source](#)) Marica Angell. She is also a physician and author
- The CDC claims the HPV vaccine is the best protection for children who receive the required 3 doses and have time to develop and immune response before becoming sexually active
- Dr. Bernard Dalbergue, a former physician with Merck, claims that Gardasil will come to be known has having zero effect on cervical cancer and side

effects like death will reveal no other purpose for the drug than to create profit for manufacturers

- In 2011, Lucija Tomljenovic, PhD, obtained documents proving that vaccine manufacturers have chosen to withhold information about the health risks and dangers of vaccines from the public. The documents came from the UK Department of Health and the Joint Committee on Vaccination and Immunization.
- Dr. Diane Harper helped design and carry out phases of safety and effectiveness studies for Gardasil's approval. She wrote many published papers about it and has also worked for Merck as a speaker and consultant. Dr. Harper is a whistleblower and is a part of the "One More Girl" documentary reporting on families whose daughters' health has been compromised by the vaccine.
- HPV isn't lethal in 95% of infections and the rest of the 5% are detectable and treatable in the precancerous stage. It shouldn't be decided for you whether or not you need to take a vaccine for it.

#### Massive Fraud in Merck MMR Vaccine Testing

- 3 Whistleblowers (mostly former employees/scientists of Merck's) say the fraudulent activities Merck participated in were intended to ensure the test results would meet the FDA's requirement that the mumps vaccine was 95% effective.
- Suits/Cases: United States v. Merck & Co. former Merck scientists claim the company fraudulently

fooled the government and “omitted, concealed, and adulterated” important information about the efficacy of the MMR vaccine. This violates the False Claims Act.

Chatom Primary Care v. Merck & Co. Doctors and medical practices claims Merck fraudulently monopolized the mumps market and these doctors will never be able to recover compensation for having been sold an inflated, defective product

CDC Scientist revealed that CDC covered up data showing higher rates of autism in African-American boys after taking the MMR vaccination

### Thousands of Teenage Girls Report Feeling Seriously Ill After Routine School Cancer Vaccination

- Emily Ryalls was 13 when she was vaccinated for cervical cancer. Just 2 weeks after that, she experienced dizziness and nausea.
- After her 2<sup>nd</sup> and 3<sup>rd</sup> injections the symptoms got worse: severe chest and abdominal pain, difficulty breathing, and temporary paralysis.
- Now, at 17 years old, Emily still experiences systems and does not know when her health will return.
- In a decade, the Medicines and Healthcare Products Regulatory Agency of the UK has received 22,000 adverse drug reaction reports in 13 immunization categories.

- This number could potentially be only 10 percent of the actual amount of girls afflicted because of under-reporting.
- Many countries are now taking action after learning of these girls suffering suspected side effects.
- Dr. Manuel Martinez-Lavin notes that chronic pain conditions are “more frequent after HPV vaccination”. He’s been treating patients with pain for over 30 years
- The MHRA isn’t worried about the amount of ADRs related to the HPV vaccine and say that the “expected benefits in preventing illness and death from HPV infection outweigh the known risks”.

### Genome-Wide Analysis of Polymorphisms Associated with Cytokine Responses in Smallpox Vaccine Recipients

- The data in this study showed stimulating immune individuals with vaccines resulted in a secretion of inflammatory and Th1 cytokines. (Cytokines are essentially messengers to initiate responses in the body. Th1 refers to a type of lymphocyte)
- The scientists noted a correlation between single nucleotide polymorphisms and cytokine secretion.
- These polymorphisms were found in genes with known immune function and those that encode proteins for signal transduction, cytoskeleton, membrane channels, and ion transport.

### Vaccines Will Be Made from Human Cancer Tumors

- A meeting with the FDA between health authorities and vaccine manufacturers, began a discussion which was comprised of these ideas:
  - Making vaccines from human cancer tumors faster and cheaper than breeding animals for their cells
  - Millions of cancer-causing vaccines will be manufactured
  - The vaccines potentially contain genetic mutations
  - A lot of money will be made off of these vaccinations
  - The health of millions of patients could be jeopardized
  - Information about the health risks will be hidden from doctors and consumers

### Adults Targeted as Federal Government Prepares to Track the Unvaccinated

- Public health officials have revealed a plan to launch a country-wide vaccine promotion campaign to pressure adults to get vaccinated comply with a CDC-approved vaccination schedule.
- The National Vaccine Advisory Committee (NVAC) wrote this schedule and enforcement will be delegated to the Adult Immunization Task Force (AIFT).
- This plan “incentivizes” doctors to provide patient data in “Electronic Health Record” format that can be shared across state and federal electronic

databases to track and identify those who are not yet vaccinated.

- Many states already have databases like this but laws protect that medical information from being shared.
- This National Adult Immunization Plan states objectives to foster relationships with our employers, churches, and community organizations so that the schedule will be readily available for any adult to view.
- Government enforced door-to-door vaccination campaigns were seen about a century ago with smallpox; however, this time around, you will be forced to have many more vaccinations.
- (One commenter of this article posed the question of what this will do to our nation's blood supply... those who get transfusions will likely not be safe from vaccine-tainted blood)

### I Want My Daughter's Life Back the Way It Was Before Gardasil

- A month after receiving Gardasil, one girl has continually been affected by vision problems, non-epileptic seizures, low blood pressure, inflammation of the stomach, small bowel, reflux and has no energy.
- The girl's American neurologist told her mother if Gardasil wasn't the cause of all this, it certainly was a contributing factor.

## Rhode Island Mandates 7<sup>th</sup> Graders Get Dangerous HPV Vaccine Adverse Reactions Hidden from Parents

- The *Providence Journal* reported around July 31, 2015 that all 7<sup>th</sup> grade students in public and private schools will be required to get vaccinated against sexually transmitted viruses. Those who do not get vaccinated will not be able to attend school unless parents seek medical or religious reasons.
- The CDC claims vaccines are safe but they cannot be trusted due to a conflict of interest. The CDC is the largest purchaser of vaccines in the world (billions of dollars' worth of vaccines).
- One serious side effect reported by those harmed by the Gardasil vaccine is premature menopause.
- The U.S. Government earns royalties from the sale of Merck's Gardasil vaccine.

## The Doctor Who Beat the British General Medical Council by Proving that Vaccines Aren't Necessary to Achieve Health

- Back in the late 80's early 90's, doctors were told that a measles epidemic was coming based on unpublished and convoluted mathematical equations. The doctors were to give the MMR vaccine out. This did happen with the Measles Rubella Campaign and 7 million school children were vaccinated.

- They were told this vaccine was a “one shot for life” vaccine. However, later on doctors were told to follow up with a second shot because the first shot may not necessarily protect every single person who got the first round.
- Dr. Jayne Donegan, a UK GP, started to worry when the Chief Medical Officer now claimed that even 2 shots may not be enough and that a third shot might be enough for protection.
- She read a few “anti-vaccine” books that contained graphs depicting that the fall in death rates due to infectious disease occurred BEFORE vaccines were given for these diseases.
- She asked her Office for National Statistics for graphs of deaths of diseases that were currently vaccinated for. They told her to check with the Department of Health (they didn’t quite have what she needed). The DOH told her to ask the ONS. She called ONS back and they said there was a book record kept from 1837 until 1900 that she could come look at. There was also an expensive CD with records from 1900 on that she bought and took home.
- From the information on the CD, Dr. Donegan made her own graphs. They matched the “anti-vaccine” books’ graphs more than her own textbook and Department of Health Immunization Handbook.

- Her graph shows that deaths from Whooping cough were steadily in decline before the vaccine was introduced in the 50s (nearly 99%).
- Focusing on under 15 year olds, you can see that there was a virtual 100% decrease in deaths from measles between 1905 and 1965 (3 years before the vaccination's introduction to the UK).

### How Vaccine Adjuvants Affect Your Brain

- Dr. Lucija Tomljenovic was skeptical of vaccine studies because in peer-review journals the studies use another vaccine or aluminum adjuvant as placebo. She said it is easy to say a vaccine is safe when the “placebo” inherently could be toxic.
- She experienced scientific corruption when a former boss told her to eliminate results of the deaths of mice that were treated with the drug as opposed to the placebo water treatment. She quit that job.
- She has a document from 2002 where the FDA stated that routine toxicity studies in animals with vaccine ingredients were not conducted because the ingredients were assumed to be safe. We have been using these ingredients for over 90 years just because of this assumption.
- Aluminum is very effective in increasing antibodies but this hasn't appeared to improve long-term immune responses to infections and diseases.
- Vaccines only work short-term for one aspect of the immune system, not the whole system.

- When you acquired an infection naturally, it stimulates the innate immune system and you are immune for life once you recover, unlike vaccines.
- Dr. Tomljenovic did a study of data compiled from the US Dept. of Education of autism rates and compared that to other countries data. She then compared this with vaccine schedules in the respective countries. She found that countries with the heaviest vaccine schedule had higher autism rates.
- Her study on mice and aluminum revealed an increase in anxiety and reduction in exploratory behavior and social interaction.
- From other studies Dr. Tomljenovic discovered that when you alter your immune system it impairs brain function.
- Another study done on mice by the doctor revealed that the Gardasil vaccine creates anti-HPV antibodies that ended up binding to proteins in the mice brains instead of binding with HPV. Therefore, the HPV vaccine increases risk for developing immune-mediated nervous system disorders. This was the catalyst to Japan's ceasing to recommend the HPV vaccine.
- A French team found that the aluminum adjuvant travels to the brain and stays there. Due to its strong positive charge it binds with our negatively charged DNA and inhibits expression of genes that encode proteins essential for neural function.
- Dr. Suzanne Humphries revealed in her book "Dissolving Illusions" that most infectious diseases were almost gone in the human populace before

the introduction of vaccines. She touts a low-sugar diet and optimizing Vitamin D as the best prevention against illness.

(Just had a thought: we learn in biology class in high school and college about anaerobic methods of creating energy. We learn that yeast especially likes sugar for this. We learn that other forms of life respire anaerobically through alcoholic and lactic acid fermentation. It's no wonder that reducing sugar would clean the body of "glucophile" organisms like bad bacteria and excessive yeasts. I don't know if many people make this connection but it could be good to persuade folks of the detriments of processed sugar in our diet.)

## **Cancer:**

### Cancer Cure: Doctor cures himself with Vitamin B17 Apricot Kernels (Dr. C Interview)

- In America, a licensed doctor must treat cancer with chemo, radiation, and surgery. Doctors who cure their patients with alternative methods get their licenses taken away and go to jail.
- Canadian study asked oncologists if they would apply chemo and radiation on themselves if diagnosed with cancer, 80% said no.
- Needle biopsies and mammograms cause cancer. 50 lbs of pressure on a breast will pop an inflamed lymph node.

- Tumors exist to place poisons into, away from the rest of the body. When a needle pinches in to this bag of poisons, it spreads the poisons through the body.
- Mental and emotional stress is significant in initiating cancer. Holding on to toxic relationships further agitates the immune system in this way.
- Auto-immune diseases are a message of suicide to the body.
- 1911 Otto Warburg and Max Planck won a Nobel Prize for proving that cancer cannot exist in an alkaline, oxygen rich environment.
- Acidosis opens you up to osteoporosis because the body tries to stay alkaline by pulling calcium out of your bones.
- The lymph liquid needs to be alkaline. It is more important to monitor this than blood, which stays at 7.36 naturally for the most part. Use saliva to test pH. Drink a lot of green juices to stay alkaline. Parsley is packed with calcium. Greens are packed with chlorophyll, which is filled with oxygen.
- IBMS implements identifying and eliminating root cause of state of disease or disease.
- 8 drops hydrogen peroxide in aloe vera juice can cure HIV. Eliminates negative microbes.
- We can only heal and regenerate in a state of relaxation, such as sleep.

## Treatment:

- Diet (Varies based on the person): organic food, fresh veggie juice, avoid synthetic and refined foods
- Supplements: variety of minerals, trace elements, anti-oxidants, animal glandular concentrates, other food concentrates
- Pancreas Product: a proteolytic enzyme which imparts the most anti-cancer effect
- Detoxification: Coffee enemas “enhance liver function and... the processing and excretion of metabolic wastes”.

## Cancer Compass An Alternate Route

- Glutathione is a vital molecule known to prevent aging, cancer, heart disease and more
- Eat: garlic, onions, broccoli, kale, collards, cabbage, cauliflower, watercress, spinach, asparagus, avocado, watermelon, acorn squash, okra, walnuts and non-denatured, bio-active whey protein to increase glutathione levels.
- Take supporting supplements like N-acetyl, cysteine, Alpha lipoic acid, folate, vitamins B6 & B12, selenium, vitamins C and E, turmeric, and milk thistle.

## Spirituality May Be Tied to Easier Cancer Course

- Several recently published papers suggest that those who are religious or spiritual are associated with better health, regardless of specific beliefs.
- 32,000 adult cancer patients with a range of cancer types and stages were studied and it was found those with higher religious or spirituality scores were associated with better overall health.
- This sense of connection was associated with better physical function and fewer, less severe symptoms of cancer treatment, according to patient reports.
- Actual practice of religion was not related to physical health.
- Patients who were more positive in explaining their cancer as opposed to “anger towards God” experienced better physical health.
- It is possible that religious or spiritual people tend to engage in healthier behaviors like avoiding alcohol and drugs and their respective communities may provide a lot of support

# **Chapter 11**

## **The IBMS Goal Setting and Success Creating Workshop**

***You can't be happy, healthy and successful without Money. To have the money you have to be successful. To be successful you need to have goals.***

**Here is my IBMS® BONUS  
Goal Setting Workshop for you!**

I have mentioned already several times that it is important that you persevere on your way to a goal, ( Health ) and not give up half way. I am not thinking of hanging on for dear life that, only causes more stress and illness.

What I do mean is that once you have considered a goal attainable and worth fighting for, then this goal is worth your perseverance, even when you run in to seemingly insurmountable stumbling-blocks or must deal with envious and negative people, who try to defeat you.

Make my already often mentioned opinion your own: An obstacle standing in your way is not a problem; it's a challenge to help you grow!

You are on your way to success with great self-confidence, and by overcoming obstacles your confidence grows, because it increases with real life

experience, including the compliments you receive in your work.

**In conclusion I would like to say:**

1. Concentrate only on success. Follow your intuition, and follow the positive image you have made of yourself. This does not mean that you should ignore your weaknesses; you should define your weaknesses and remove them. This means that you should think positive and solution-oriented about your actions and results, so that you program a strong self-image.
2. Learn to see failures as challenges, as opportunities and possibilities to grow, mature and develop. See failures as learning material in your further positive development.
3. Follow the example of those people, who live as you would like to live and who behave as you want to behave. Your subconscious will give you the information, so that your actions and behavior will produce the results you literally “have in mind.” The subconscious is prepared to pass on your inner messages, as long as they are not absurd.
4. Surround yourself with positive people, because those in your immediate surroundings portray a lasting program for your subconscious. I am not speaking of the dreamers, who float through life, but of those people, who concentrate on solutions,

search for answers and who are working actively on creating a successful life. Stay away from people who question everything, who condemn everything with a negative prognosis, who stop you from acting and discourage the realization of your dreams, wishes and goals. Surround yourself with people who make you feel good and who help you to be yourself; they will contribute to your enjoyment in being the person you really are.

5. Never fear the future, because we know from experience that from the hundreds of fears only a few will become true, and even those will become true in much weaker form than we anticipated. We usually have very little influence on future developments. Prepare yourself for eventual crisis and dangers, then let go. Unless a difficult situation becomes acute, it should have no importance in your life.
6. Look forward to your future with pleasure, because with this book you have learned to take control over your life and determine your own destiny.

## **Final Observation**

Many outstanding scientists have proven that the impossible can become possible. Great inventors have been criticized and attacked, but they have something

that sets them apart from other people, they have an inner dream, they carry a mental conception of their life, and from the results they can and want to produce.

At this point I would like you to create a picture of yourself, to fashion an image of your life and future that it is so fast and enormous that you are willing to do everything that is necessary, so that you can produce, build and obtain every success you desire.

I am absolutely convinced that we as human beings can produce with our mind, with inspiration and all other possibilities with which nature has endowed us, the ability to realize every dream we carry inside. I am convinced that there isn't a goal we can imagine that we cannot realize.

Our subconscious knows our possibilities exactly; it recognizes our skills and talents and therefore, after many years of research and experience, I dare to say: everybody, and I mean everybody, can reach the goal they create in their minds; because once the wish is planted in the mind, the brain creates the possibility.

I am absolutely convinced that every human being can reach everything, really everything they make up their mind to achieve. But do not forget that the foundation for success is the willingness to do everything that is needed to reach that desired success.

With the IBMS® I developed, I put everything you need at your disposal, so that you can turn your life into the

adventure and experience you always dreamed of, with all the success, harmony, contentment, health, happiness and peace you could desire.

When I developed my IBMS®-training system, I wanted, above all, that my system would be clear and easy, easy to use and reproduce. My argument was to develop a system that led to great personal achievement and success in every area of life, so that every person would have the possibility to turn his life into a masterpiece. Therefore, I want to point out one more time that you are the only person who can fill your life with success, harmony and happiness. Nobody but you can take away the worries, fear and sorrow; you alone can remove the conflicts in your life.

Only when you fully recognize that you are the only person in the world who can have a permanent influence in your life; your life will become truly your own. In this book I have given you, not just scientific data and facts, not just methods and strategies, but real life strategies to achieve anything you want in life.

If you develop the willingness to act in correspondence with your own personality, if you keep working on the realization of your wishes and dreams, if you do every day two or three things to improve your life, so that you come closer to your goals, your life will become the experience and adventure that it can be.

I have tried to introduce you to a philosophy, which

helped me personally. By refusing to use expressions such as, “That does not work” “That is not possible” “That will never do,” so that I could prove to you that everyone can reach all the dreams and wishes they would like to attain.

You have a wonderful, promising life ahead of you. The life of a leader or a colleague, who is accepted, and respected, valued as a member of a team. Take your life in your own hands and work with all your strength and possibilities, so that you can make out of your life the masterpiece it is meant to be.

Now start immediately in the next chapter to set your goals!

Nobody can make effective, clear and quick decisions without distinct goals and values. Making decisions is, for many people, a cause of serious stress.

If you want to make quick, clear and effective decisions, decisions you can stand fully behind, you must first determine where a decision will lead you and at which goal you want to direct your energy.

You remove a serious stress-factor when you know exactly where your decisions will lead you.

It will be easier to make a decision, if you ask yourself before you make a decision: “Will this decision bring me closer or move me away from my goals?”

If you have set yourself a clear goal, it will be much

easier to get back on track, when you have temporarily lost your way.

A person, who has not set any goals at all, will, of course, end nowhere. Their life will be without successful experiences, and they will miss the security of developing and moving ahead.

Because you will want to give your life a distinct direction in several areas as soon as possible, so that you will not waste time and energy by wandering around without a goal, I have prepared a workshop in goal-setting. Please follow this workshop as exactly and honestly as possible, because this goal-setting workshop will become the map for your future, an outline of your territory. Without a map you will flounder and lose your way.

Because you have this map for the future, you can look back and check why you made certain decisions and why you started a certain task and it will help you to return quickly to your chosen path.

While you write down your goals and plan your strategies, your subconscious will receive the messages and get the feeling of being in control. A feeling of helplessness, which is a serious stress-factor, can be diminished and even completely removed.

Our workshop will start with a systematic conditioning of the brain in the desired direction; therefore I must ask you to follow my directions

accurately, do not skip any part or change the progression.

**Step 1:** Approach this exercise when you have time to be alone. Simply go back to the time when you were still a child and you could enthusiastically write out a list of everything you wanted from Santa Claus. Put your mind in a mode of expectations. Feel confident that everything is possible.

Now make a list of all your personal wishes and dreams for the future. It does not matter whether your desires are realistic and whether you expect to realize them. Just imagine that you pop up in a fairy tale or fable and in the next few hours you can ask for anything you wish, no matter what.

It is, of course, not so easy to think this way, but you should try

to take life a bit lighter from now on, with a bit more humor perhaps, like the child that is till hidden in you—somewhere.

Now write down everything you would like to enjoy, if you could have it all.

**Step 2:** You can now put the book aside for 24 hours if you like, because you have encouraged your subconscious to contemplate your dreams, wishes and goals.

Write down any new thoughts and ideas that will come to you every day and put them all down. You will even find empty pages at the end of this book for all the information you will gather during your work.

After a 24 hour break, or when you decide to continue, write down why you want to reach and realize every single goal.

You will see which fantasy is really a goal and which one is not, because if you cannot define why you want something, it is not a real goal.

Now write down again every goal you chose, and write down at the side why you want to achieve and realize this goal.

**Step 3:** Now, scrutinize each goal for its effectiveness and answer the following questions for every goal you wrote down:

Is this really my own goal?

(Many goals, for which we strive, have been programmed by our environment. Frequently we do not realize that a goal is not really our own.)

Is this goal morally acceptable and am I willing to live with the consequences?

Does this goal fit in with the scope of my other goals?

Can I motivate myself emotionally to work on the realization of this goal?

Will I fulfill my wishes when I work on the realization

of this goal?

Please write down all those goals that you could answer with an unambiguous “yes.”

**Step 4:** Now, scrutinize every goal again. Please answer the following questions: Will I be happier when I reach this goal? Will I be healthier when I reach this goal?

Will I have more friends when I reach this goal? Will I be more at peace when I reach this goal?

Will I feel better about myself or more secure when I reach this goal?

Will my relationships improve when I reach this goal? Will I have more self-confidence when I reach this goal? If you cannot say yes to at least one of those questions for one or more of your goals, strike them off your list.

Now write down the remaining goals and leave space for a two digit number.

Write beside every goal in parentheses the number of months or years in which you want to realize this goal. One month, three months, four years, etc.

**Step 5:** Consider the following concepts:

Many goals should be large goals, so that they will encourage you. They are needed to push you forward in your development and to help you use and exploit your full potential.

Other goals should be of long duration, so that a short-term setback or failure will not lead to frustration or cause you to give up.

Other goals must be small in scope or should be daily accomplishments, so that you will experience success regularly; this will keep you grounded. You will receive signals that you are coming a little closer every day to the fulfillment of your long-term goals.

Many goals should be without end; those goals will demand perpetual development or improvement. This will prevent stagnation in your life.

Some goals, such as education or a training-course, which demand a certain amount of time, must of course be taken in account ahead of time.

Your goals must be absolutely specific. A nice car or a beautiful house is not a goal; a distinct goal demands a specific definition, for instance: "I want a white, two floor house. It must be 2400 square feet and have six rooms, two full baths and one half-bath; it must have an extended basement with four rooms, the ceilings must be seven feet high. The lot must be two acres, with 400 feet adjacent to the woods and the street must have side-walks; the house must not be further than an hour's drive from an airport or a 20 minute drive from the center of a city, where I can buy everything I need."

For a goal to be effective, it is important that you

program it into your mind as precisely as possible. Only when you have defined it as precisely as you want it, will you be able to make a quick decision when you go house hunting. If you, moreover, write down what you absolutely do not want, it will be easier to make a decision.

**Step 6:** Now identify the four most important short-term goals and write them down in order of importance:

**Step 7:** Please write down the important values of those goals: Identify the goal.

Write down all advantages you, or those around you, will enjoy if you reach this goal.

Now, to give yourself an extra push in the right direction, move to:

Write down what it will cost you, when you do not realize this goal. What will you have to give up and what will be the social, emotional, or physical pain if you do not reach this goal?

Write down all the obstacles and difficulties you will have to overcome in reaching your goal.

Now make a list of all the knowledge and skill you will need to realize this goal.

Now define the people, advisers, teachers and others you will need and in which organizations, social clubs you must participate to successfully reach this goal.

Write a plan of action, develop a strategy of the manner on how you want to reach this goal.

Set a date for the finish of your project.

It is important that you deal with the corresponding tasks immediately; you will find that you will become really motivated only while you are working on, or after you set your goals—never before. Be specific in every area, because your mind is now being programmed. It will be prepared to set goals, develop plans and strategies, so that it can give you directions in all corresponding areas.

### **My physical goals**

Write down everything you are or would like to be, what you do or would like to do; and everything that has to do with your body: weight, appearance, clothing, etc.

Now follow with your physical goals the same directions you used for your life-goals. Repeat your examination in the same manner as before.

### **My intellectual goals**

Write down everything you want to do for yourself, what you want to reach or achieve: the books you want to read, the languages you want to learn, etc.

Follow again the now familiar questions and directions.

### **My spiritual goals**

Define your spiritual goals: study of scriptures, peace,

harmony, emotional development, etc.

Follow the same directions.

### **My creative goals**

Write down what you want to achieve, create, invent, develop, etc.

Follow again the same directions accurately.

### **My family goals**

What are the goals you want to achieve for and together with your spouse?

Follow the same directions.

### **My career-goals**

This should include everything you want to achieve in your profession.

Follow again the same directions.

### **My social goals**

What would you like to achieve for your environment, your friends, your team, your co-workers, etc? What would you like to do more often, more intensively, what would you like to create?

Follow the same directions.

## **My financial goals**

Write down what you want to achieve financially, and what you want to own. Do not just write down what you want to earn, but what you would like to possess: house, car antiques, property, etc.

Follow the same directions.

## **My goals for fun and games**

We all have some foolish wishes and dreams or we have some crazy ideas, things we would like to do, but that do not quite fit in our normal way of thinking. Perhaps we would like to buy something strange but we have not bought it so far. Now write down all the foolish things you would like to do or buy.

## **My goals for my Legacy**

Do not be afraid to write down those things that you would like to leave behind, that would leave traces of your existence. Things you may want to do that will outlive your earthly existence, perhaps something you invent or develop, a book you may want to write or something else you want to accomplish.

Follow again the same directions.

## **My goals for regeneration**

Please write down exactly how you want to regenerate yourself, what do you want to do to keep your health in balance? This will include relaxation, breathing exercises, short breaks and long vacations.

Follow again the same directions.

## **My activities**

Congratulations, you did it. You made a map for your future. From now on you know exactly the decisions you must make in every area of your life, so that you will come closer to your desires and goals. So that you can break through the wall of indirect passivity and are able to start immediately, I would like you to write down the most important goal in every separate area.

Now write down two things under every separate goal that you could do today or tomorrow, so that you can come—if only a little—closer to your goals:

**Goal 1: My life goals**

**Goal 2: My physical goals**

**Goal 3: My intellectual goals**

**Goal 4: My spiritual goals**

**Goal 5: My creative goals**

**Goal 6: My family goals**

**Goal 7: My career goals**

**Goal 8: My social goals**

**Goal 9: My financial goals**

**Goal 10: My fun and game goals**

**Goal 11: My goals for my Legacy**

**Goal 12: My goals for regeneration**

# **Chapter 12**

## **DIET FOR CANCER PATIENTS**

Article written by Paul Nison, Author/Speaker and Raw Food Gourmet Chef [www.PaulNison.com](http://www.PaulNison.com)

### **Can diet heal cancer?**

If you ask most doctors today, nothing can “heal” cancer. They will try to cut it out, burn it and kill it. Sometimes they have success in temporally slowing down the inevitable. The reason why they will never have a cure is because as long as the root cause is not removed, the problem will always be there.

Stress is a major root cause of cancer and must be reduced and eliminated. Removing stress from your life allows the body to do what it was designed to do; be healthy and disease free.

Where does diet come into play? Identifying stressful areas in your life is the first step toward reclaiming your health. Lack of enjoyment for life, money issues, worry and fear build stress, but the most common stress on the body is eating and abusing harmful foods.

Abusing foods is the most common stress to the body.

People consume foods that were never meant to be in our body, they eat foods in amounts that they body can't manage, and they eat at times they shouldn't be eating.

Before viewing my diet suggestions, please understand that health begins with what you eliminate from your diet, not with what you add. The first step in recovery and healing is to remove the problem foods from your diet. Then you can replace them with the healthy food you should have been eating from the beginning.

Cancer can only come alive and grow in a body that is lacking oxygen. The average person today, especially someone with cancer, is walking around with a serious case of insufficient oxygen. The following tips are musts if you are serious about overcoming cancer.

First we will discuss what we should eliminate from our diet.

## **Processed foods**

Eating highly processed foods prevents the body from receiving oxygen. Every bite taken from foods that come in a bag, container, box, can, bottle or bag is contributing to cancer. I tell everyone to be weary of eating these foods, especially foods without an expiration date. Healthy food is supposed to spoil after a few weeks, even a month. But if it lasts much longer,

be weary. It's most likely very processed with many chemicals and other drugs to prolong the shelf life of the food while shortening the life of your body.

## **New Foods**

If it wasn't food one hundred years ago, don't consider it food today. New foods also have new drugs and chemicals in them in amounts that are harmful to the body. Big business has created many of these foods because they care more about your wallet than your health.

## **Dead Foods**

If you put a food in the ground and it won't grow, don't put it in your body. Foods that have their enzymes in them are known as live foods because they produce and support life. You can put the seeds of these foods into the ground and you will have a tree or plant growing. Foods that lack enzymes are known as dead foods and support death.

I am a teacher at the world's foremost health institute that specializes in healing people with cancer: Hippocrates Health Institute (HHI) in West Palm Beach, Florida. (I highly suggest everyone with a cancer diagnosis or other health challenges go there. Mention my name for a discount). At HHI, they discovered key essentials to help the body heal itself of cancer. Two of the most common suggestions are to eat live foods with

their enzymes intact, and include a highly-green, chlorophyll-rich diet. Keep in mind that cooking destroys all enzymes in foods and a person trying to heal from cancer should consume a 100% raw, live-food diet.

## **Sugars**

The directors of HHI recommend that all people healing cancer should avoid all sugars, even sugars found in fruits. Most people are aware that processed sugars are not healthful, but knowledge is lacking in regards to “natural” sugars, such as those found in fruits. Regardless of the type of sugar consumed, too much sugar can cause problems. It leads to fermentation in the body that feeds and promotes yeast growth and negative bacteria. Overeating sugary foods causes constipation and gas, and this gas can back up into the bloodstream. This is where most diseases originate—from candida to cancer and everything in between. If you want to be healthy, you must learn to cut back on sugary and starchy foods.

One last tip on things to avoid: If food has to go through the car window, it definitely shouldn’t be in your body.

**Three things to consume if you want to overcome cancer:**

**1. Eating high quality food.**

If you have cancer you must treat your body the best way possible. This means only consuming food raw, ripe, fresh organic and live. Once you are healed, you can cut back to 80% of your foods meeting this criteria, but 100% is still best.

The main part of your diet should be raw vegetables and sprouts, such as leafy green vegetables, wheatgrass, algae, sea vegetables, and sunflower sprouts. The reason these green foods are so beneficial for the body is that they contain chlorophyll—the blood of plants.

Chlorophyll is the pigment that gives trees, grasses, and leafy plants their characteristic, green color. More importantly, chlorophyll enables plants to convert the sun's energy into nutrients that can be utilized by living organisms. Chlorophyll is similar to hemoglobin in human blood. Chlorophyll-rich, plant juices supply rich, soil-based minerals, vitamins, and chlorophyll proteins to our diet, plus it contains oxygen.

Foods high in chlorophyll include wheatgrass, which is used at health spas around the world to treat cancer and other deadly diseases, and sea algae which is available in several edible forms.

The foods you should emphasize in your diet are fresh vegetables (green vegetables are best but others are also helpful), nonsweet fruits such as cucumbers, zucchini, bell peppers and squash. For example, cucumbers, zucchini, bell peppers and squash are

technically considered fruits because they have seeds. Because they are non-sweet fruits, they are delicious additions to the diet.

Also there should be nuts and seeds in your diet. Soaking nuts and seeds for 6 to 12 hours releases enzymes which allows for easier digestion. It's very easy to consume too many nuts, so be careful.

Whole grains and legumes can be eaten but it's best to eat grains that have been sprouted first, so they are easier to digest. The least healthful grains are rye, spelt, basmati rice, white rice, wheat, barley, and corn. The most healthful grains are: millet, quinoa, amaranth, teff, buckwheat (hulled).

Of all the foods mentioned that are okay to consume, sea vegetables and sprouts are the most beneficial. These are the highest quality land and sea vegetation for our nutrients. Some popular sea vegetables are alaria, arame, dulse, hijiki and nori.

Sprouted food is any type of seed, nut, grain, or bean that has been soaked in water, exposed to air and indirect sunlight, and if rinsed daily, has started to form a new plant, beginning with a sprout. Some examples include: almond sprouts, buckwheat sprouts, sunflower sprouts and mung bean sprouts. Sprouted foods are one of the highest forms of food you can put into your body. They are very helpful for the building of new cells, and provide the cells with oxygen. Green sprouts are very

high in chlorophyll.

## **2. Eating at the right times.**

Paul Nison just wrote a new book called *The Daylight Diet*. The point of the book is to understand that we have been designed to be on schedule if we want to be healthy!

We have all the tools we need and all the intelligence to know the best schedule for us to enjoy a healthy, long, satisfying life. Of the many ideas and concepts regarding nutrition and what foods are most nutritious for the human body, the majority of people have not taken into consideration the times of eating for best digestion.

We have been designed to eat certain foods, and at certain times of the day. Just as water in your gas tank will harm the car, bad foods will harm your body. A car is made to run on certain fuel and so is our body. However, no matter what time of the day you put gas in your gas tank, it won't make a difference. The time you put fuel in your body, however, does make a big difference.

It was our Creator who first separated the salt water from the fresh, made dry land, and planted a garden. He made animals and fish before making even one human being. He provided what we needed before He even

created us. If He designed our body and He knows every single hair on our heads, I'm sure he knows what we should eat and when we should eat it.

He created the heavens and the earth, including humans, food, sun, and the moon. The sun and the moon set the schedule we have been designed to follow. The information I share in this book can lead to a healthy life only if we stop watching man's calendar and clock and base our time by the sun and the moon each day.

When the sun is up, feel free to eat; when it is down, stop. I can't make this advice any simpler than that! Eat your meals as long as the sun is up and it is light outside. But when it is dark and the moon is rising, your meals should end for the day. This is the number one rule of the Daylight Diet. If you stick to this important principle, you will see excellent results in your health, energy, sleep—your whole being—because this is how we have been designed to eat. Nighttime is for resting and sleeping.

Don't eat late in the day. You will get better sleep, have better digestion, slow down the aging process, have more energy, and feel wonderful. Just stop eating late in the day—especially when it's dark outside—and experience for yourself the great results.

Practicing temperance in eating will rejuvenate your whole body and rid you of most health problems. Your

goal should be to reduce the number of meals you consume and reduce the amount of food in those meals, while making sure you are consuming the highest quality food.

The real key to success is to avoid eating at nighttime, and go to sleep on an empty stomach. Food shouldn't be a daily struggle. I can attest that it may not be easy at first, but to be truly successful, you will have to change your thinking along with your diet.

### **3. Eat the right way**

When eating, being in a relaxed environment is very important. It's never healthy to eat when stressed no matter how good the food is. In addition, along with the amount of food, number of meals, quality of food, and times you eat that all affect digestion; there is more that needs to be done to keep your body healthy.

After we swallow, the food we've eaten is more or less out of our control. Before that, though, we have total control: Proper mastication and food combining can prevent many digestive problems. Digestion begins in the mouth. Saliva contains an enzyme that helps break down the food and jumpstarts digestion. Chewing helps the body more readily extract the nutrients from the food and cuts down on the work the digestive system has to do. The less work the digestive tract has to do; the more efficiently it will do its job. When we don't

chew our food well, it can ferment in our digestive system. The more food is chewed, the easier it is to digest, and the healthier it will be for the body. Even raw foods can cause problems if they're not properly chewed.

#### **4. Food combining**

The types of food we eat together, called food combining, play a big role in good digestion. Eating the wrong foods together or in the wrong order can sap our energy and cause fermenting and putrefaction in the digestive system.

Food combining allows for easier digestion and minimal digestive conflicts. It works like this: Every food takes a certain amount of time to digest. Eating similar foods with similar digestive times helps the body digest meals more easily; these foods are said to combine well. For example, watermelon takes about one hour to digest; almonds may take up to five hours. In view of this, eating watermelon and almonds at the same meal is not a good idea, so it's known as a poor combination. Eating too many meals like this may cause constipation, bloating, and gas, which may lead to more serious issues.

#### **Final Thought**

The human body is amazing when we treat it the way

we're supposed to. We were designed to eat certain types of foods—raw, fresh, organic fruits, vegetables, nuts, and seeds—to keep our digestive systems moving and clean. Good health comes only when we have good digestion, and that good digestion only results when we eat properly and healthfully.

# **Chapter 13**

## **VACCINATIONS ARE AN ASSAULT WITH A DEADLY WEAPON**

### **That's How They Give Us Cancer**

It's not enough that the government gives us cancer by radiating our food, allowing thousands of chemicals to be put into our food, and by putting fluoride and chlorine and drugs into our drinking water, but they also vaccinate us—which is the main cause for all deadly forms of disease.

Diseases like cancer, Parkinson's, Alzheimer's, Multiple Sclerosis, Muscular Dystrophy, autism, sudden infant death syndrome, brain tumors and so on are all caused by inoculations. Vaccination is an assault with a deadly weapon and has never been proven safe and effective. In countries that do not vaccinate against polio and small pox the infections disappeared much faster than vaccinating countries. The reason is the better nutrition and hygiene, not vaccinations.

Vaccines contain so many toxins that it is easy to understand why people get so sick and die from them. You can read all about it in my new book Vaccination Assault with a deadly weapon.

Info      [www.DrLeonardColdwell.com](http://www.DrLeonardColdwell.com)      VACCINE  
INGREDIENTS-ADJUVANTS      CAUSE      MOST  
DISEASE, VACCINES DON'T PREVENT DISEASE

In addition to the viral and bacterial RNA or DNA that is part of the vaccines, here are the fillers:

- Aluminum hydroxide directly linked to causing Alzheimer's disease
- Aluminum phosphate directly linked to causing Alzheimer's disease
- Ammonium sulfate an inorganic chemical compound used a fertilizer and "protein purifier"; known to cause kidney & liver damage, gastrointestinal dysfunctions
- Amphotericin B an "antifungal disinfectant" and antibiotic, which damages the urinary tract, bowels, and heart functions
- Animal tissues (a causal element for all the various auto-immune diseases associated with vaccination): horse blood, rabbit brain, dog kidney, monkey kidney, chick embryo, chicken egg, duck egg, pig blood, Porcine (pig) pancreatic hydrolysate of casein (the pig protein/tissue is an additional objectionable issue for Jewish and Muslim people)
- Calf (bovine) serum & fetal bovine serum (cow blood is recognized as a significant transmitter of Mad Cow Disease)

- Betapropiolactone
- Formaldehyde used as “a preservative & disinfectant,” known to cause cancer, chronic bronchitis, eye irritation when exposed to the body’s immune system
- Formalin
- Gelatin
- Glycerol
- Human diploid cells (originating from human aborted fetal tissue)
- Hydrolyzed gelatin
- Monosodium glutamate (MSG) now known to cause cancer in humans, also linked to obesity
- Neomycin (anti-biotic)
- Neomycin sulfate (anti-biotic)
- Phenol red indicator a highly toxic disinfectant dye, attributed to liver, kidney, heart & respiratory damage
- Phenoxyethanol (antifreeze) proven to have extreme neurotoxic side effects
- Potassium diphosphate
- Potassium monophosphate
- Polymyxin B
- Polysorbate 20
- Polysorbate 80 – associated with infertility when injected

- Residual MRC5 proteins
- Sorbitol
- Sucrose
- Thimerosal (mercury) a neurotoxin linked to psychological, neurological, & immunological problems—especially autism. Nervous system damage (such as subacute sclerosing panencephalitis (SSPE), brachial plexitis, post-vaccinal encephalitis, transverse myelitis and peripheral neuropathies), kidney disease, birth defects, dental problems, mood swings, mental changes, hallucinations, memory loss, and inability to concentrate can occur. Symptoms also include tremors, loss of dermal sensitivity, slurred speech, and—in rare cases—even death and paralysis. This additive alone was the catalyst for another recent Class Action Lawsuit organized by mothers of children born with autism & the many related behavioral disorders associated with it. Autism is now occurring at levels never seen before in history; depending on the state, its rate is now 1 in 67 to 1 in 150.

The autism rates used to be 1 in 20,000. Mercury may also be associated with the significantly increased rates of senility and Alzheimer's, which is associated with five or more successive flu vaccinations. Although most mercury (thimerosal)

has been removed from children's vaccines, it is still in all flu vaccines at toxic doses.

- Tri(n)butylphosphate,
- VERO cells, a continuous line of monkey kidney cells linked to the SV-40 virus known to cause leukemia
- Washed sheep red blood cells
- Cells from aborted fetuses

## **Vaccinations and Why You Should Educate Yourself**

### **Dangers of Vaccinations**

The purpose of vaccination is to produce immunity. A strong immune system is one where antibodies attack viruses and bacteria, stop them from multiplying and prevent infection from developing. Antibodies are specific to each individual disease. Having antibodies against measles does not protect you from catching mumps or rubella.

Traditional medicine claims that injecting either a killed or a “modified” live virus (a vaccination) sensitizes the immune system to that particular virus. If you’re further exposed to that particular virus or disease, then your antibodies will be able to kill and attack it, and prevent infection from developing.

## **It Sounds Amazing, Doesn't It?**

The American medical community, government and public school system believe that all children should be vaccinated, starting at birth. In fact, daycare centers and public schools won't admit your child unless they have up-to-date immunization records. Legal alternatives are rarely mentioned, although they are available. This is not based on scientific research, but in my opinion it is the money that keeps them pushing this issue in schools and other gov't programs. Immunizations are not necessary; in fact, it is the childhood diseases which build and strengthen the immune system.

## **Vaccination Challenge**

Dr Viera Scheibner challenged Simon Chapman (a pro-vaccination advocate and university professor) to appear on television and allow himself to be injected with all the baby vaccines, adjusted to his body weight.

Dr. Scheibner suggested the vaccines to be administered according to the timetable of traditional medicine:

1. Diphtheria, tetanus, pertussis (or DTaP) 3 doses within 4 months
2. Hepatitis B: 3 doses within 4 months
3. Polio: 3 doses within 4 months

4. Haemophilus influenzae type b: 3 doses within 1 month of each other.

“There isn’t a better way to demonstrate that vaccines are safe and effective than by Simon taking his own medicine,” wrote Dr. Scheibner, *in a challenge that was published in the Medical Observer newspaper*.

“If Simon does not agree to this easy and safe demonstration, then it will show us all that vaccinators are dishonest and are afraid of their own medicine. In other words: Put up or shut up.”

*Simon Chapman had no comment.*

## **Are Vaccines Safe and Effective?**

We’ve always been told that vaccines prevent the spread of infectious disease. In reality, the opposite is true. Vaccines cause disease. Massive amounts of scientific, documented evidence clearly show that vaccines are neither safe, reliable nor effective. This is not unsubstantiated heresy. For over 100 years, doctors, scientists and researchers have documented adverse reactions, including permanent disability and death. There is a tremendous amount of literature that exposes the serious flaws in immunization theory and practice.

The malfunction of vaccines is documented by government statistics in reports from the Center for Disease Control (CDC), Food and Drug Administration (FDA) and credible research scientists around the world.

## **Aren’t Vaccines Responsible for the Eradication**

## **of Polio?**

We have been told that vaccination saved the world from polio. Let's look at the facts. By the time the polio vaccine was introduced in 1956, the disease was already on the decline. It was no longer a serious threat to society. For this reason, the polio vaccine cannot be credited for wiping out the disease. After the vaccine was introduced, the incidence and deaths from polio increased, which was a major problem.

You may be wondering what eliminated polio. According to research scientist and author Dr. Viera Scheibner, 90% of polio cases were eliminated from statistics when health authorities redefined the disease. Restrictive diagnostic criteria caused the number of "polio" cases to plummet, while the other diseases skyrocketed, such as, viral meningitis and cerebral palsy. Up to 75% of these cases could still be diagnosed as polio. Many vaccines (DPT, MMR, Hib, polio, etc.) continue to induce polio, but the term "polio" is very rarely used.

The current polio vaccine has been associated with hundreds of adverse reactions, including 83 deaths in the US from 1991-1998.

If anything, the polio vaccine temporarily reversed disease declines that were underway before the vaccine was introduced.

Another problem is that children are routinely

vaccinated for diseases which are practically nonexistent in the United States. Are vaccines responsible for the eradication of these diseases? Truthfully, most diseases have been eradicated by hygiene, sanitation and clean drinking water.

### **Five Reasons Vaccines Don't Work:**

1. Vaccines don't work because they don't remove the root cause of infection. Unfortunately, the public has been conditioned to adopt a "germ theory" concept of disease that validates vaccinations. In other words, germs are the cause of disease, and germ-killing drugs are the solution.

Natural medicine contends that the injection of viruses—both the human and animal contaminants—deep into the body past the outer levels of defense is a dangerous practice. The body often has no way to eliminate the virus. Trapped inside the body, the virus slowly grows or remains dormant for years, and then causes a brain tumor (as in the case of the SV40 monkey virus) or neurological problems such as autism (which has been reported with DTP), and so on.

Traditional medicine contends that vaccinations encourage the body to build up antibodies. The problem is that toxins never strengthen the body; they only weaken it. Vaccinations place the virus directly into the bloodstream, and give it free and immediate access to the major immune organs and tissues, without any

obvious way to get rid of it. Rather than prevent disease, vaccinations cause disease.

2. Vaccinations don't work because they cause disease. When we are sick, the symptoms that we experience (runny nose, flu, sore throat, etc.) are our body's attempt to rid itself of toxins. By masking these symptoms with pharmaceutical drugs or vaccines, the body does not eliminate the original toxins (or the additional ones). Instead, these toxins are forced deeper into our tissues where they cause infections capable of developing into chronic illnesses.

The toxic residue of vaccines circulates in our bodies—along with malnutrition, dehydration, stress and lack of elimination—to create an internal environment that is similar to a mosquito-infested swamp. If the immune system is polluted and stagnant then germs will thrive. If your immune system is toxic then it is conducive to the development of cancer, asthma, AIDS, multiple sclerosis and other autoimmune diseases.

If you read vaccination literature, check out the statistics. Often the risk of adverse reaction is greater than the possibility of contracting the disease. The Oral Polio Vaccine (OPV) was routinely administered to millions, yet was discontinued in 2001 because children were contracting polio from it. The rotavirus vaccine

was taken off the market after thousands of children got bowel obstructions from it. Incredibly, the CDC and FDA knew about this “side effect” prior to licensing the vaccine, but still gave their unanimous approval.

**3. Vaccinations don’t work because they contain toxic ingredients.** It is no secret that vaccines contain diseased animal tissue, formaldehyde (embalming fluid,) phenol, ammonium sulfate, mercury derivatives (such as Thimersol and ethyl mercury,) aluminum phosphate, and phenoxyethanol (commonly known as antifreeze). These ingredients are toxic and carcinogenic. Even in small doses, these ingredients can cause serious harm. Remember that toxins never strengthen the body; they only weaken it.

Vaccines have been linked to autism, epilepsy, ADD, ADHD, minimal to serious brain damage, learning disorders, arthritis, diabetes, Guillain-Barre Syndrome, encephalitis, anaphylactic shock and various other serious conditions.

When children are vaccinated, they often receive two to four vaccines in one doctor’s visit. This means that they are injected with 60 times the safe allowable limit of mercury, the most toxic non-radioactive substance known to man.

**4. Vaccinations don’t work because they cause death**

and disability.

The federal government created the Vaccine Adverse Events Reporting System (VAERS) in 1986. Every year, it receives about 11,000 reports of serious adverse reactions to vaccinations, which include as many as one to two hundred deaths and several times that number of permanent disabilities.

The National Vaccine Information Center (NVIC) is a grassroots organization founded by parents of vaccine-injured victims. Their independent research suggests that VAERS numbers are low because many adverse reactions to vaccines go unreported. According to NVIC, only one out of 40 doctor's offices confirmed that they reported a death or injury following vaccination.

In other words, 97.5% of vaccine related deaths and disabilities go unreported. These findings suggest that vaccine-related deaths and serious injuries may be from 10 to 100 times greater than the number reported.

When you factor in underreporting, the vaccine may be 100 times more deadly than the disease.

Since 1988, the federal government's National Vaccine Injury Compensation Program (VICP) has paid out over \$1.2 billion to the families of children injured and killed by vaccines. Evidently, this money comes from a tax on vaccines that vaccine recipients pay.

## 5. Vaccinations don't work because it isn't based upon

scientific theory and practice.

It has never been scientifically proven that vaccinations are an effective means of immunization. “The medical community’s gold standard, the double blind, placebo-controlled study, has not been used to compare vaccinated and unvaccinated people, and so the practice remains unscientifically proven,” says Alan Phillips, a lawyer and Director of Citizens for Healthcare Freedom.

The main proponent of germ theory, Louis Pasteur, retracted on his death bed, with his famous words: “The seed is nothing, the soil is everything.” That is, isolated germs don’t cause disease. For a germ to take root, it must find toxic soil to thrive in. Pasteur recognized that the terrain on which the disease appears is the root cause of the illness, not the microorganism itself.

A healthy person with a strong immune system is able to resist disease, even when exposed to pathogens. However, this does not mean that injecting pussies and poisons into the body produces antibodies. The only true antibodies are ones that you naturally possess. Vaccinations are an attempt to trigger something that the body does naturally.

The human body has an incredible capacity for regeneration. It can heal itself by replacing or repairing injured tissue or cells. Also, healthy cells take over the function of damaged cells, either indefinitely or until the

damage has been repaired. In this way, the body naturally immunizes itself. This natural immunization cannot be replicated by the artificial stimulation of antibodies.

Conventional medicine correlates antibody response with protection. If the body produces antibodies (or proteins) which bind to vaccine components, then the vaccine is assumed to be effective and safe. According to Dr. John B. March, a scientist who develops animal vaccines, antibody levels and protection are totally unconnected. Dr. March insists that antibody response is generally a poor measure of protection and no indicator at all of safety. When it comes to viral diseases, the body's cellular immune response is much more significant.

The fallacy of antibody theory was exposed over 50 years ago. In 1950, a study published by the British Medical Council during a diphtheria epidemic concluded that there was no relationship between antibody count and disease incidence. Researchers found resistant people with extremely low antibody counts and infected people with high antibody counts.

"Antibodies are as useful as a black eye in protecting the victim from further attacks," says Lionel Dole, an organic research scientist and author. Ultimately, a healthy lifestyle is the best immunization against germs and disease.

## **Legal Alternatives to Vaccination**

Vaccination is a multi-billion dollar industry. Every man, woman and child is a potential recipient of vaccination. With this potential customer base, it is no wonder that conventional medicine, the pharmaceutical industry and government is eager to fill the void.

Parents are told that their children must be vaccinated in order to attend school. School enrollment forms demand that children have the necessary paperwork from their doctor, and “no exceptions will be made.”

There is a legal exemption, or way to get around the system. Go to your local health department (or DHHS) and ask for a “Religious Immunity Form” or “Philosophical Immunity Form.” This is a simple, one-page sheet that must be officially notarized. Of course, you can obtain a free notary seal and signature at your local bank, as well as your auto insurance office.

These forms are a legal alternative to vaccination and must be accepted by schools. Another alternative is a “Medical Immunity Form,” but these are more difficult to obtain. Ask your doctor if he has these forms and if he will authorize it for you.

Be prepared for some opposition about vaccinations. You might be told that you’re putting your child at risk, or endangering the other kids in the class. You might be

told that your child will be sent home, without an excuse, in case of an outbreak. Stand firm, and hold fast to your convictions. Don't let anyone make you feel guilty about whether or not you vaccinate your child.

## **The Four Postulates of the Germ Theory**

Dr. Robert Koch, a prominent figure in the controversy over the germ theory, set down four postulates which are still the law of basic science:

“If germs cause disease, then in any germ-caused disease, definite, specific unique germs must be:

Found in every case of the disease.

This is absolutely not the case! It is a well-known fact that so-called “infectious diseases” may arise in the absence of the so-called pathogenic (disease-causing) germs that are supposed to cause them, proving germs do not cause disease. A germ cannot be a cause if it does not accompany the condition it is supposed to cause. A causeless effect is not possible.

Every time you find this germ you will find this disease.

The best works on bacteriology declare that the germs of diphtheria, pneumonia, tuberculosis, etc. (the alleged “causes” of those conditions) are often found in perfectly healthy people who do not have,

have not had, and do not subsequently develop the disease. A germ cannot be a cause if, when present in the body, the condition it is supposed to cause never develops. An effect-less cause is not possible.

Same germ, same disease.

Never has a culture been made with normal, healthy living tissue. Medical theory declares that germs “attack and destroy” healthy tissue within the body; however, no germ has ever been known to multiply in normal tissues or normal secretions in the laboratory. Bacteriologists use “dead food,” not living tissue, to grow their cultures, clearly demonstrating the natural function of bacteria, namely, to decompose once-living tissue into the original elements (gases, minerals, etc.) of which it was formed. They do not feed or multiply on living tissue. They will multiply only as long as their food is provided, which is decomposing waste, not living tissue.

Germs should be able to destroy healthy cells.

The U.S. government bulletin, Hygienic Laboratory, No. 123, February 1921, reported the results of experiments using 62 volunteer Navy personnel. The experimenters attempted to “cause” a contagion of influenza using every possible method, including subcutaneous injections of blood from active influenza cases, direct transfer of secretions from nose to throat,

spraying so-called infectious germs into the volunteers' throats and on their food. The results were: "NO APPRECIABLE REACTIONS!" The government never made these findings public. If specific germs cause specific diseases, then they should cause those diseases, and only those diseases, every time they are injected into the body. A cause must be constant and specific in its influence, or it is not a cause.

### **Vaccine Damages:**

Spain joins the growing list of countries where lawsuits are rolling in for damages caused by the HPV vaccine. The vaccine remains on the market in the U.S. and profits from legal immunity to lawsuits.

- Those who have been hurt by the HPV vaccine have formed the Association of People of HPV Vaccine (AAVP) to help others in their situation.
- One Valencian girl is beginning her lawsuit (about Gardasil) with the firm Almodovar & Jara regarding violation of the fundamental right to informed consent before medical interventions which all Spanish citizens have.
- Parents are not informed of the dangers associated with HPV vaccines despite all of the published studies in multiple languages.
- Health authorities all over the world are trying to disprove any links between HPV and adverse reactions. They are even saying the results are psychological, not true physical chemical reactions.

SB277 Trader Joe's, Whole Foods, Safeway, Panera Bread harass and threaten volunteers collecting signatures to overturn Calif. SB277 vaccine mandate

- Restaurants and stores like Trader Joe's, Whole Foods, Safeway, Vons, and Panera Bread at the Promenade Shopping Mall at Sacramento Gateway are calling police on SB277 volunteers (volunteers to change the mandate).
- The goal of the volunteers is to get the recently passed vaccination law to be put on the November 2016 ballot.
- “Although the SB277 volunteers have been collecting signatures on “public squares” near popular businesses, they have still been told to leave, despite carrying a legal document that proves they are acting within California law, as well as the U.S. Constitution.”
- When the stores have called the police, the police side with the volunteers/petitioners stating that they are within their rights to collect signatures on public squares. (Positive police action)
- Documentary Aired on Danish Television Exposes HPV Vaccines for Triggering Wave of Disease Among Young Girls
- This documentary notes that extremely high-level authorities of government routinely cover for Gardasil.
- SaneVax says Gardasil has been linked to upwards of 40,000 total adverse events, including death, across the globe

- Many girls have spoken up with the same story: they were healthy and athletic prior to vaccination, after vaccination they were chronically fatigued, had migraines, and were not able to function as before.
  - Many of these girls have sought alternative therapies such as intense detoxification and fortification with vitamins, minerals, fats, and other nutrients that feed mitochondria.
  - One Danish doctor has continually emailed the Danish government warning about the risks associated with Gardasil but she has never received a reply.
- 
- The CDC has for a while shown that there is a link between mercury in vaccines and autism (ASD). In 2011 they were caught deliberately messing with data to cover up this evidence.
  - To conceal the incriminating data, the CDC handed over their entire database of vaccine records to a private company. This rendered it off-limits to researchers because of the Freedom of Information Act.
  - The Coalition for Mercury-Free Drugs (CoMeD) found that the Danish study that the CDC referred to as having stated “definitive evidence” that there was NO link between Thimerosal and ASD was actually stating the opposite. It said “Thimerosol in vaccines increases a person’s chances of developing autism and other neurological diseases”.
  - In the US 1/100 vaccinated children have ASD, 1/2000 unvaccinated children are affected by ASD.

- In Iceland (where children receive just 1/3 of the usual amounts of vaccines) only 1/30000 children have ASD.
- Mercury preservatives in vaccines has gone down in recent years but “some immune globulin preparations, antivenins, skin test antigens, and ophthalmic and nasal products, in addition to certain vaccines [still contain it],” writes the FDA on its Thimerosal in Vaccines web page ([www.fda.gov](http://www.fda.gov)).<sup>v</sup>
- One average flu vaccine contains 25mcg of mercury. The EPA states that the safety limit is 5mcg...
- The FDA does not mention that the toxicity level of the mercury vaccines contain is greatly increased by the aluminum phosphate they also contain.

### If Vaccines Don't Cause Brain Damage, Why is Glaxo Smith Kline Paying Out \$63 Million to Vaccine Victims?

- Many children who were vaccinated with the swine flu vaccine back in '09 are now experiencing narcolepsy.
- One 8 year old boy now has to pay \$15000 annually on drugs that keep him awake.
- The fact that GSK is paying for damages is almost like admitting guilt over the fact that their vaccines do in actually cause brain damage.

### Vaccines DO Cause Autism-Undeniable Scientific Proof

- Andrew Wakefield has been exonerated and his studies are now considered valid. He co-authored the MMR study linking it to being a cause of autism.

- Dr. Wakefield is now suing the British Medical Journal for instigating the GMC prosecution against him.
- One CDC whistleblower admitted that he was told to withhold information about MMR and autism.
- Hundreds of independent studies prove the link between autism and vaccines.

#### After Children are Damaged by Vaccines, Parents are Intimidated and Bullied into Silence

- The Marchant family (UK) asked that their 14-month-old daughter be given ONLY the MMR vaccine in 1992. They later learned she was given an illegal, untested 8-in-1 (MMR and 5 other vaccines) combo.
- The girl has experienced pain, seizures, appetite loss, and lost the ability to recognize those she knows ever since her vaccination in the 90's.
- Over the years the family learned that their daughter had abnormal urine patterns and this indicated she was actually given more than one vaccine. When they requested medical records they were told they went "missing".
- When a cocktail of vaccines are given, it protects all the makers of each vaccine because it can't be pinpointed which is the cause of the ensuing illnesses.
- The family now experiences death threats and has received a government warning to stop pursuing lawsuits.

## If Doctors Offered Truthful Vaccine Consent Forms, No Sane Mom Would Get Her Child Vaccinated

### **A truthful consent form would say things like:**

- A)** Your child could still develop the disease they are being vaccinated for.
- B)** There is no guarantee that the vaccine will mediate the duration or severity of the disease, if it develops.
- C)** There isn't a threat to the community if your child is sick. You simply keep them home until they're better.
- D)** If exposed to the pathogen in question after vaccination, your child could potentially carry that pathogen without symptoms and infect others.
- E)** "Vaccines contain known toxins. Any vaccine to which you give your consent can severely injure or brain damage your child..."
- F)** Neither the doctor nor the vaccine maker is liable for any reason if there is damage related to the vaccine.

Doctors, nurses and pharmacists do not fulfill their obligations to keep people safe because they blindly endorse things written down by 3<sup>rd</sup> parties (vaccine makers/ law makers etc) instead of understanding the fundamentals of the things they prescribe/administer.

The Health Freedom Alliance reported that kids who have been vaccinated by the official schedules are as much as 5 times more likely to contract a preventable

disease as children whose immune systems have been allowed to develop naturally.

600 Strains of an Aerosolized Thought Control Vaccine Already Tested on Humans; Deployed Via Air, Food and Water.

- Gov't scientists have been engineering viral vaccines for the last 8 years meant to alter thoughts and beliefs.
- (as documented from the article) 600 strains of infectious viruses were tested on humans and one transmission vector utilized the influenza strain to spread the mind-infecting virus.
- 6 methods used by researchers to deploy this vaccine: high altitude release, water supply release, insect transmission (mosquitos????), diffusion by a ground level object such as a car, diffusion from a stationary object such as a bottle, and infection of food supply such as cattle or produce.
- The document goes on to explain that future experiments might utilize the virus being breathed in rather than injected. (this was back in 2007)
- The use of "FunVax" results in decreased armed resistance and an increase in communications that express discontent with religion or God.
- They intend to use this on civilian populations and take blood samples from dead people who were vaccinated and "biological samples from living subjects may be covertly taken".
- The government of Texas has already air dropped rabies vaccination onto wild animal populations in 2012.

- “vaccine lobotomy” (good term used in article to describe this event)

Depopulation Test Run? 75% of Children Who Received vaccines in Mexican Town Now Dead or Hospitalized

- the Mexican Social Security Institute (IMSS) administered vaccines for tuberculosis, rotavirus, and hep B to babies in La Pimienta, Mexico.
- Of the 52 babies that were vaccinated, 2 are dead and 37 have been sent to the hospital in conditions ranging from stable to critical condition.
- IMSS has now suspended the vaccinations due to these children’s conditions for investigation.
- The CDC now openly admits that vaccines still intentionally are formulated with mercury, aluminum, MSG and formaldehyde. Some vaccines use ingredients from aborted human fetal tissue.
- A covert operation in Kenya is underway where the vaccines contain sterilization chemicals. 2.3 million young girls and women are being given the vaccine, which is backed by UNICEF and the WHO.

Vaccine Injury: First the Gut, Then the Brain

- There is a theory that the reason some people experience intestinal injury and others not is due to dysbiosis of protective microbes like Bifidobacteria.
- Diseases like Parkinson’s, Alzheimer’s, and diabetes are associated with brain inflammation.
- 90% of fibers in the vagus nerve run from the gut to the brain.. not from the brain to the gut so

scientists think this is where brain inflammation begins, from gut inflammation.

- Recently, intestinal injury was added to the government's list of adverse reactions due to the rotavirus vaccine.
- Colonization of natural bacteria from birth happens as follows: "Colonization begins in the womb where the sequence occurs as follows: first *Bacilli* flourish, then Gammaproteobacteria such as *E. coli* become abundant and, finally, *Clostridia*. *Bifidobacteria* then flourish with breastfeeding. Environmental factors such as c-section vs. vaginal birth and antibiotics do not affect this progression, though may slow it down."
- Current protocol is to treat pre-term babies (who have different gut flora than average) over 2.2 lbs the same way you would treat a 10 lb baby with vaccinations.
- Research has linked intestinal bacteria passed down generationally with susceptibility to gut injury.
- 95% of our body's serotonin is MADE in the gut. Low levels here are correlated with serotonin imbalances in the blood. Constipation occurs when serotonin is kept in mucosal cells leading to low levels in the blood. With diarrhea, serotonin is released in an inflammatory form.
- Some vaccines release serotonin but others like the tuberculosis vax lower levels to the point where SSRI's are resisted and depression develops or gets worse.
- *Bifidobacteria* elevate tryptophan, the precursor of serotonin.

- “Tryptophan depletion leading to low serotonin is also the result of hypoglycemia caused by vaccination. Blood sugar is regulated by flora where insulin removes competing amino acids allowing tryptophan into the brain.”
- Constipation is a common side effect of antipsychotic drugs. (serotonin kept in mucosal cells)
- Deficiency of microbial enzymes leads to build up of ammonia in the cells. *Lactobacillus paracasei* is commonly found in yogurt, cheese, and breast milk and can combat this issue. *Bifidobacteria* are also known to lower ammonia levels.
- Probiotic adjuvants could greatly improve vaccinations for the individual as opposed to the current “one size fits all” approach.

### Family Receives \$2 Million in Damages from the Vaccine Court; Mainstream Media Ignores Case

- There is a court named the Federal Vaccine Court that was created by Congress in 1988 that awards millions of dollars every year to families that were damaged by vaccines. This court also protects vaccine makers and doctors from being sued for damages.
- The court requires vaccine manufacturers to hand over 75 cents for every vaccine dose doled out. This creates the pool of money from which the court can pay the families.
- One baby developed life-threatening seizures and brain damage within 3 days of receiving a cocktail of vaccinations.

- 5 years later, they were awarded \$2 million plus \$250,000 for every year following to pay for medical expenses. Today this girl can't speak, has to eat through a feeding tube, has cerebral palsy, and experiences seizures.
- 15,740 families have filed with the Vaccine Court but only 3941 families have been compensated since 1988.

#### Vatican: UNICEF and WHO Are Sterilizing Girls Through Vaccines

- Catholic Bishops of Kenya have been publically opposed to the nationwide Tetanus Vaccination Campaign.
- They believe it to be a targeted plan to sterilize women and control population growth.
- HCG (human chorionic gonadotropin) has been found in these vaccines in question.
- This hormone is typically secreted when a human embryo can be implanted in the womb after conception. When it is given externally the body treats it as an antigen and will reject future fertilized embryos and sterilize the woman.
- After review by an expert committee initiated from these claims, they found that 1/3 of the 9 vials the Catholic Bishops provided to be tested contained HCG.
- 50 vaccines unrelated to WHO-UNICEF were tested and found to be free of HCG.

## The WHO's Private Vaccine Laboratory: The Developing World

- It's been well documented that the WHO has been testing vaccines on people in the developing world since the 1970s, at least.
- The WHO met in 1982 with the United Nations Development Programs and the United Nations Population Fund and discussed "fertility regulating vaccinations"
- In 1994 the WHO decided to use vaccines containing hCG on women in developing countries who were between 15 and 45 years old. (A group became suspicious of them and they stopped. They restarted in 2014 but fell under scrutiny again by the Kenya Catholic Doctors Association)
- In December of 2012, 500 children in a small village in Chad, Africa were locked in and told if they didn't accept vaccination they would not be able to continue their education. This was done without the parents' knowledge and within hours the children suffered from "headaches, vomiting, severe, uncontrollable convulsions and paralysis". Later, they understood this vaccine was unlicensed and still in 3<sup>rd</sup> and 4<sup>th</sup> phases of testing. The groups involved were PATH, WHO, UNICEF, and the Bill and Melinda Gates Foundation.
- In 2010, Merck's Gardasil and GSK's Cervarix were tested on tribal women and children in India. The illiterate families gave consent but did not know what the vaccine was for or the disease it was meant to prevent. The rest of consent was abnormally given by government hostel wardens

(where most of these girls were living). A few girls died and many fell ill.

## Prominent Medical Doctor Strongly Advises Against Forced Vaccination

- The Federal Department of Health and Human Services have proposed a plan that makes sure all adults abide the CDC's vaccine schedule.
- The plan promotes use of federally backed vaccines, creates incentives for doctors to make adults accept the vaccine schedule. The same goes for partners with employers, community groups, churches, and other religious organizations.
- (The following are notes from a letter written by Dr. Gonzalez MD to Rebecca Fish of the Department of Health and Human Services about the National Adult Immunization Plan)

-Most of the vaccines that would be forced on the public from the schedule have not been tested for safety or efficacy.

-Studies from the 1940s showed in urban areas that 95% of the populations showed positive for polio antibodies but had no history of significant infection. Yet, today most of the polio vaccines are contaminated with the SV40 cancer virus which and estimated 40 million Americans are now possibly affected with.

Autism used to be a 5 minute lesson in the 1980s and medical students were told they probably would not encounter it in their lifetime. Now 1 in 50 males may

be afflicted with autism. “autism, with its head banging and obsessive behavior patterns was as easy to diagnose 30 years ago as it is today.”

- Benjamin Rush, MD (a Founding Father) warned about government intervention regarding health care decisions for individuals. He helped write the Fourth Amendment as protection for the public against government intrusion on our bodies and health related decisions.
- the government is well aware of the dangers and risks associated with vaccines or else they wouldn't have created the Vaccine Court.

### Attacking ourselves: Top Doctors Reveal Vaccines Turn Our Immune System Against Us

- The purpose of antibodies is to destroy or mark foreign invaders on the body system.
- When antibodies attack parts of the bodies instead, autoimmunity results. This happens when antibodies attack neurons and multiple sclerosis develops or they attack joint tissue and rheumatoid arthritis results, as examples.
- There are many allergenic components of vaccines such as hen's egg, horse serum, baker's yeast numerous antibiotics, formaldehyde and lactose.
- Vaccines still contain aluminum even though its toxicity is well documented. Dialysis patients whose liquid was accidentally infused with aluminum experiences severe neurological symptoms and many went into comas and died. They recovered quickly when the aluminum was removed.

- A study on mice showed that when injected with aluminum the macrophages engulfed the particles and then dispersed to outlying lymph nodes, spleen, liver, and eventually the brain.
- .5% of sheep inoculated with aluminum vaccines immediately showed “reactions of lethargy, transient blindness, stupor, prostration, and seizures.” 50-70% of flocks experienced delayed onset of the “chronic” form of the disease. (Sometimes 100% of different flocks were affected).
- People who smoke are more susceptible to autoimmunity after being vaccinated.
- People who already have autoimmune diseases are more susceptible to vaccine autoimmunity.
- Any one affected with high estrogen and low vitamin D (about ¾ American teens and adults) are also more susceptible to vaccine autoimmunity.
- “Autoimmune disease is the third leading cause of morbidity and mortality worldwide and now among the top 10 killers of young American women.”

## U.S. Media Blackout: Italian Courts Rule Vaccines Cause Autism

- A family sued the Italian Ministry of Health over their child’s quick regression into autism after three doses of GSK’s Infanrix Hexa Vaccine.
- The courts found the family to be correct and sided with them. The vaccines the child received had concentrations of thimerosol far beyond the

maximum recommended levels for a small infant weighing a few kgs.

- In most other developed countries, the governments pay out to families for vaccine damages, not the vaccine makers.
- Another similar case happened where the Italian court found that the boy affected had experienced irreversible damages due to vaccination by with MMR. (He was 15 mos old and immediately developed bowel and eating problems. He was diagnosed with autism within a year).
- These decisions are direct contradictions of the US. Vaccine Court.

#### Dr. Andrew Moulden: Every Vaccine Produces Microvascular Damage

- Dr. Moulden was beginning to figure out how to treat autism, Alzheimer's, learning disabilities, chronic fatigue, and Gulf War Syndrome before he died suddenly in 2013.
- He was beginning to apply rarely taught from of chemistry called colloidal chemistry and zeta potential to understand vaccine damage.
- White blood cells are quite large compared to red blood cells. They can only squeeze through large capillaries (most capillaries are very tiny, microscopic). Many white blood cells are sent into our vessels when there is a virus, bacteria etc. In this way, it prohibits flow of oxygen rich red blood cells to the smaller capillaries because large white blood cells slow this process down. Vaccines induce

this reaction; the release of many white blood cells to the vessels.

- Dr. Moulden found that when the zeta charge surrounding red blood cells is weak, the red blood cells tend to clump together and cause unnecessary and even harmful blood clots. When the zeta charge is strong the negatively charged red blood cells repel each other and allow the blood to flow freely.
- Vaccines contain everything from infectious pathogens to genetic materials from animals that to efficiently lower zeta potential. These ingredients in vaccines can cause all manner of issues with blood flow from blood cell clumping to ischemia.
- The accumulation of aluminum from vaccines has a strong harmful effect on zeta potential.

#### Vaccine Flu Shots Still Contain 25 Micrograms Mercury-100 Times the Concentration of ‘Mercury-Loaded’ Fish

- If you read the box of your yearly flu shot (with the nurse out of the room) you will read it say to NOT get the flu shot if you have had it before, regardless of when you last received it.
- When you get the flu shot you immediately take in 25,000 times as much as the EPA’s recommended mercury level standards for water. With this injection, you bypass the defenses of digestion, lung filtration, and other natural defenses your body could use to neutralize the mercury
- There is evidence that the fish we eat at restaurants has much higher levels of mercury than we previously thought.

## Shaken Baby Syndrome Often a False Diagnosis Really Caused by Vaccines

- Vaccine reactions can mimic SBS symptoms.
- Many doctors now acknowledge that many of the same symptoms showed on the dead infants that people were being prosecuted for having “killed” also appear with other conditions like infections and bleeding disorders.
- Experts are also saying that many of the babies’ cause of death was actually from vaccine damages and not SBS.

## Conclusion

Vaccination is a seriously flawed concept and potentially fatal practice. It is a cruel experiment on innocent babies, children and adults. Immunity cannot be achieved by injecting the body with needles filled with pussies and poisons. Toxins never strengthen the body; they only weaken it

Conventional medicine is like a legalized drug pusher who thinks he has outwitted Mother Nature. It is high time that the public be given full disclosure of the risks and dangers of vaccinations. Everyone is free to choose their own pathway to health. We must use our mind, heart and intuition to make informed choice about any vaccinations and any other medical intervention that carries a risk of injury or death.

Many scientists believe that vaccination is the sole or major component of multiple sclerosis, arthritis, Parkinson's disease, and many more health issues.

Make sure you order my book: *Vaccination: Assault with a deadly weapon!*  
[www.DrLeonardColdwell.com](http://www.DrLeonardColdwell.com)

## **Our members can never be mandatorily vaccinated nor can their children**

Members of the IBMS® Masters Society cannot mandatorily be vaccinated nor can their children. And yes they can all go to Kindergarten and School. Your organs can also not be harvested. My IBMS Masters Society guarantees that! [www.IBMSMastersSociety.com](http://www.IBMSMastersSociety.com) Nearly 100% of all allergies and colon related issues come from vaccination and or GMO and Monsanto's Glyphosate, as I believe!

## **The Swine Flu Crime**

What in the world is wrong with so many Americans? Where the heck is John Wayne when you need him? It's a proven fact that the swine flu vaccine has been created artificially in a lab and set free on purpose. They patented the brand new virus 2 years ago! Where did they even get the vaccine from for the flu that will come in October 2018 already in June 2017?

Just a few (already sick) people died of the swine flu

(it this is even true – there is no way to prove this after they are dead for 3 days) yet thousands die worldwide of the seasonal flu every year! Is this really enough to raise the pandemic level to 6 and basically order mandatory vaccination for all member countries of the WHO? No way! I call them the World Homicide Organization!

If you still don't see that it is the beginning of a total takeover of the New World Order, more people will die from the swine flu

vaccine or get seriously ill even though they never would have died from the swine flu. There are more dangerous toxins in the live virus vaccine than you could ever accumulate in an entire lifetime and it will harm everybody that gets the shot and kill many!

## **My Conclusion:**

There are two reasonable questions that must be asked: (1) Is the swine flu live virus vaccine safe and effective, and if so, (2) will vaccinating 95% of the general population provide more protection for the whole population? If both of these questions were answered in the affirmative, then we would have a reasonable justification for mandatory vaccinations.

However, the overwhelming scientific data suggests just the opposite. The live virus swine flu is neither adequately tested, proven safe or effective, is non-

insurable, and because of the wellknown phenomena of Secondary Transmission aspects of a live virus vaccine, it may actually increase the transmission of the virus. This live virus vaccine has 2.3 times more genetic mutability, and added adjuvant toxicity than a natural virus because it includes squalene. Squalene has significant autoimmune inflammatory effects, and general autoimmune effects, which are a potential significant threat to the health of the individual.

This is the most likely cause of the 300,000 GIs with Gulf War Syndrome who are applying for complete disability. All the scientific studies on the effectiveness of the flu vaccine to date show minimal to zero effectiveness. In other words, the benefit to risk ratio is extremely poor from a scientific point of view.

In answering the second part of the question, all the vaccine studies to date show that vaccinating 95% or more of a population did not make a difference in stopping outbreaks of a particular disease the people were vaccinated for. In fact, based on the scientific evidence, mass mandatory vaccinations with a highly mutable live virus could actually activate a real and lethal pandemic rather than preventing it. Therefore, from a purely scientific perspective, there is no valid scientific reason for mandatory vaccinations. For this reason we believe that all people have a constitutional, religious, and medical

right not to be vaccinated against their will.

## A Summary

The overwhelming scientific studies and research do not in any way support the action of mandatory scientific flu live virus vaccination; to do so might result in the desecration of most of God's creation of humanity and planet earth; the science and destruction strongly suggests that mandatory vaccinations are both immoral and ethically illegal (ethics that are core in the Judaic-Christian system and this mandatory vaccination violates the basic 10 commandments in 6 ways: Thou shall not murder, steal, lie, bear false witness, engage in idol worship (money and power, envy or covet.)

*"Liberty is to the collective body, what health is to every individual body. Without health no pleasure can be tasted by man; without Liberty, no happiness can be enjoyed by society." — Thomas Jefferson*

*"never doubt that a small group of thoughtful committed citizens can change the world; indeed it is the only thing that ever has." —Margaret Mead*

Illness is based on lack of energy and 86% of it is caused by stress. To protect my loved ones I would get the IBMS Stress Reduction audio programs from

## **Their Fraudulent Excuses**

“There is no scientific evidence that shows that X causes cancer or any other diseases or illnesses...”

FTC, FDA, ACS, Media and other crooks use this completely absurd and scientifically stupid sentence to ignore or prove their lies about any cancer or illness causing facts. Like there is no conclusive scientific evidence that Fluoride causes cancer or there is no scientific evidence that vaccines cause autism. Of course not!

Because the crooks that sell this junk are not conducting a study that would prove their poisons kill people and no one else has the money to do these studies. So of course there is truly no scientific study that shows that they are criminals because they protect each other and make sure that if a study comes out proving the truth that their products are killing people, they defame the messenger or create some kind of false evidence that the study is not reliable.

It really irritates me when I hear someone in the media saying the American Cancer Society says there are no scientific studies done that connect vaccines or mercury or chlorine and fluoride with the development of cancer, therefore there is no scientific evidence

linking X to cancer. Or, in other words, there is no scientific evidence that Essiac Tea, B 17 or vitamin D3 or vitamin C iV injections cure cancer symptoms – and that is a blatant lie.

These crooks claim that they have the right to say what is scientific and what isn't! Their science has nothing to do with true science. So from now on if anybody ever says there is no scientific evidence or study that shows that X does XYZ – you know that they don't have the answer or know what they are talking about or they're just trying to hide the truth.

### Resolving the Health Care Crisis within 4 years

By Dr Leonard Coldwell Jan 17th, 2009 at 4:38 am EST

The Medical Doctor/ Medical Profession is the number one cause of death in America due to the hospital's medical errors and side effects of Pharmaceutical Drugs. This is the main cause of illness and permanent health limitations as well as chronic disease. I am convinced that the only way to resolve the Health Care Crisis is to change the education for Medical Doctors and to start educating the public in prevention and self-help / self-healing. As the leading authority for cancer and stress related illness and health education. I can guarantee that I can fix the Healthcare crisis as well

as the health care costs within 4 years if given full support. Please look at the facts that every cancer can be curable within 4 to 12 weeks if the patient did not have any form of chemotherapy, radiation treatment or surgery. I have proven that fact over and over again.

Yes, I could fix the health care crisis, and get nearly everybody healthy within 4 years, if I would be given the legal, political and financial power to do so. And after that prevention and education would keep at least 90% of the population healthy anyway and the health care costs would nearly disappear—except for accidents. Cancer, diabetes, heart related problems, arthritis and so much more can be cured with all natural extremely cheap treatments that have been proven safe and effective in many cases even for thousands of years. My colleagues and fellow researchers, friends and health freedom fighters can prove that at any time. Just give me the authority and possibility to apply my system legally and give me 100 patients with cancer, diabetes 2, high blood pressure, or arthritis and I will fix the problem in at least 90% of all cases within 2 to 16 weeks.

If you are interested in the proof just read my newest book: Instinct Based Medicine How to survive your illness and your doctor. [www.DrLeonardColdwell.com](http://www.DrLeonardColdwell.com)

Respectfully,

Dr. Leonard Coldwell

# **Chapter 14**

## **MEDICAL DOCTORS... QUACKERY WITH A LICENSE**

### **Medicine: The outdated profession**

Between 700,000 to 900,000 people die each year due to medical doctor errors. Doctors are the highest single cause of death in the western world, and the side effects of over-the-counter and prescription drugs are the main cause of illness. Over 106,000 Patients died in 2016 from the drugs that have been prescribed to them rightfully (in the medical sense) and have been taken correctly. What does that tell you about taking chemical, patented drugs? Without taking these drugs, they may still be alive today.

Between 200,000 and 300,000 unfortunate patients die each year in hospitals from unnecessary infections or complications. Thousands of surgeries on the wrong organs or the wrong limbs are done each year.

Statistically, medical doctors have an average lifespan of 56 years and the highest suicide rate worldwide. How come we ask these “professionals” for advice and help? A study of 100-year-old people showed that most of them had never seen a medical doctor except for accidents.

Every year, every week and sometimes every day we

hear about new developments in medicine. We hear about new and better diagnostic, surgical or therapeutic techniques. We also hear about things within the medical profession that were once thought to be true but have now been proven untrue, dangerous and even deadly. The rate of cancer went up from 7% in 1900 to over 57% in 2016. The same is true for nearly every other illness.

We constantly hear about medication that was thought to be safe that is now dangerous to our health. We hear about the dramatic negative impact caused by vaccinations. Opinions have changed regarding diet, exercise and many other aspects of life and health. We are trained and programmed to believe that this is a positive development. We completely miss the obvious. Through their new developments and discoveries, they prove that they are not scientific and are dangerous. Medicine is experimental, and until people are hurt, they don't know the truth. Most of the time, it is too late for the unlucky ones.

Who wants to be a patient who has surgery, say a heart transplant, and later finds out that it was not the most current or safe? The things they did to you will be updated, so what they did to you was probably wrong and dangerous.

All of this proves that medicine is not a science at all, it is a huge experiment. It is based on beliefs. This makes it equal to a religion. The doctors are fed by the money-

hungry pharmaceutical companies and don't even know what they are doing. They tell you that vaccination eradicated smallpox, polio, and other diseases, but fail to disclose that in countries where people were never vaccinated these illnesses disappeared at the same time or even faster. They just disappeared because of better nutrition, more cleanliness, less physical stress and better life situations and not because of vaccination.

The medical profession is trained and educated by a group of business people that want to sell their product. These people make over 1.5 trillion dollars a year on illness care and the treatment of symptoms. The growth and income are based on the need for people to remain unhealthy. They want life-long customers. If they had a cure, it would be a huge loss for their businesses.

The terrifying horror in all of this is that the pharmaceutical industry brainwashes the media and they, in turn, brainwash us. If a treatment or medication works, it shouldn't need any advertisement. It should advertise itself through results and successes.

The only things that help the body to heal itself are natural elements like a healthy diet with plenty of water and fresh juices, correct breathing and exercise and nutritional supplements with no side effects.

If you read the side effects on the side of the pill bottles, you should be afraid of them. The proven side effects of vaccinations alone should scare everyone

away from them.

A national vaccination information center in Virginia put together a very useful website that I believe everyone should look up. Read my book: **Vaccination: Assault With A Deadly Weapon** which will be out soon. For more information visit the book website at [www.AssaultWithADeadlyWeapon.com](http://www.AssaultWithADeadlyWeapon.com) or visit my main website [www.DrLeonardColdwell.com](http://www.DrLeonardColdwell.com)

Many doctors or therapists that I know who are producing results and curing patients are usually outsiders who don't follow the standard treatments of the pharmaceutical industry.

Everyone who produces results produces them based on their life experiences. Most of the time, these people have overcome life-threatening illnesses that they have cured through natural therapies like self-help and preventative techniques. These are the key elements for healing.

No artificial element, chemical or drug can do what the body's own immune system is capable of doing. If more natural devices aid the body it will remain healthy. We are all born without an immune system. The immune system has to build itself by fighting off microbes, fungi, bacteria, and viruses ( as far as these even exist ). There was just a court ruling in the highest German court that there is NO proof at all that there is a Measles virus. Childhood diseases are there to help the

child to develop a strong immune system.

The pharmaceutical and medical industries use their money and power to make sure that the public does not receive the information about herbal and nutritional supplements that will prevent illness. Since they are unable to make money through these supplements, they ensure that the producers of these products are not allowed to tell you the real benefits of them. They would rather sell their products.

This is evident in marijuana experiments. The pharmaceutical industry does use this product, but it is portrayed as highly addictive and dangerous to whoever uses it.

Because the pharmaceutical company cannot patent, control or overcharge for a plant that grows like a weed, and is cheap to produce, they try to keep this natural product out of our hands. They, in turn, produce an artificial product that they can sell for a large amount of money. The government should not have the right to control our health. However, they make things mandatory which guarantees them trillions of dollars a year.

John D. Rockefeller made sure that he created sales people to sell his product. These people were trained and manipulated; these people are medical doctors.

The controversial book "*Forbidden Medicine*" shows the entire development of the medical profession. It

exposes their crooked ways. It shows their human experiments. ( via American Anti-Cancer Society )

Now, look at the trick they use to scare us every year with the horrible flu of 1918 when millions died. They did not die from the flu but the test vaccine and aspirin. The only reason why the politicians are playing this game is that they want to spend a lot of taxpayer money on worthless and dangerous flu vaccines. And would they do it without personal gain? How much do they get from the trillion dollar industry of vaccination?

Fact: In 1918, when the worst flu outbreak hit, it was the end of the First World War. Dead and rotting bodies were all over. The water was poisoned. No food or only rotten food was available. It was cold, and there were no warm clothes. Personal hygiene was impossible. People starved. That was the environment in which these people died. We don't have and will not have these conditions worldwide ever again. But what they don't tell you is that they tested the first vaccines on these people and that caused the outbreak and death. The deaths were often triggered or accelerated by taking aspirin.

If we go back in history, we see that every time the government has interfered with the medical profession, around a decade later, the news comes out that the government sabotaged us.

Putting mercury in sick people was one experiment. Today we know that this is one of the most dangerous,

life-threatening things you could do. These mandatory treatments led to more deaths than imaginable.

We know that George Washington died a horrible, drawn-out death because of the leeching process and use of mercury treatments that were performed on him.

The only way to achieve health is to keep it out of the hands of the government. The government is capable of destroying everything that it touches. We need to create a type of health council that is staffed by scientists from all fields and only three different medical doctors for every group of 100 people. We should have every kind of alternative therapist who produces results in this group as well. Politicians should not be allowed in this group.

The pure fact of greed that was proven in the 2010 debate about the cost of drugs is evidence they are dishonest. This, coupled with the fact that you can buy the same drugs in Canada for 60-70 percent less than in the U.S. I am not a Communist, and it is okay for every company to want to make money. However, it is not okay to kill and disable people just for the sake of profit. This is a horrifying thought.

### **Hurry, or you are going to die**

The medical profession always acts on fear and guilt.

They scare you into treating things by threatening you with death. They always make it seem like there is such a rush to operate.

The fear of dying scares you into getting surgery. The problem has probably been there in your system for years; it's just that now someone has told you about it and you are scared of what will happen next. It is only in the rarest cases that surgery is needed immediately. Usually, a tumor in the breast will grow for seven years before it is detectable by a mammography machine.

In my opinion, more women get breast cancer because of mammograms and the painful poking and prodding of the doctor.

With the invention of the mammography machine, the cases of breast cancer exploded. Not because more women had breast cancer, but because doctors wanted more money. In 1980, it was proven that there were too many unnecessary breast surgeries. Leave it to your body to get rid of the toxins.

The medical profession and the pharmaceutical industries do not pay for studies that prove they are wrong. If you use common sense, you will see that nature cannot create a problem that nature cannot fix. You should think about what doctors are doing. Out of all the people treated for cancer, almost 80% died because of side effects.

The death certificate usually states that someone

died of cardiac arrest. You never find out that it was caused by side effects of surgery or medications.

You can only survive doctors and the pharmaceutical companies if you educate yourself. If you don't let them trick you into taking things, you will live longer. Tell them you need to talk it over with your loved ones. If it regards your money or your health or your life, never trust an expert. An expert wants your money. You will always find out what people are really about by looking at their life.

If it regards your life, you are the only one who can make the decisions. If something was fine for years, why is it so important to get operated on immediately?

Because it takes seven years for breast cancer to grow to a point where it is possible to diagnose it and believe me, there is no reason to rush into surgery within days.

There is a completely artificial concept of high-risk groups. It is very funny that medical professionals say that if someone in your family had cancer, then you are at a higher risk. I find this odd because only about 33% of people who have cancer are in a high-risk group.

How can it even be a high-risk group if only 10 or 33% of the group gets cancer? This means that 70% of the group is not. It is absurd; they are really the low-risk group in comparison.

All of these categories are there only to scare people into expensive treatments and tests or lifelong medications. On the other hand, I see Suzanne Somers and how people tried to push her into chemotherapy. They said she didn't do it because she didn't want her hair to fall out.

There is also the issue of genetic predisposition for certain illnesses. This issue is completely misrepresented because no genes on earth can cause any kind of illness. This is because genes determine only the predisposition, not the illness! A gene does not make you have an illness. Usually, it is the learned behavior from your parents on how to deal with life, stress, and diet that causes the same illness in you.

Of course, there are a certain amount of cancers that appear to come from an outside source. This is considered an accident. If you live near a nuclear plant and are harmed by the radiation, then this is not an illness, this is because of an accident. This is like someone shooting you in the head. No matter how healthy you are, you will die.

The Lung Cancer Specialty Hospital in Hanover, Germany determined that patients with tuberculosis, who were treated by chemotherapy and radiation, only lived a couple of days longer than the ones who were not treated. Those treated suffered much more from the side effects. The other group had a much better

quality of life and patients were pain-free until the day they died.

You can no longer allow the special interest groups to finance our politicians and hope that these people will protect us from the pharmaceutical sales people who are lying to us. It might be possible, but I do not believe it. If the medication works well and does its job, then word of mouth advertisement should be sufficient to help the sales grow, and it will help more people. Why do pharmaceutical people need advertisements? If it works, it will sell itself. It should be illegal to advertise any pharmaceutical drug or treatment. If your doctor doesn't know about it, it probably doesn't work. However, if it does work, then your doctor should already know about it. So what is the reason for advertisement? The reason is that they want people to take medications for every little thing that goes wrong in their life. They want us to try to fix things with a pill instead of going to the root cause of the problem and changing the way that we live so that we can be healthier. Most of all, pharmaceutical companies would not need to hire good looking women to convince doctors to prescribe their medicine. If the results were positive, the doctor would use the product anyway and not because he has a financial interest in the sale of the drugs.

This looks like a huge conspiracy with the common

denominator being money and power. Everyone who makes money off of the pain and suffering and death of people should never be allowed to have any control over political influences. The government should always stay out of decision-making when it comes to treatments and never make anything mandatory. The governor of any state who is on the board of directors of a pharmaceutical company should not have the right to make it mandatory (as planned in Texas) to give your children any vaccination that has many dangerous and unknown factors. For example, the HPV vaccine does not prevent cervical cancer and has major side effects.

In my opinion, from a legal standpoint, the government is practicing medicine without a license. Whenever the government interferes with something, it gets messed up. Everyone knows this.

A recent study published in Europe stated that the cost of medications was the second highest cost for health insurance companies. This means that we could cut costs drastically by using health supplements and protecting ourselves from drugs. We don't need expensive treatments and medications in about 90% of the cases.

## **Under the control of organized medicine**

This path has created a multi-billion dollar disease business in America. According to almost every study done, it hasn't helped make us healthier. Major, life-threatening diseases like cancer, heart disease, and diabetes are striking more people than ever. Practices like chemotherapy and radiation therapy—labeled “barbaric” by many health practitioners —are, in many cases, killing the very people they're supposed to help.

We need to start to eliminate the dangerous side effects of the chemical compounds pushed by the pharmaceutical companies. We need to stop thinking in terms of treating illnesses and start thinking regarding creating wellness. We have to realize that health is our body's natural state and the goal of health care should be to allow the body to function as it was designed to function. Medical doctors and drug company executives are not smarter than nature. Real health is something we create from the inside, not something we can achieve from pills or surgical procedures. Healthy people don't ring up billions of dollars in drug store purchases and doctor visits, so the medical and pharmaceutical industries began promoting the idea that our number one health care goal was to treat diseases rather than increase our wellness.

In 1997, Lucian Leape, M.D. of the Harvard School of Public Health reported that three million people per year die or are seriously injured as a result of medical errors. A more recent study said that in 2010, more than 500 people died every day in American hospitals from medical error

A natural approach to health is considered the number one “threat” to the medical monopoly.

This fear has sparked a billion-dollar cancer industry, with drugs, clinics, hospitals and research projects all making piles of money and empty promises. In a report published in the New England Journal of Medicine, researchers admitted that “Despite decades of basic and clinical research and trials of promising new therapies, cancer remains a major cause of morbidity and mortality

...The effect of new treatments for cancer on mortality has been largely disappointing.”

Researchers examined statistics on cancer death rates in the United States from 1970 through 1994 and found that age-adjusted mortality due to cancer in 1994 was six percent higher than the rate in 1970 up to a mere seven percent of the survival rate in the 1960's. It is estimated that nearly 1.5 million new cancer cases were diagnosed in 2010 and approximately 562,340 people died from the disease. These figures make it clear that the American people are not benefiting from

the billions of dollars already expended for “research.”

Patients who were subjected to chemotherapy were 14 times more likely to develop leukemia. Chemotherapy was also associated with six times greater risk of developing cancer of the bones, joints, and soft tissue.

Scientist Jim Devlin says, “No doctor cures anything. No hospital heals. No medicine truly makes one well. It is the force within one’s own body, the life in the blood stream which affects all cures.” Men in a study who took aspirin had half the number of heart attacks as those in the group who didn’t take it. The study also found that those taking the aspirin suffered more strokes.

The Arizona Cancer Center and the University of Arizona College of Medicine conducted a six-year study and found that participants taking selenium supplements had a 37% reduction in cancer incidence and a 50% reduction in cancer mortality. Of the nearly 200 cases of cancer diagnosed, the selenium group had 63% fewer prostate cancer, 58% fewer colorectal cancers and 46% fewer lung cancers than the placebo group. There was not a single case of selenium toxicity reported in any of the patients being studied. The medical community immediately issued dire “warnings,” urging patients not to take the all-natural nutritional

supplement!

Men and boys who are subjected to chemotherapy for Hodgkin's disease may end up with mutations in their sperm cells that could lead to congenital disabilities in their children. It was confirmed that chemotherapy could cause a deviation from the normal number of chromosomes in sperm cells, called aneuploidy. There is growing concern that genetic defects are introduced in the sperm cells of these young patients.

Modern medicine has created the attitude that growing old is a disease which, in and of itself, needs to be treated.

The study, conducted by Dr. Steffi Woolhander, found that more than 1.2 million Americans were taking diazepam or Valium. This is a long-acting sedative that can cause grogginess and forgetfulness.

According to the Alzheimer Association, four million Americans have been diagnosed with the disease, which translates into \$90-\$100 billion in yearly health care costs. Older people taking a certain type of drug for anxiety or insomnia are at increased risk for motor vehicle accidents.

There is no proof that the potential benefits of mammograms outweigh the risks. The fact that radiation from yearly mammograms during ages 40-49 has been estimated to cause one additional breast

cancer death per 10,000 women. There were abnormal findings for more than 48% of the study population. Only 13% were later diagnosed as actually having breast cancer. One of the greatest drawbacks of screening women of this age is the anxiety an abnormal mammogram can cause, according to Ron Schwartz, M.D. and Gerard Kerins, M.D.

The uncontrolled and inappropriate use of antibiotics is one of the primary reasons for the outbreak of drug-resistant strains of infectious diseases. Despite warnings from the World Health Organization, doctors still rely heavily on the drugs. Devastating diseases—including AIDS and Ebola—may be blamed in great part on the overuse of antibiotics throughout the world.

In essence, the medical profession—through its use of antibiotics—has bred numerous “super bacteria” which are resistant to many of the current antibiotics. Viruses most commonly cause these illnesses—and antibiotic drugs are of “little or no benefit” in those cases! Antibiotic-resistant bacterial pneumonia is already becoming more prevalent.

Clinicians often prescribe antibiotics to treat acute bronchitis despite scant evidence that this approach is effective. Bronchitis, which is an inflammation of the linings of the major lung airways, can cause a persistent cough as well as difficulty breathing and another

discomfort. Many medical doctors continue to use antibiotics as a treatment despite proof that acute bronchitis is usually triggered by viral infections—which do not respond to antibiotics.

The Lancet, a renowned medical journal, found that antibiotics did nothing more than the placebos used as the control. Symptoms had greatly improved or disappeared in 83% of the antibiotic group and in 77% of the placebo group, which was not considered a significant difference.

The drugs can inflame and even rupture the patient's tonsils. In a randomized trial of three approaches to a sore throat—a 10-day prescription of antibiotics, no antibiotics, and a delayed prescription if the sore throat had not begun to improve after three days—the authors found there was no difference between the three groups in the incidence of complications.

One medical study showed that 70% of all infants in the U.S. are subjected to their first course of antibiotics during the first 200 days of their lives. The study showed that children with recurrent middle ear infections—that is, three infections within six months or four in a year—fare about the same as children given a placebo, with 61-64% remaining free of new infections during the study period.

We've been brainwashed to believe that this means pumping drugs into them from the moment they're born. Most children are born into this world with perfectly healthy bodies, which innately "know" how to maintain the highest level of health possible. They have the right chemicals, in the right amounts, to function properly in this world. Medical science is arrogant enough to think it can improve on the original design and immediately bombards the body with dangerous and sometimes potentially deadly chemicals. The result is not improved function, but impaired function. That tiny body not only has to adapt to its environment, it now has to assimilate foreign chemicals in its system.

Chronic ear infections, asthma, childhood diabetes, and "new" diseases like attention deficit disorder, are all at epidemic proportions and getting worse.

Lacy Keele, a five-year-old whose mother treated her cold with Tylenol, died of an overdose. Lacy's liver shut down, and she died—making her another statistic on the list of many children who are inadvertently poisoned each year with common over-the-counter (OTC) remedies and prescription medicines. This is a new kind of drug abuse epidemic which is threatening the lives and health of hundreds of thousands of American children. Well-meaning parents believe the lies told to them by medical doctors and drug makers and are pumping their kids full of toxic substances—

many of which are specifically marketed to children!

The three main areas of concern are common cold medication, including aspirin and non-aspirin pain relievers such as Tylenol, antibiotics, and behavior modification drugs like Ritalin and Prozac. Almost all surveys conducted in this country have revealed that at least half of all children routinely receive either OTC or prescription drugs, particularly for common childhood ailments, cold, and flu. The sad fact is much of the billion-dollar cold medication industry may be based more on hype than on health care

“Viewed from this perspective,” they noted, according to *The Lancet*, “The high use rate of these medications may be a tremendous waste of money and may unnecessarily expose children to toxicity. “Antibiotics, available by prescription, don’t work at all on cold viruses.

“A child’s ear infection offers a classic example of how overtreatment with antibiotics can lead to the development of drug-resistant strains of bacteria. For years, amoxicillin—a penicillin-like antibiotic—was the standard treatment for acute otitis media. However, these infections usually clear, without treatment, in two to three days,” according to *The Lancet*.

Many health care professionals have expressed deep concern about both the short-term and long-term effects. In the past two years alone, prescriptions for

children on antidepressants have risen almost 80%. Today, more than 1.3 million children are being drugged up on these medicines. The growth rate in prescribing for children is three times faster than for adults!

Compounding the crime, the pharmaceutical industry relentlessly pumps out drugs which are marketed directly to children, often using marketing techniques which exploit a parent's sense of guilt or helplessness.

A recent presidential announcement said that "More than half of all medications widely given to children have never been tested to assure they are safe." The announcement brought to light what some see as a shameful indictment of the drug and medical industries, two multi-billion dollar conglomerates which are more interested in profit than in the lives of our world's children. Due to the lack of tests, doctors often guess at dosages, exposing children to toxic amounts of drugs. In one case, doctors gave some infants reduced doses of adult antibiotics. Later, it was discovered that the drug accumulates in children's livers—23 of the babies died.

In 2010, nearly one-third of 23,000 children died, not due to some strange disease or microbe, but due to aspirin. When children are given aspirin during a variety of viral infections, they risk developing a condition known as Reye's syndrome. Tragically, the medical profession knew about the link between aspirin and RS

years before those 7,600 children were stricken. Even though the Centers for Disease Control had RS “under surveillance” from 1973-1976, they did nothing to warn the public. While they stood by and watched, as many as 550 cases of RS were reported each year. Whenever there was a major outbreak of influenza, the number of cases rose. At its worst, fatality rates reached 40%. Despite mounting evidence, the makers and marketers of aspirin refused to admit their drug could be killing so many children.

In recent years, the production rate for Ritalin has increased by nearly 500%. Some 1.5 million children are taking it on a regular basis—more than two-and-a-half times the number who received it just five years ago. High doses of Ritalin administered to mice caused up to four times the expected incidence of cancerous liver tumors. A listing for Ritalin in the 42nd edition of the “Physicians’ Reference,” is filled with warnings. The “Physicians’ Reference” lists for Ritalin are: nervousness and insomnia; skin rash; fever; anorexia; nausea; dizziness; palpitations; headache; drowsiness; blood pressure and pulse changes; tachycardia; angina; cardiac arrhythmia; abdominal pain; weight loss during prolonged therapy; Tourette’s syndrome; toxic psychosis; leukopenia and /or anemia; and scalp hair loss.

According to a 2010 Pediatrics journal report, there

was a staggering 44% increase in recurrent ear infections in the United States. Insertion of tympanostomy tubes can be risky. Complications include prolonged discharge from the ear, as well as tearing and permanent scarring of the eardrum, which may be associated with low-grade, long-term hearing loss. After looking at research results, many parents finally realize that the medical approach to treating ear infections is not only ineffective but dangerous. A 2010 medical study showed that 70% of all infants in the U.S. are subjected to their first course of antibiotics before they are even six months old. Little evidence has been found to suggest that children given antibiotics had a shorter duration of symptoms, fewer recurrences or better long-term outcomes than those who had received a placebo. However, since an estimated \$3-\$4 billion is spent every year on medication and surgery to treat the problem, it is unlikely that the medical and drug industries will support either preventative measures or alternative care possibilities.

Johns Hopkins researchers resolved a long-standing controversy by showing that allergy shots offer little or no benefit to children with year-round, moderate-to-severe asthma. “Despite widespread use of asthmatic drugs, the mortality and morbidity due to asthma are increasing worldwide, suggesting the lack of really effective drugs for therapy,” said Dr. Kazuhiko Kondo.

Despite the severity of Churg-Strauss Syndrome, the Federal Drug Administration had no plans to prohibit the use of zafirlukast/ Accolate and told patients not to discontinue its use without consulting their doctors—who prescribed it in the first place. Thousands of children who do not suffer from a true growth hormone deficiency are nevertheless being subjected to potentially risky growth hormone therapy—just because they are shorter than average.

The “blue smile” syndrome is just the latest of numerous reports of serious side effects from a popular acne treatment. Links between minocycline and liver disease, hepatitis, lupus, and incidents of auto-immune disease have been found.

We should heed the advice of most health care advocates: stay out of the hospital at all costs!

News of the increasing number of medical errors which injure or kill patients—particularly in hospitals—is shocking. In London not long ago, medical tragedy was given a very real face—that of a premature baby who died within an hour of being given a hundred times the intended dose of morphine.

Half of all adverse drug events (ADE) are preventable. Plus drug-related morbidity and mortality cost the U.S. more than \$86 billion each year. That's more than the cost of cardiovascular care or diabetes care in America.

There are estimates that the additional annual cost associated with preventable ADEs occurring in a large tertiary care hospital is \$2.8 million and that the cost associated with all ADEs is \$5.6 million.

Interestingly, it is the high cost that may prove to be the real incentive for hospitals to decrease these unnecessary—and at times tragic—mistakes.

One study indicated that about 12% of the mistakes involved giving patients drugs to which they were allergic, 11% involved giving the wrong drug, and another 11% involved prescribing the wrong dosage.

In Massachusetts, for example, there are only three investigators to oversee the state's 120,000 licensed nurses; ensuring their competency has become nearly impossible.

When patients are admitted to hospitals, one of the biggest health problems they face isn't necessarily the one they went in with. They must battle infections they are likely to acquire during their stay. Now there is an added danger. Bacterial infections resistant to a potent antibiotic are increasing in hospitals and are associated with a high death rate, according to infectious disease researchers at Northwestern University Medical School.

In a study of 53 patients with enterococcal infections, Valentina Stosor, M.D., and colleagues found that all 21 cases of vancomycin-resistant infections were acquired in the hospital. All the patients had received

treatment with vancomycin previously. Of this group, 75% of the patients died most from complications of the infection. Twenty-five of the other 32 cases—which were not resistant to vancomycin—also acquired the infection in the hospital. In this group, 40% died from their illness. All patients had received a variety of broad spectrum antibiotics before developing the bacteria in their blood, possibly weakening their immune systems and making them more vulnerable to the infection. Both studies said the hospitals did not adequately disinfect bronchoscopes according to guidelines established by the Association for Practitioners in Infection Control.

One patient named Larson died in January after doctors at two different hospital emergency rooms failed to correctly diagnose the aneurysm that killed him. Although he complained of severe chest pains, ER doctors at one hospital told him he was suffering from food poisoning. Doctors at the other said it was a virus.

It is certainly possible that better understanding of the side effects of medications and of the appropriate time to resume normal activities would reduce the risk of unplanned re-admission or improve other outcomes of care following hospital discharge.

A computerized analysis of the nutritional value of the food offered in 57 universities' teaching hospitals showed that only four met all seven of the recommendations of the National Research Council. The

measurement was made of content in four component areas: fat, saturated fat, cholesterol, and sodium. Results revealed that 22 of the hospitals exceeded the acceptable target for fat content, 27 for saturated fat, 46 for cholesterol, and 31 failed to keep within safe limits of sodium content in the food.

What conquered polio? If you're like most Americans, you probably believe it was a vaccine which rescued the human race from this tragic illness. But there is mounting evidence that the terrible polio epidemic of the 1930's and 40's was a normal, temporary episode of the disease which was already running its course when the polio vaccine was developed. The disease petered out around the world at about the same time—even in countries which did not employ the vaccine. Similar epidemics have come and gone throughout history.

In fact, however, those vaccines are now threatening the very immune systems they are supposed to support. Every year, medical studies are sounding warning alarms that we may be causing irreparable damage to the human system—especially in children—through unnecessary and potentially harmful vaccines.

Their efforts to hide the truth about the dangers of vaccines have been so successful that few parents in America are even aware that the government was

forced to set up a special compensation fund to reimburse the families of children who were killed or injured as a result of mandatory vaccines. Instead, the public is told only that their children's health depends on these drugs. How long will we continue to believe the lies?

Medical studies continue to warn that the government's recommendation to inject all healthy children with the new live virus vaccine may cause more serious disease when they become adults.

A mild disease for most children, chickenpox is caused by the varicella-zoster virus, a relative of the herpes virus. A vaccine was originally developed to protect high-risk individuals, particularly children with leukemia, kidney disease or immune suppression, etc., from serious complications such as brain damage and death.

We know this vaccine only gives temporary immunity—perhaps five to ten years' worth. There is a real danger that if everyone gets vaccinated, chicken pox will become an adult disease where it can be much more deadly.

At the same time, no one knows if the live vaccine virus will lay dormant in many vaccinated individuals and reactivate later in life in the form of herpes zoster ("shingles") or other immune system disorders.

The death rate for chicken pox is 1.4 per 100,000

cases in healthy children but rises to nearly 31 per 100,000 cases in adults. According to the U.S. government, chicken pox results in more than 9,000 hospitalizations annually and causes between 50 and 100 deaths—mostly in adults.

Thousands of young girls got neurologically damaged or killed with Gardasil the HPV vaccine. It does not work at all but makes many of the girls infertile for life. HPV does not cause cervical cancer as they want to make you believe. Most HPV simply disappears on its own anyway. I cured my sister within 48 hours of cervical cancer by having her do a vaginal douche with sodium bicarbonate three times a day. It was virtually an instant cure.

## **The Brainwashed M.D.**

A licensed doctor can never be outstanding or a healer in any way because he is brainwashed in the same way as all other doctors and he is bound by law to follow the guidelines for specific illnesses. He cannot be different because they are trained to be the same. That is the reason why it is true that an outsider always makes all major changes and positive developments in medicine and neverby a brainwashed M.D.

I have witnessed a very strange phenomenon, the fact that people are brainwashed to believe only trained

experts. Doctors can easily manipulate the public by discounting other experts who are not doctors; saying they have no right or authority to make any qualified statements. That is wrong. The true and non-manipulated statements always come from outsiders, a.k.a. “people who think, research and study for themselves”.

What is a university degree: just reading, and listening and talking and researching material? You can do it yourself without being manipulated. Only the establishment wants you to believe that they have the only answers. A degree just means the person is successfully manipulated by the brainwashers that want control over others and their money. You only hear the truth from independent people or alternative groups. The others just tell you what they are paid to say.

The medical profession with all its glory was created by John C. Rockefeller, Morgan and Andrew Carnegie, to create salespeople for the chemicals they created. He created the entire medical curriculum for the entire world. All you get from them is a sales pitch for expensive, mostly unnecessary, diagnostic techniques with expensive technology. Even if you know what's wrong, they cannot fix it anyway. They sell you expensive, lifelong medication and treatments as well as senseless surgeries.

Do you know that if you go under full anesthesia three times, you may have memory problems for life?

That you get cancer from x-rays and chemotherapy? That the medical profession is responsible for more deaths than all wars? That you have a much larger chance of contracting a deadly infection in a hospital than anywhere else? Your chance of lifelong damage or dying from treatments and diagnostics is countless times higher than if you would not do anything.

I and many others believe that early detection of cancer is a guarantee that you die earlier and under horrible circumstances. There is absolutely no proof that early detection has any positive affects—least of all on your life expectancy or quality of life.

Have you ever seen that the government does anything right? Why do you believe they have the right or competence to tell you what is good for your health?

Politicians are usually lawyers manipulated by big business. The brainwashed greedy doctors tell them what is right for the public and the politicians believe it. They, in turn, pass senseless and dangerous laws controlling your health. Many of my friends believe mandatory vaccination is an assault with a deadly weapon and to make a law that holds the pharmaceutical industry harmless for vaccination damage is criminal in my opinion.

It is criminal to limit lawsuits against medical doctors. They should learn not to mess up so often, and if they mess up, they should have to pay for it. Many

fraudulent lawsuits are filed, and there needs to be protection for the doctor. Pass a logical law: the person who loses the lawsuit pays all the legal costs for both parties. That is the way it is in Europe. If someone files a fraudulent lawsuit he goes to jail—that is a very simple solution.

You can go to a doctor just don't trust him or her. Act like you would if you were giving a financial expert all your hard earned money. Ask questions, get second and third opinions and ask for references, research and clinical trial information on the treatment. Ask until you are satisfied. You would act in this way if you were trusting someone with your money. Why don't you act this way if you are trusting someone with your life?

All medical doctors are brainwashed and trained as salespeople for John D. Rockefeller's chemicals and his successors and their poisons.

## **What Is the Status Of U.S. Medicine?**

The majority of American physicians are convinced that our medical services are the finest in the world. I know I was convinced. It may come as a surprise to learn that German physicians have been administering natural products for more than 100 years.

The truth is shocking! The United States is ranked seventeenth out of 32 developed nations for life

expectancy (75 years old). Japan is the highest with a life expectancy of 79.1 years old. One of the major factors contributing to slightly improved longevity figures in the U.S. is the survival of the 40% of U.S. citizens who are using supplements to keep themselves healthy and out of hospitals. If this 40% of U.S. citizens who are using natural products to keep themselves well was factored out of the statistics, the U.S. might rank near the bottom among all developed nations.

The United States spends twice as much per capita on health care costs as other developed nations. We have advanced technology to diagnose and perform very expensive coronary bypass surgery. Many years ago the eminent Harvard University cardiologist, Dr. Eugene Braunwald, expressed grave concern that coronary bypass surgery was becoming an established procedure *without any solid evidence that it was effective*. This very costly and somewhat dangerous procedure is no more effective than good medical care which attacks the causes of arteriosclerosis.

The “war” on cancer has been lost as chemotherapy and radiation are no more successful now than they were 25 years ago. Fortunately, a few people have heard about natural approaches to malignancies and are recovering without the terrible side effects of conventional cancer therapy. When the general public learns that most oncologists would refuse to undergo

chemotherapy in the event, they developed cancer more people will look for far safer natural treatments of malignancy which provide better results.

Immense amounts of money are expended on pharmaceutical drugs that are heavily publicized but have no ability to cure a disease. A good example of this is the use of expensive toxic anti-retroviral drugs for HIV when the simple depletion of selenium, niacin, tryptophan, and glutamine appears to be very successful in stopping this nutrient consuming illness from progressing. Conventional medicine does not have good therapy for the common lung disease emphysema. The effective alternative therapies for emphysema of nebulized glutathione, intravenous hydrogen peroxide, and cetyl myristoleate remain unknown to most practitioners.

Pharmaceutical firms are spending large sums of money to develop new drugs that will correct the blood sugar in type 2 diabetes when an electronic engineer, Thomas Smith, has pointed the way to eliminate this problem by dietary measures.

Multiple sclerosis is being stabilized or improved by hyperbaric oxygen in most English patients whereas the United States does not authorize this therapy.

The true status of U.S. medicine is *dismal*. Does this reflect arrogance? My suspicion is that it is all about money. We are spending large amounts of money and

getting poor health. Patients that get treated with drugs and do not get cured are enormously profitable for pharmaceutical firms, physicians, hospitals, pharmacists and medical laboratories.

All allergies are caused by vaccination and or GMO products and the Glyphosate from Monsanto.

## **Why Is The Medical Profession Resisting Natural Therapies?**

In 1902, Sir William Osler stated, “The greater the ignorance, the greater the dogmatism.” Today, approximately 40% of U.S. citizens have taken responsibility for their health care into their hands and are taking vitamins and supplements that they feel will preserve their health and help them avoid illness. The significant fall in death rates from heart disease (585 to 268 per 100,000) and strokes (181 to

62) almost certainly reflects the benefits of these supplements. There are no pharmaceutical drugs that reverse the causes of this disease (arteriosclerosis). It is caused by free radical damage, atrocious diets, and exposure to a multitude of very toxic substances, such as mercury, xenoestrogens, fluoride, chlorine, pesticides, herbicides, aluminum, etc.

There are many good reasons why physicians have

not started to use natural therapies:

- Physicians receive no education in medical school about the merits of natural treatments. The pharmaceutical industry heavily subsidizes medical meetings and medical journals, so information about the virtues of natural treatments will be brought forth in these arenas. Review articles about diseases will either omit information about natural therapies or the information about natural treatments will be presented in such a biased or negative way that no physician would want to use it.
- Most physicians believe that the only valid therapies are pharmaceutical and everything else is a scam.
- Powerful governmental agencies exist to protect the earnings of the pharmaceutical industry and are not very interested in the health status of the general population. Money wins out so dangerous therapies are released to the public without any attempt to prove safety (genetically modified foods, irradiation of food, fluoridation of water, vaccines, etc.).
- Supposed tax-free foundations concerned about public health set up research studies to disprove the value of natural therapies which is easy to do by using impotent products, stopping the study before

sufficient time has elapsed and using statistics to skew the results. Unfortunately, some research scientists are just like accountants and lawyers and their services can be bought. When these unfavorable results come forth, they are widely disseminated on television and through other media by skilled public relations experts to convince the public there is no value in the natural substances. The key to unraveling the truth about these sordid pieces of research lies in discovering whose funds set up the foundation (aluminum, tobacco, agribusiness, etc.).

- Physicians who decide to try natural substances are forced to learn new skills, which is not easy.
- Inertia can be a strong influence. When things are going well for physicians, why would they want to rock the boat? Human nature tends to oppose change, so medical advances often take 50 or more years to be implemented.
- Several alternative medical practitioners have been badly harassed by governmental authorities (Dr. Stanislaw Burzynski, Dr. Max Gerson, Dr. Carl Reich, Dr. Royal Rife, etc.) forcing them to leave the country or defend themselves in expensive lawsuits to avoid losing their licenses. A leader in

natural health, Dr. Jonathan Wright, had his office ransacked by Gestapo-like federal agents who seized all of his patient records.

- There is a legal concept that is widely appreciated by physicians as a way to avoid lawsuits. This concept is that you are at risk if you are using treatments that your colleagues are not using. Naturally, this impedes change!

In the light of all the negative influences mentioned above, it is not surprising that so few M.D.s and other practitioners have embraced natural therapies. However, truth always dispels darkness and lies. When the general public learns that most oncologists would refuse to take chemotherapy if they developed cancer then fewer patients will consent to this dangerous therapy.

My guess is that less than one infectious disease specialist in a hundred has ever heard of sulfoximine and dioxychlor. These two remarkable antimicrobial substances are very effective in eliminating systemic fungal infections, mycoplasma, yeast and anaerobic infections without side effects and at minimal cost. Their developer, Dr. Robert W. Bradford, will probably never be invited to speak at an infectious disease seminar as dissemination of news about sulfoximine and dioxychlor would hurt antibiotic sales.

There may not be a single physician in the United States who knows that Umckaloabo is a highly effective and safe herbal therapy for advanced tuberculosis.

Veterinarians in the United States have learned that treating animals before conception with vitamins, minerals, and nutrients nearly eliminates congenital anomalies. This biologic concept would almost certainly work in humans but may never be introduced because it would eliminate too many profitable diseases.

The future for natural products appears to lie with the continuing education of the general public about the virtue of natural approaches to health problems. Word of mouth about successful results can be a powerful factor promoting change. As this proceeds, the revenue of drug companies will fall. Many pharmaceutical firms are already positioning themselves for these changes by buying natural health product companies. Unfortunately, this certain progress in medicine will, of necessity, come without the benefit of the medical profession and medical schools which will probably be unable to shed their strong bondage to the pharmaceutical industry. The pharmaceutical approach to medicine, with the exception of antibiotics, does not prevent or cure diseases.

## **What Is The Status Of U.S. Medical Research?**

The status of research in the U.S. is just as grim as the health status of the U.S. population. Enormous amounts of money are expended on research projects by the U.S. government and large corporations. Projects that look for evidence in support of new ideas do not get funded. Projects that find new information could endanger the earlier research by members of the committees who disseminate the grants. In this manner, the system perpetuates itself with mediocrity. Most research ends up being aimed at getting an income rather than seriously trying to uncover new knowledge. Considerable time is wasted trying to find grant money. The innovative creative thinker could be a risk to established researchers and does not get funded. Dr. Donald Goodwin, chairman of psychiatry at the University of Kansas remarked, “If it’s trivial you can probably study it. If it’s important, you probably can’t.”

This huge influx of grant money has led to the incorrect assumption that the best teacher is the best researcher. The result of this process was the conversion of medical schools into a kennel of researchers who secondarily teach medical students. To survive in this academic environment, one must “publish or perish.” Naturally, the quality of most of these publications is mediocre or worse, and much fraudulent research is yet to be uncovered. Many researchers receive money from pharmaceutical firms.

This, of course, colors their results. Even the highly respected *New England Journal of Medicine* has become contaminated. They have established a policy that they will only accept papers from authors who are receiving less than \$10,000 annually from a pharmaceutical firm. Naturally, a researcher getting only \$9,999 would not be tempted to alter his research to please the drug firm. Incidentally, I am also guilty of taking money from drug companies having attended wonderful meals, golf tournaments, gifts such as medical bags, etc., at the expense of pharmaceutical companies.

## **What Public Health Measures Need To Be Instituted?**

IBMS® needs to be taught in schools. Serious efforts to improve public health must begin with stopping the sale of disease-causing margarine and trans fats, removing fluoride and chlorine from drinking water, ending the use of mercury for dental amalgams, encouraging grazing of cattle instead of feedlots, banning irradiated and genetically modified foods and ending hormone injections in cattle. A massive education campaign to warn the public about the danger of sugar excesses, aluminum, and processed foods is needed. All these steps will be vigorously

resisted by powerful, entrenched, special interest groups. Physicians who offer the public alternative health therapies need to be protected from harassment by governmental agencies.

## **Medicine and Its Dangers**

Medicine is the study of death and illness. It is not based on life and health. We must carefully consider the dangers of traditional medicine, as our society tends to assume it is the most effective way to treat health problems.

When we are sick, doctors prescribe drugs to treat our symptoms. Doctors rarely identify the root cause of our problems. The media also programs us to take medicine for whatever ails us. When our symptoms disappear, we're healthy again.

We've been programmed to recognize health as the absence of symptoms. Of course, pharmaceutical drugs enable us to live as we always have, without making any changes in our lifestyle. We disregard the laws of good health. We continue to live our lives without making any changes in the way we eat, think, move and breathe.

Each year, we spend hundreds of dollars to eliminate symptoms rather than addressing the root cause of our health problems. What is commonly called a disease is caused by toxins in your body. You are sick because you

haven't eliminated the toxins that are caused by stress, nutritional deficiencies, lack of water and oxygen and mismanaged emotions.

The real reason that people get sick is that they violate the basic laws of health. Prescription drugs only cover up the symptoms. In reality, the illness is still at work in the body. After a few years of taking drugs (and more drugs for the side effects) your body is so impaired that it is vulnerable to more serious illnesses.

### **Here are the ten worst beliefs that people have about their doctor:**

**Belief # 1:** "If I'm sick, I need to go to the doctor as fast as I possibly can to get my problem under control. The medicine he prescribes me will help me to recover in no time."

**The Truth:** Doctors treat the symptoms of disease rather cure than the root cause. This is not an effective way to treat illness. Your symptoms are temporarily covered up and blocked, yet the real problem remains or becomes worse. Most pharmaceutical drugs are mind altering. For instance, if you take medicine for back pain, the drugs will trick your mind into thinking the pain is

gone. In reality, your back still hurts, and your health problem remains. The pain and discomfort is a red flag from your body telling you that something is wrong. You just covered up the symptoms with drugs. Nothing has been done to correct the problem. If you are sick, consult a certified alternative health practitioner. Most illness and disease can be safely treated without drugs or surgery.

**Belief #2:** “If I take medicine, my condition will improve. I’ll be myself in no time.”

**The Truth:** Traditional medicine kills more people than it saves. Prescription drugs are the fourth leading cause of death. Disease is caused by the accumulation of toxins in the body due to stress, lack of energy, poor nutrition, mismanaged emotions, lack of elimination, low self-esteem, lack of oxygen and lack of exercise. If you want to recover from illness, you need to take care of yourself. You need to start eating more nutritious food, drink extracted juice and take vitamin supplements. Of course, you need to do all the other things mentioned in this book. If you need help with a specific health problem, talk to an alternative health practitioner.

**Belief #3:** “I trust my doctor completely and never

question his authority. If he recommends drugs or surgery, I should follow his orders.”

**The Truth:** Your doctor is not correct 100% of the time. Always think for yourself, and carefully consider your doctor’s advice, recommendations for drugs, or surgery. Don’t be naïve. If you engage in passive behavior, you are not taking full responsibility for your health. Ultimately, you will be taken advantage of and manipulated. Always use common sense, explore your options, and research your health problem using the internet or library. Talk to a qualified alternative health practitioner.

**Belief #4:** “My doctor has my best interests at heart. That’s why he practices medicine; he really wants to help people.”

**The Truth:** If you think this way, you are embracing the myth of objectivity. No one is completely objective. We all have mixed motives. Unfortunately, your doctor may not have your best interests at heart. He has a limited frame of reference, based on what he was taught in medical school. Your doctor is probably ignorant about nutritional physiology. Most doctors are, as they don’t teach nutritional physiology in medical school.

Your doctor is trained to treat the symptoms of your disease with drugs or surgery. Don't expect anything else.

**Belief # 5:** I need to comply with my doctor's orders because he is a lot smarter and better educated than I am.

**The Truth:** When you visit the doctor, you are a customer, and he is providing you with a service. You are very much in control of the situation. Don't be intimidated by your doctor's credentials. It's wonderful that he got an education and worked so hard to get where he is today. You have different gifts and abilities. There is no need to think of yourself as less worthy or less intelligent than your doctor. Use that computer between your ears (your brain) and think for yourself. Carefully consider whatever your doctor has to say, but don't comply with his recommendations on the basis of his authority alone.

**Belief # 6:** "If vitamins and healthy eating would help me to recover, then my doctor would tell me about it."

**The Truth:** Your doctor probably doesn't know anything about nutrition. That is not his area of expertise. Your doctor knows about drugs and surgery. You can't expect your doctor to tell you about vitamins

when it is outside his frame of reference.

**Belief # 7:** “When my doctor tells me something, I take his word for it. End of discussion!”

**The Truth:** Your doctor’s recommendation should be the beginning of the discussion, not the end of it. You’re in a dangerous situation when you allow someone else to make your decisions and do your thinking for you.

**Belief # 8:** “My family has a history of colon problems. This means that I need to get my colon checked once a year. Hereditary dispositions make me susceptible to colon cancer.”

**The Truth:** Illness is not caused by heredity, but by bad choices. Health is the result of the right choices in life. Your genes or family history don’t make you sick. This is a major misconception of the medical industry.

**Belief #9:** “There is no known remedy for my illness. That is why I am incurable! My doctor told me there was nothing I could do but accept my condition, take medicine and learn to live with pain.”

**The Truth:** Medicine does not have a remedy for your illness, but nature does! No disease is incurable. When my mother was diagnosed with liver cancer, the doctors gave her a maximum of two years to live. The doctors insisted that no one could recover from her advanced stage of cancer. Today, my mother is 83 years old and has completely recovered. You can do the same. In my professional practice, I've seen thousands of people recover from a terminal or incurable disease.

**Belief # 10:** "My doctor insists that I must have surgery immediately, or my tumor will explode, and I'll surely die."

**The Truth:** Don't let the fear of dying scare you into surgery. When your doctor diagnoses your health problem, you are hearing about it for the first time. However, your condition has probably been in your system for years. It has taken time to accumulate and grow. You are afraid of what might happen next, or that things will inevitably get worse. It is rare that surgery is needed immediately. In fact, surgery may worsen your condition. I write this from personal and professional experience. My mother suffered for years from a botched gallbladder

operation. A second operation revealed that only half of her gallbladder had been removed and that a new stone was lodged in the remaining portion of the gallbladder, blocking the passageways and poisoning the liver. Consequently, everything in that part of her body was poisoned and destroyed. Professionally, I've met thousands of people whose condition became worse after surgery. I urge you to get a second opinion and consult a certified alternative health practitioner before getting surgery.

## **Do doctors induce illness?**

Each year, 250,000 people die from iatrogenic cause, according to Dr. Barbara Starfield of the Johns Hopkins School of Hygiene and Public Health. In a landmark article published in the Journal of the American Medical Association (JAMA), Dr. Starfield describes how the U.S. health care system may contribute to poor health. A quarter million people die each year from iatrogenic causes!

What does iatrogenic mean? It refers to a doctor-induced disease or medical complications caused by a physician. The practitioner need not be a physician. It could be a nurse, technician or health care worker.

Dr. Starfield says that doctors are the third leading

cause of death in the United States. The first and second top causes of death are heart disease and cancer. Dr. Starfield concluded that 4% to 18% of patients experience negative effects in outpatient settings resulting in:

- 116 million extra physician visits
- 77 million extra prescriptions
- 17 million emergency room visits
- 8 million hospitalizations
- 3 million long-term admissions
- 199,000 additional deaths
- \$77 billion in extra costs

The high cost of health care seems to be tolerated under the assumption that better health results from more expensive care. However, Dr. Starfield uncovered evidence that as many as 20% to 30% of patients receive inappropriate medical care.

## **Intervention vs. Prevention**

There is a difference between intervention and prevention. Intervention refers to surgery and emergency medical treatment, which are often necessary. For instance, if you break a leg or arm, you need a cast or perhaps surgery to reconstruct your

broken bones. Of course, necessary, reconstructive surgery and physical therapy can produce outstanding results. Competent diagnostics, tests, procedures and medical intervention are all vital to healthcare.

America has the best emergency healthcare in the world. When it comes to intervention, medical doctors are effective at saving lives. However, only a small percentage of all health cases involve trauma. The majority of health problems are treated with drugs, which is a major cause of our healthcare crisis.

When it comes to prevention, traditional medicine rarely prevents illness. Doctors cannot cure illness. Medicine is more based on Big Pharma than science. In contrast, alternative medicine treats the root cause of the disease. It internally cleanses the body and removes toxins. It also provides the necessary tools to heal and restore the body, maintain health and prevent future malfunction.

## **Conventional Medicine Offers No Guarantees**

Have you ever tried to get a definite answer from your doctor? Ask him or her how long therapy takes. Are the results guaranteed? Where exactly does my illness or problem come from? What causes cancer? In the rare case that you get an answer, they probably

won't give it to you in writing. They may even later deny that they made certain statements.

Conventional medicine is nothing more than the accumulation of ideas, theories, and opinions regarding the cause and treatment of illness. Everything is based on symptom suppression. By treating the symptoms, doctors hope that your body heals itself. You may think that medication cured you, but it just masked the symptoms while your body heals itself.

Have you ever asked your doctor for a money-back guarantee? Can your doctor guarantee that the medical treatment will cure you? Your doctor won't make that promise. The medical profession uses antibiotics, penicillin, pain killers and chemical narcotics which contain toxins. Medicine is based on the study of death and illness rather than health and longevity.

If you get an infection, doctors may give you an antibiotic and hope the body cures itself. They probably won't tell you that your lack of energy—caused by emotional stress, nutritional deficiencies, lack of exercise or lack of water—caused your immune system to break down, resulting in an infection. They probably won't tell you to change your lifestyle because it's making you sick and susceptible to infection. Instead, they tell you a virus or bacteria made you sick. In reality, only an already toxic or acidic body can be harmed by germs. Bacteria and viruses can only live in toxic

environments. These bacteria and viruses feed on dead tissue and dead cells.

## **Media Manipulation is Hazardous to Your Health**

Do you realize that the media has programmed you to utilize doctors and medicine, and consider them scientific and authoritative? Whenever a doctor is interviewed on TV, he is positioned as a health expert who has all the answers. We've been conditioned to think of doctors as efficient, well-educated and wise. We've been told that so many times and for so long that we believe it.

Whenever we watch TV, we're bombarded with advertisements for pharmaceutical drugs which claim to be safe and effective. It is rare that any investigative program looks into their claims and questions the safety and effectiveness of medicine. The media programs want us to be passive, rather than think for ourselves.

Reliance upon conventional medicine is a conditioned, automatic response. Like Pavlov's dogs who drooled when a bell was rung, we are conditioned to use drugs to alleviate sickness. As soon as we get sick, our subconscious pulls up the information we've seen on TV programs, news, and commercials. This information influences the way we think and react. Without thinking twice about it, we seek medical

treatment and get our prescription filled. That's the way the media conditions us to respond to health challenges.

Of course, this means we aren't taking responsibility for our health. We blame our illness upon hereditary factors or being in the wrong place at the wrong time. We believe that we picked up a germ when actually our bodies are toxic and acidic and too weak to resist infection. We may read something about nutrition here or there, but the media always brings us back to their agenda.

When it comes right down to it, we've been brainwashed. The media has programmed us with misinformation, distorted facts, and biased viewpoints. Our perspective about health is wrong because our programming is wrong.

Part of the solution is reading this book. I encourage you to put this material into practice and make it a part of your life. Think for yourself and take charge of your health. As you do so, you'll be programming yourself for optimum health and energy. You'll be erasing destructive habits and old ways of thinking. Instead of doctors, drugs, and surgery, you will focus on simple, all-natural tools and technology that enable the body to heal itself. By activating your body's natural healing powers, you can recover from virtually any disease.

## **The Agenda-Setting Power of the Media**

The media sets our agenda by programming our minds about doctors, drugs, and surgery. Like anyone else, the media has mixed motives. The only way that a TV program can afford airtime (and make it profitable) is by securing advertisers. Obviously, TV will do everything possible to make sure their advertising clients are happy so that they can maintain their business relationship and generate income. They usually aren't selective when it comes to advertisers. They're not going to stand up and say, "Let's not work with that drug manufacturer because their product isn't safe or effective." That line of reasoning is the furthest thing from their minds. They aren't asking for documentation or evidence to support their advertiser's claims. The only thing that TV programs care about is revenue, which they generate with advertising. The credibility of their advertisers doesn't matter. TV programs assume no liability for the products advertised in their commercials. That is why you can't trust advertising. Their objective is to sell you something. Commercials often use flashy images, music, and slogans to grab your attention and program your mind. The effect is almost hypnotic, as you remember the commercial long after it's over.

Where do the media get their information from?

Most of the time, the media is educated by the pharmaceutical companies and the medical industry. After all, pharmaceutical companies purchase the majority amount of advertising time. Commercials advertise plenty of pharmaceutical drugs. Due to the revenue and business relationships involved, drug companies influence the agenda of news broadcasts and investigative reports. It's no wonder that the media has a pro-drug and pro-medicine perspective.

When medical doctors conduct studies, the media presents their findings as genuine scientific proof. It is rare that the media reports on medical research objectively. A lot of information is so guarded that it isn't reported unless it promotes the interests of doctors and pharmaceutical companies.

The medical profession is trained and educated by a group of business people that want to sell their product. Pharmaceutical manufacturers make over \$1.5 trillion a year on drugs, illness care and the treatment of symptoms. Lots of jobs, products, and facilities are on the line. The industry generates tremendous revenue when the public takes prescription drugs. It is in their best interest for you to stay sick. They want lifelong customers. If they had a cure, they would experience a huge loss of revenue. Everything focuses on their bottom line.

Chills run up my spine when I think about the

pharmaceutical industry programming of our doctors, as well as the TV, radio and print media. We've been programmed to swallow their bitter pill, and now we have a society that is dependent on conventional medicine. With Big Pharma, every dollar spent on ads creates 4 dollars in sales... think about that... when will that ever stop?

### **Advanced technology or dangerous experiment?**

We often hear about medical advancements. The media tells us about new and improved diagnostic, surgical and therapeutic measures. Does new technology enable doctors to be more effective and their patients to recover faster? The media seems to think so.

We hear about medical advancement but are also confronted with medical catastrophe. We hear about assessment, drugs, and treatment which are found to be dangerous or even deadly after they have been on the market for years. We hear about medication that was once widely administered and is now considered lethal. Sometimes we hear about the adverse reactions to vaccinations, but these incidences are discounted as rare. After all, the remedy was the best solution at the time. Progressively, scientists and medical researchers develop more effective solutions, drugs and treatment to meet the needs of our rapidly changing society.

The media insists that technology is quickly advancing conventional medicine. We are programmed to believe that this is a step in the right direction. We completely miss the obvious. Conventional medicine conducts itself like an experiment. New medical advancements aren't necessarily safe or effective. Sure, they've tested it, but they can't ensure that their product works for everyone. Of course, their motives aren't pure either. They're driven by profit, greed and the pressure to generate new products as quickly and inexpensively as possible. When the medical field makes mistakes, people suffer or even die from it. By the time they take a product off the market, thousands of people have already paid the price with their livelihood or even their life.

Whenever the media reports on death or disability caused by medical mistakes, prescription drug use or adverse reactions to immunizations, they imply that it's a small price to pay for medical advancements that could save millions of lives. Realistically, medical mistakes and oversight cannot be reasonably explained away as a necessary sacrifice for the benefit of a disease-free society.

Conventional medicine is widely accepted, but it's also dangerous. It is not scientific when it makes mistakes and recalls drugs that are already on the market. Conventional medicine is not

objective when its bottom line is profit. It is not valid when doctors want to treat symptoms rather than the root cause. It is not reliable when doctors want you to take drugs for the rest of your life. Conventional medicine doesn't have your best interests at heart. It wants to drain your bank account. Conventional medicine will devour you with dangerous drugs and unnecessary surgery. It will chew the flesh off your bones and spit you out when there is nothing left.

Remember the story of my father, Lothar? Don't let that happen to you! I hope that it isn't too late. I hope that drugs and surgery haven't destroyed your mind and body to the point of no return.

This is your wake up call. Take a deep breath and hold your head high. Refuse to be deceived any longer. You are behind the wheel of the car now. You are in control. Decide which way you want to go. Don't ignore the red flags of conventional medicine. You should have seen this deception a mile away. Of course, the media clouded your vision. You didn't see things clearly before. You let your doctor take responsibility for your health. You were programmed to endorse conventional medicine. You're aware of the land-mines now. Stay clear of them, and you will reach your destination in one piece.

# **Chapter 15**

## **THE DANGERS OF PHARMACEUTICAL DRUGS**

Lest you think this chapter is about doom and gloom, let's begin by reflecting upon the wonderful benefits of taking prescription drugs. They are a quick and easy fix. All you have to do is ask, and your doctor will prescribe whatever drugs you want. If you have insurance, you only pay the deductible, which isn't that much. When you take drugs, your symptoms go away. Instant relief! You can continue to live as you always have, without making any changes. You don't have to think about nutrition, exercise or mental hygiene. Come to think of it; drugs enable you to live in a state of ignorant bliss. Depending on the type of medication you take, you may have the privilege of turning into a zombie.

Have you ever been to a nursing home and seen these catatonic people who are all drugged up, with their eyes glazed over, staring straight ahead? Physically, they're alive, but mentally, they're somewhere else. That's what I mean by a zombie.

Are you a zombie? This can be fun for Halloween. If you have enough strength to answer the doorbell for Trick or Treat, the kids will be frightened out of their

wits! Your catatonic state isn't a kooky costume or makeup; it's the real thing! Wait a minute; you don't have any treats to hand out. Your bowl is empty. There is no money left for treats. You've spent all of your hard earned cash at the pharmacist, which literally means "poisoner."

Did you know that the word *pharmacy* comes from the Greek word *pharmacia*, which means sorcery or witchcraft? Well, you don't have treats, but you are living proof that pharmaceutical drugs work. If every day was Halloween, then you could enjoy it more. As you look in the mirror, you realize that your creepy appearance is no longer funny. Your skin is purple blue and covered with red bumps. Your hair is falling out. You are a living eye sore. What's next? Maybe a visit to the plastic surgeon is in order. Oh, that's right, there is no money left. Back to square one.

Seriously, is this the kind of "positive" results that you want from drugs?

## **What is a drug?**

A drug is anything you use to remove the effects of transgression without requiring obedience. If you are lazy, you can get a drug to fix what is wrong with you. There is a tremendous occurrence of homicide with the use of Prozac. We want to modify our behavior with

drugs. Every year 26 million people die from heart disease. If you have cancer, be glad that you didn't have a heart attack, because you have time. With a heart attack, the first symptom is sudden death. Ninety percent of all heart attacks are preventable with lifestyle changes. When we get upset and angry our stomach contracts so that we cannot digest our food, our intestines stop so we can't eliminate waste, and our adrenal glands produce all kinds of hormones. One minute of anger suppresses your immune system for six hours. One minute of laughter boosts your immune system for 24 hours. Our attitude makes a huge difference in our health. When you have sudden stress, you have the fight or flight response. This response is natural if we are in true danger and need to act quickly. However, people are living under constant stress and are in this state all the time which destroys your immune system. The fight or flight response causes an increase in blood pressure, increase in heart rate, an increase in the contractions of the heart and increase in mental activity. Your body ends up in debt because you have drawn on your reserves and you now need to rest and regenerate. When people are under chronic stress, their bodies never regenerate. Children laugh an average of 400 times a day; adults laugh maybe once a day. We are too burdened by life. It is the everyday events that drag us down. Worry is a major stressor. We

try to do too much. Sugar makes stress worse, and so does dehydration. Exercise increases your ability to handle stress. Sunlight decreases stress. Noise will cause a major increase in your stress level (such as young peoples' music). Ongoing stress is what causes diseases. Some signs of stress are confusion, forgetfulness, anxiety, panic, tension, frustration and depression. Anger can trigger high blood pressure and heart disease. The AMS says that heart disease is the number one cause of death in America. When people have artery bypass surgery, it is never a permanent solution. This is a quick fix, but you need to change your diet and lifestyle to keep it from happening again. In the hospital, they feed you the very food that will ensure your return. The doctor also gives you drugs that have horrible side effects. When a drug goes on the market, doctors will give them to their patients as tests. They have never really tested these drugs on people, yet still, they give them to you. There are cities where doctors can have a free lunch every day at nice restaurants because of the pharmaceutical companies. They offer them kickbacks. Nitroglycerin can cause many problems including heart pain. The complexity of the body is actually very simple to maintain. If you had to sit here and remember to breathe, some of you would forget and die. The body knows what to do. If you have chest pain and heart pain it is because the body is not getting the good

nutrients to build good new cells. You also need to exercise and drink lots of water and get sunlight. You need to remove all harmful chemicals from your diet. You also need fresh air. Proper rest at the proper time of the night is also vital. Trust nature. Nature is the way to health. A quick fix is not the answer. Your attitude makes a huge difference in your health. If you are unhappy, you will inevitably get sick. You need to have joy in your life. Happiness is momentary, but joy is lifelong.

### **Ten points you should consider before taking pharmaceutical drugs:**

1. Drugs mask symptoms rather than curing or eliminating the disease. Your symptoms may be a runny nose, earache, sore throat, diarrhea, vomiting, excessive perspiration, gas, fever, etc. These are symptoms rather than the cause of your problem. These symptoms are your body's way of cleansing itself of toxins. In other words, your body is attempting to eliminate the garbage from your body. This is a good thing because your body is attempting to heal itself. If you take drugs, you may stop these symptoms, but you will also stop the cleansing process of the body. The toxins have no place to go, so they remain in your body. If you have a high fever, remember that your body is attempting to kill

the virus inside you. It is rare that you need to stop a fever.

2. Drugs clog rather than cleanse. If you use drugs to stop symptoms, then you stop the cleansing process and clog the immune system. This should be obvious from reading the label of your prescription bottle. If it says, “side effects include dry mouth” that means it will dehydrate you. Dry mouth is an understatement. Your body is initiating a drought management system as it seeks to conserve water. Remember that water plays an important part in nearly every body function. If you don’t get enough water, then your cells become weak and vulnerable to disease. Your brain is made up of 85% water. If the brain is dehydrated, then you will feel confused, tired, dizzy, moody and irritable. Another common side effect is constipation. Obviously, not going to the bathroom is a sign that your body is clogged. Removing waste and toxins may be your body’s greatest challenge.
3. Drugs don’t cure disease. No drug will cure you; it will only relocate the disease and mask the symptoms. Self-healing takes place in your immune system. The only one who can cure your body is you. If you’re sick, it is caused by stress and a lack of energy.
4. Drugs are unnatural and are foreign to the body.

Drugs work by altering the body's natural biochemistry to suppress symptoms. Even with suppressed symptoms, the true cause of the problem may grow worse as the drugs compromise the body's natural healing mechanisms. By interfering with normal cell function, drugs cause a cellular malfunction which is the same as causing disease.

5. Drugs cause disease. When drugs cause disease, we have been trained not to call it disease. Instead, we use the deceptive term, "side effects." In 1984, the drug industry attempted to obtain a legal exemption from the liability laws that apply to virtually all manufacturers. Why? Because even the people who make the drugs know they are not safe.
6. All drugs have side effects. These may be worse than disease itself. Medication causes anxiety, depression, high blood pressure, constipation, dehydration, etc. Drugs create toxicity and severe nutritional deficiencies by depleting the body of essential nutrients. Antibiotics, anti-inflammatory meds and steroids all damage the human digestive system by impairing the ability of the body to digest food and absorb nutrients.
7. Drugs are addictive. Prescription drugs are harder to withdraw from than street drugs. If you take

prescription medication for an extended time, your body may also build up immunity, so that you need something stronger to get the same results.

8. Drugs create dependency. You need to go back to the doctor for follow-up visits. Then, you return to the pharmacist to have your prescription refilled. This is time-consuming, expensive and creates a dependency. You are dependent on doctors and drugs for healthcare. It is easy to let conventional medicine make your decisions, rather than thinking for yourself and taking care of your body.
9. Drugs are expensive. Even if you have insurance, the cost of prescriptions, doctor's visits, tests, and surgery can add up to hundreds or even thousands of dollars each year. Many older adults with limited income must choose between putting food on the table and paying for their prescription.
10. Drugs may be in your doctor's best interest, rather than your health. Your doctor may be prescribing drugs to receive a kickback or incentive from the pharmaceutical manufacturer. As you leave the doctor's office with a written prescription, he is rubbing his hands together with delight. Now he can take that all-expenses paid, Caribbean cruise the drug company promised him!

## **Is Drug Promotion Ethical?**

The drug industry has been able to influence our health care system heavily. Fifty-six thousand pharmacies and 700,000 outlets for drugs add up to a \$450 billion a year industry, which has the highest profitability margin of any business in the United States. In 2002, drug companies had the greatest return on revenues of any industry, reporting a profit of 18.5 cents for every \$1 of sales. That was eight times higher than the median for all Fortune 500 industries easily surpassing the next most profitable industry, which was commercial banking with a 13.5% return on revenue. The top 10 drug companies reported profits averaging about 30 percent of revenues—a stunning margin.

In 2004, drug companies spent over \$57.5 billion (more than \$15.75 million a day) to persuade customers to buy their products. One-third of all television commercials are advertisements for drugs. The average 18-year-old has been exposed to thousands of pharmaceutical advertising. Articles touting new wonder drugs are usually press kits sent out by drug companies. “Expert” physicians are normally paid company spokesmen. Many newscast segments about prescription drugs are nothing more than canned promotions called “video news releases” put together by the drug companies for promotional purposes. These segments

rarely warn consumers that the drugs are potent agents that can cause severe, even life-threatening, reactions.

Opponents of direct-to-consumer (DTC) advertising maintain that it is wrong to increase consumer demand for medicine with ads for newer, higher priced drugs. They argue that increased consumer demand leads to higher prescription drug use and contributes to the shift in higher priced medicines, both of which play key roles in the continuing increase in prescription drug spending. Opponents have also suggested that the ads cause patients to have unrealistic expectations.

How influential are those DTC ads? According to a survey conducted by the Kaiser Family Foundation, one in three adults have talked to a doctor, and one in eight has received a prescription, in response to seeing an ad for a prescription drug on TV or in magazines. Remember: \$1 spent on drug ads generates \$4 in drug sales.

Be aware that drug advertising is an attempt to persuade you to use drugs and stay on them the rest of your life. Let's face it; these drug companies aren't advertising to educate the public or to promote healthcare. They certainly aren't advertising because they want you to get better. They aren't interested in eliminating disease or preventing it. They have billions of dollars at stake. They want to create lifetime customers. It is obvious that pharmaceutical companies

are motivated by profit rather than patient welfare.

## **Eradication of Disease**

Sometimes we're led to believe that doctors and pharmaceutical companies want to eradicate disease. Isn't that why they're in business, to help people recover from disease? Wouldn't it be wonderful if a cure for cancer, diabetes, multiple sclerosis or other terminal diseases were found?

Of course, a cure would be wonderful for the victims involved. It's a different issue for the drug companies and doctors, who would suffer a major loss of revenue. Pharmaceutical medicine would lose billions of their investment dollars. They would be stuck with a surplus of drugs that the public no longer wants. The expense and loss would be devastating. Doctors and healthcare specialists would have empty waiting rooms, and there would be no need for their expensive diagnostic tests and advanced treatment. There would be no more demand for medical services or hospitalization. Doctors would be forced to close shop. A successful cure could wipe out the entire medical industry.

## **Who Really Educates Your Doctor?**

There are over 8,000 prescription drugs on the

market. For the majority of doctors, 70% of all prescription drugs were not around when they went to medical school. How do doctors educate themselves about new drugs and pharmaceutical alternatives? Do they stay abreast by reading medical journals and scientific literature? Or, do they get their information from pharmaceutical companies attempting to peddle their goods?

Evidently, drug companies have a greater influence on doctors than anything else. The pharmaceutical industry is more influential than scientific journals, medical associations or even their medical school education. “The education of American physicians about drugs...has relegated to drug companies by default,” charges Dr. Jerry Avon, a physician and associate professor at Harvard Medical School who has studied the influence of pharmaceutical marketing. “As a result, pharmacological solutions are thought of first, rather than non-pharmacological approaches that could be just as effective and safer.”

The U.S. market for prescription drugs is the world’s largest, valued at \$300 billion in 2009. Drugstores dispensed a total of 3.9 billion individual prescriptions in 2009.

Robert Mendelsohn, M.D., pediatrician, medical historian, author of *Confessions of a Medical Heretic*, and outspoken critic of current medical practices,

discusses the examples of Diethylstilbestrol (DES), which was known in advance to be highly toxic but was still widely prescribed to prevent miscarriages.

“DES was a substance that early on in the studies was shown to be capable of causing congenital malformations. The doctors knew about it, but they kept on giving it anyway. Diethylstilbestrol was given to six million women in this country between 1940 and 1980.” Eli Lilly was the first manufacturer then there were some manufacturers after Lilly. The control studies were completed at the University of Chicago in 1952. These studies showed that DES did not work, but it didn’t make any difference: they kept on using it. Now we have a generation of DES daughters with cancer of the vagina, DES sons with tumors of the testes. The women who took DES have an increased incidence of cancer eight times higher than normal.”

“I’m pretty sure that the individual doctors did not know that it didn’t work, but the company knew, and the leading researchers knew. That is why the lawsuits are coming up.

## **Advertising at the Doctor’s Office**

Have you ever noticed the abundance of advertising at the doctor’s office? As you sign in, you notice the

clipboard is decorated with drug logos. The pen you use has a drug name on it. As you plop down in a chair and wait for your name to be called, you notice the TV. It's playing advertisements for drugs and pharmaceutical products in a continuous loop. By the time you go in to see the doctor, you've watched the whole thing twice. As the receptionist shows you to the examining room, your vision is saturated with messages and images from drug manufacturers. The wall is covered with drug posters and glossy propaganda.

According to the Massachusetts Medical Society, ““these items would not be so readily produced if they were not an effective form of advertising.” Every \$1 spent on drug ads generates \$4 in drug sales.

## **Hermetical Incentives for Doctors**

Drug companies spend an average of \$61,000 per year on each medical doctor to persuade them to use their drugs. In addition to free samples, TIME magazine reported that:

- Wyeth-Ayerst Labs gives medical doctors 1,000 points on American Airline's frequent flyer programs for each patient they put on the hypertension drug Inderal LA.
- Roche pays medical doctors \$1,200 for every 20

patients for whom they prescribe Rocephin. Roche makes more than \$11,000 on 20 patients treated for only ten days.

- Ciba-Geigy offers free Caribbean vacations to doctors in return for their sitting in on a few lectures about Estraderm, an estrogen patch.

Drug companies also sponsor continuing medical education courses. Doctors who attended these classes altered their prescription habits to the products sold by the sponsoring company, according to a *Time* magazine article.

Advertising equals increased sales, more profits and healthier bottom line. However, the issue of a health industry driven by profit raises serious ethical questions. In 2004, Pfizer, the world's largest pharmaceutical company, pleaded guilty and agreed to pay \$430 million to resolve criminal and civil charges that it bribed thousands of doctors to prescribe its epilepsy drug, Neurontin, to patients with ailments that the drug was not federally approved to treat.

The company encouraged doctors to prescribe Neurontin for patients with bipolar disorder, even though a study had shown that the medicine was no better than a placebo in treating the disorder. Other disorders for which the company illegally promoted Neurontin included Lou Gehrig's disease, attention

deficit disorder, restless leg syndrome, and drug and alcohol withdrawal seizures. Although doctors are free to prescribe any federally approved drug for whatever use they choose, pharmaceutical companies are not allowed to promote drugs for non-approved purposes.

According to Michael Sullivan, a Boston attorney involved in the case, “Public interest can only be served when drug promotion is free of the insidious effects of kickbacks and related financial conflicts of interest which artificially inflate sales and prices.” In other words, tax-deductible dollars contribute to the rising prices of prescription drugs.

The Pharmaceutical Research and Manufacturers of America (PhRMA) pretended to discourage improper marketing ploys by issuing conflict-of-interest guidelines in April 2002. After announcing the guidelines with fanfare, they then paid the American Medical Association to “educate” their members on these guidelines. In other words, they gave doctors financial incentives to promote ethical guidelines that called for an end to financial incentives. It is obvious that Big Pharma is not serious about ending the practice of pharmaceutical incentives for doctors.

Congressman Pete Stark maintains that clever marketing ploys that influence physicians’ prescribing habits don’t save lives, but do much to increase drug

prices and corporate profits. He introduced the Prescription Drug Safety and Affordability Act. This bill would eliminate the tax deduction that pharmaceutical companies currently receive for the gifts they give to physicians.

## **Doctors Financial Ties to the Drug Industry**

The *New York Times* reported that nearly 9 out of 10 doctors involved in clinical trial protocols had financial ties to the pharmaceutical industry (such as research funding, travel or consulting fees or personal stock investment). Six out of 10 doctors had financial ties to companies whose drugs were either considered or recommended in the clinical trial guidelines they wrote.

Obviously, this situation constitutes a conflict of interest. Objectivity goes out the window and research becomes nothing more than propaganda to further selfish interests.

Beware when the media reports on research findings of pharmaceutical drugs. They may not be telling you the truth. We can't trust research that is tainted by physicians biased by ulterior motives. These types of studies are not reliable, valid or even scientific. What pharmaceutical companies present as documented evidence might be nothing more than a slick public relations ploy to influence your buying decisions.

## **Name Brand vs. Generic Drugs**

Has your pharmacist ever told you that your insurance plan would not cover a generic drug? You end up getting the name brand drug, which is more expensive. Pharmaceutical companies routinely make payments to insurance plans to increase the use of their products, to expand market share and to be added to the list of recommended drugs. Drug companies also reward doctors and pharmacists for switching patients from one brand of drug to another.

According to Eric J. Wexler, general counsel of the Great Lakes HMO plan in Michigan, sometimes pharmacy benefit managers send letters to doctors recommending that they shift Medicaid patients from generic drugs to brand-name medicines. He also adds that in many cases the brand-name drugs cost more and are less effective. He says that for each letter sent to a doctor, “the pharmacy benefit manager receives an administrative fee, and the pharmacy may get additional remuneration for converting patients from one drug to another.”

AdvancePCS, a pharmacy benefit manager, based in Irving, Tex., confirmed that it received payments from drug companies for letters sent to doctors and patients urging them to use particular drugs. AdvancePCS

justified the payments — typically a flat fee for each letter — as an educational service that could help control drug spending. It's also convenient to deduct these “educational services” from their taxes as legitimate business expenses. Critics would argue that this kickback is unethical and possibly illegal.

## **Doctors and the Pharmaceutical Companies**

Different doctors recommend different treatments, however; a 1991 article in the *British Medical Journal* revealed that less than 15% of all the treatments prescribed by doctors are based on solid scientific evidence. Hardly a month goes by where I do not receive a letter that states that a drug currently on the market is now getting taken off the market. Disturbingly, a month earlier this drug was considered a wonder drug. What usually happens is side effects that were not disclosed when the drug was approved start to show up in public, and physicians start to notice them and find them hazardous to the patient’s health. People can often die because of this fraudulent behavior. Reports of side effects should be filed immediately to protect users.

We would like to continue our normal unhealthy habits and have a doctor cure us with a pill. However, drugs will never cure what is wrong with you. Cancer is a deficiency

of health and a strong immune system, not of radiation and chemotherapy. If you want to be well again, then you must make yourself well. All of the steps you can take to cure yourself are completely free except for the food, but you have to buy that anyway. You do not have to be afraid of cancer anymore.

Conventional treatments for cancer are taught to our doctors, and they are methods such as radiation and chemotherapy. Your doctor wants you to get well; they do care. However, they just do not know how to cure you. All doctors are taught to do is to burn or cut out the cancer. These methods will never cure cancer. There are people who do survive cancer after these treatments, but it is in spite of the treatment not because of it. At first, the chemotherapy seems to work. The tumor does get smaller, this is true, but it will not cure it. Street drugs feel good at first, but eventually, you will pay a terrible price. It is the same with radiation and chemotherapy, and you often pay for it with your life.

Here is why conventional treatments never cure cancer. The only way that you can cure cancer or any other disease is to understand what causes it. If you can find the cause, you have the cure because the cure lies in reversing the cause of the disease. The doctors think that they do not know what the cause of cancer is, but they do. Why is this information not taught to people? The pharmaceutical companies want to sell drugs; they

do not want to fund natural ways of treating cancer. You cannot make money by telling someone that they need more sleep or need to drink more water. Sunlight, fresh air, water, and sleep are all free things. This is just one of many examples.

Pharmaceutical companies provide large, expensive research studies. They control much of what is taught to doctors about how to treat diseases. Companies see the cause of disease as *ideology*.

They used to list this in all the textbooks under every disease, but now it is almost completely removed. The medical textbooks do not even mention this because they admit that they do not know the cause of cancer and many other diseases. The treatment of cancer with radiation, chemotherapy or surgery really does not make any sense in the grand scheme of things. Cancer is not caused by deficiencies of any of these things and both chemotherapy and radiation cause cancer. Some people get very angry when they hear this.

If the doctors do not prescribe these kinds of treatments to you, they could lose their license to practice medicine, because this is what they have been taught to do for you. In California, it is against the law for a doctor to treat you with anything other than chemotherapy, radiation or surgery. I was handed a booklet by one of my doctors that said that a doctor

could refuse to treat a cancer patient if they refused to take radiation, chemotherapy or surgery.

Science can be greedy. Pharmaceutical companies court doctors like men would court a beautiful woman. They buy them gifts and send them on trips. They offer them stock in the companies and give them benefits. *Time magazine* had 13 full-page advertisements in their magazine for pharmaceutical drugs in just one issue.

Science can be very dangerous. Doctors are becoming agents of death. In the United States, medical doctors are 9,000 times more likely to cause an accidental death than guns. There are a lot of people trying to ban guns, but no one is trying to ban doctors! New information has revealed that the new laser surgery that is being done all over the U.S. is ruining peoples' eyes. Patients are rarely warned of the damages.

Science can be naive. They only look at one variable at a time, for example, for the cause of cancer they look at vitamin deficiencies. They then make two research groups and give them pills that look the same. One has the vitamin, and the other has nothing. Here is the flaw, because cancer is not only because of vitamin deficiencies, there is so much more. You need to correct each of the problems, not just one. Someone might have cancer because of the stress in his life. Cancer is unique to every person. The research will

never give you any conclusion or answers. This kind of research can be useless and is expensive, and they never come up with any answers. This is why they never heal.

True science is always simple and easy to understand. Cancer is cancer, and it all results from the immune system not working properly. All someone with cancer needs to do is rebuild the immune system properly. The way we eat and the way we live is what develops cancer. We must treat our bodies like we would treat a garden. We must give it ample amounts of water, sunlight, nourishment, fresh air and an environment free of stress. If any of these factors are off, we need to fix them.

Medical professionals are often under the control of these pharmaceutical companies. For example, a cancer center in New York that is one of the most influential cancer centers in the world is controlled and managed by a board of trustees, who are more often than not linked to various pharmaceutical companies. Frequently, they are executives of corporations that have the greatest interest in the cancer industry and the treatment of cancer patients. The major players that control the cancer industry, including the control of the information that you and your physician are allowed to know are the following: The Cancer Center in New York, the American Cancer Society, the National Cancer

Institute and the FDA.

In the 1880's the wealthy Ashter family who made their money from fur trading and tenant, properties provided the initial funding for the New York Cancer Hospital which later became the Memorial Sloan Cancer Center. With their large contributions, they demanded control. They dictated who would occupy the leading positions of the board of directors and who would be the medical director of the hospital. In the 1920s, the Rockefellers who controlled Standard Oil of New Jersey signed an extensive agreement with a German pharmaceutical company called IG Fargan. After this partnership was established, the standard oil Rockefeller Empire suddenly developed a great interest in the worldwide pharmaceutical industry. The Rockefellers then began their systematic contributions to Memorial Hospitals, and in a few years, a vice president of Standard Oil was invited to join the Memorial Hospitals Board of Managers. He was made the chairman of the newly organized research committee. When World War II began, Cornelius Rose, who was involved in the beginning research of chemotherapy, became Chief of Research for the Chemical Warfare Service of the United States Military. His official purpose was to carry out studies on the effects of poisonous gas. These studies were also being done on cancer patients under cover of military secrecy.

Nitrogen mustard and chemical warfare, killing agents and the grandfather of chemotherapy, is still used on cancer patients today. They use names like alcalan or lucoran. Nitrogen mustard is used to kill people, and it frequently does this job very well when given to cancer patients.

In the 1960's the leaders of hospitals were individuals who could lose or gain a great deal of money depending on how cancer was treated. Individuals like Lawrence Rockefeller and Ben Schmit of Worthington Biochemical Company who was chairmen of the board of directors. By 1988, over a third of the entire board of directors had ties to the medical industry whose corporations produce a wide range of known or suspected carcinogens. For example, Exxon is one of the world's largest producers of benzene, a major cancer causing substance. General Motors is responsible for about 1/3 of the nation's air pollution. These are only the direct cooperate links. If you look at the other boards, you will find asbestos manufacturers, allied chemical companies and other producers of life-threatening chemicals. How ironic is it that those who are making millions by mass producing cancer-causing substances are now making money on the other end, first by controlling the types of cancer treatment allowed and then by producing the treatments of cancer. These directors use the same philosophy at the

hospital that they use in their business and financial activities. They want to make money. The result of this is that research is directed away from prevention, away from natural, inexpensive remedies and toward more profitable treatments.

Why don't we hear this information through the media? Let's look at the media ties on the board of directors for the cancer centers. In 1988, two board members were directors of the New York Times Corporation; two members were executives at Readers Digest, one member was president of Warner Communication and one was director of CBS. When a story of a promising alternative treatment for cancer was dropped from United Press International, and Associated Press, the two news wire services, investigative journalists asked why? They were told that "all cancer stories had to be cleared through the science editing department of the Associated Press in New York." So, the story did not run. All the stories had to run through the board of directors who control everything; even all the treatments have to be approved. If you think that was an isolated incident, here are a few more illustrations documenting how the media is controlled. John Swenson was one of America's best-loved newspapermen and former chief-of-staff for the *New York Times*. He was called the dean of his profession by his peers. In 1953, he was asked to give a toast before

the New York Press Club. After listening to numerous hypocritical toasts to our American free press, John spoke candidly to his colleagues. This is what he said:

“There is no such thing to this date in the world’s history in America as an independent press, you know it, and I know it. If I allowed my honest opinions to appear in even one issue of my paper before 24 hours my occupation would be gone. The business of the journalist is to destroy the truth, to lie outright, to pervert, to vilify and to sell his country and his race for his daily bread. You know it, and I know it and what folly is this toasting an independent press. We are tools for the rich man behind the scene. We are the jumping jacks, they pull strings, and we dance. Our talent, possibilities and our lives are all the property of other men. We are intellectual prostitutes.”

Richard Scenic, former president of CBS News, stated, “Our job is to give people not what they want, but what we decide they ought to have.” People know that there is a media monopoly in the hands of a few families and global corporations. Cancer is big business, and they are sacrificing your life in the process.

How about the American Cancer Society? This is one

of the nation's largest volunteer health organizations. It collects over \$700 million a year, yet not a single breakthrough has resulted from this colossal collection of money. Obviously, the American Cancer Society benefits from the intense concern from the public about cancer. Even though cardiovascular disease is responsible for twice as many deaths as cancer the American Heart Association receives far less in donations and research funds than the cancer establishment. Why, because the American Cancer Society does a splendid job of keeping the public very conscious of cancer. Hardly a day goes by without a newspaper article on cancer. The deaths from cancer of Hubert Humphrey, Yule Brenner, John Wayne, Jacqueline Kennedy and other celebrities become a national drama which the public follows with fascination.

The American Cancer Society was originally founded as The New York Harvard Club in 1913 by none other than John Rockefeller Jr. and his friend. Rockefeller even provided the funds for this founding. From the start, the society's role was to be a shaper of public opinion. The main goal was to urge the general public to consult their general physicians at their very first suspicion of cancer. In the early 1940s, a group of very wealthy individuals began to plan a reorganization of the American Cancer Society. Key figures among the new leaders were Elmer Boast, president of Hoffman La Roche Drug Company

and Albert Lasker a prominent advertising man whose greatest advertising triumph was for the American tobacco companies. His slogan “reach for a Lucky instead of a sweet” convinced thousands of women to start smoking in the 1930s and 1940s. (again follow the money). Lasker first made money by encouraging women to smoke and then made, even more, money through the American Cancer Society by directing fundraising supposedly for research and treatment of the very cancers his advertising encouraged. Boast, and Lasker introduced the most advanced Madison Avenue techniques in the cancer fundraising and dollars flooded into the society. In 1978, journalist Barry Chelka investigated the American Cancer Society and found that this nonprofit agency was hoarding and investing many millions of dollars contributed by the public to fight cancer. While at the same time, they were claiming that vital research was not being done because of a lack of funds. Of the money that the American Cancer Society spends to supposedly fight cancer, 61% goes to staff salaries, executive travel, office supplies, and other expenses. Less than 5% is allocated to assisting patients.

The American Cancer Society is not interested in a cure; it would go out of business. The following incident illustrates this point. In 1952, a county chapter of the IOWA Cancer Society ran a full page add in the local paper asking for the American Cancer Society parent

organization to investigate claims of four new possible cancer cures. The chapter was promptly expelled from the American Cancer Society. The chairman of the expelled chapter was astonished and said that they did not understand the crime that they had committed; they just wanted to help conquer cancer. Has the American Cancer Society another motive? The underlying motive is revealed in an article that appeared in *Harper's* magazine stating: "The American Cancer Society was designated by charter as an emergency organization that must disband the day a cure is found." Why would the American Cancer Society ever admit that a cancer cure exists? They would have to disband and give up the \$400 million a year.

The National Cancer Institute is a government research agency that has the primary responsibility of funding the so-called war on cancer. It hands out billions of your tax dollars in research funds in support of science at various institutions. Both the American Cancer Society and the New York Hospital guide the direction of these funds and studies. In 1971, the National Cancer Act was passed, which began the war on cancer. Before that, in the late 1960s, Congress established a national panel of consultants to study the conquest of cancer. It was this committee that ultimately recommended the war on cancer to Congress. Of the 26 panel members who proposed the

war on cancer ten were officers of the American Cancer Society and several others were from chemical and pharmaceutical companies.

This is the way that the National Cancer Institute works: A researcher applies for research funds, this grant request must be approved by a wide variety of scientist, bureaucrats, and businessmen. These many individuals must approve it. Almost by definition, such an application must be well within the bounds of conventional science. These constraints make it almost impossible for radically new ideas to be approved by the National Cancer Institute. That is why the National Cancer Institute will never fund the investigation of natural treatments for cancer or any other disease. The recently formed branch of alternative medicine at the NCI has been nothing but a sham to appease Congress and especially to appease the public. Furthermore, the public pays for chemotherapy drugs to be developed with their tax money. Then the public pays again, this time at monopoly prices, to purchase these same drugs from private companies who patent them for their own gain. They charge you an astronomical price for something that your tax dollars already paid to develop. The Federal Drug Administration is a government agency staffed by civil servants and political appointees. Theoretically, its role is to prevent harmful or useless methods of treating cancer from entering the

marketplace. They strongly endorse radiation and chemotherapy, both of which are extremely harmful treatments. In 1974, eleven FDA scientists testified in a Senate hearing that their own agency was a pawn that pharmaceutical industries were trying to control. They testify that they were harassed by agency officials whenever they recommended against the approval of marketing some new drug. In 1976, the *New England Journal of Medicine* commented on this state of affairs at the FDA saying, “There was open drunkenness by several employees that went on for months, there was intimidation internally by people, division directors and their staff would engage in the kind of behavior that invited insubordination. I am describing physicians, people who would slouch in their chair and moan and groan. I have never seen this kind of behavior in any other institution, and I am a grown man. One author said that this behavior seems more characteristic of an insane asylum than that of a top government agency. These are the people that ridicule natural healing methods as quackery.

Also, there is a revolving door between pharmaceutical companies and the FDA. Certain FDA members push hard to get a certain drug approved and then, surprise, they suddenly quit their job at the FDA and go to work for that very drug company. Everyone just pretends that this is all legal. The American Cancer

Society, the National Cancer Institute, and the FDA are all in bed together. They are working for themselves, not for you.

Now let's discuss cure rates. Your doctor may give you statistics on rates of cure with different types of therapies. What does your doctor mean by cure? For years, the ACS maintained a peculiar definition of a cancer cure as a five-year survival after diagnosis. In 1979, a *New York Times* reporter asked for a definition of the word cure, and an embarrassed ACS spokesperson admitted: "I have never gone to a dictionary to look up the definition of cure; we really don't know what we mean by cure." Doctors rarely use the term cure when they talk with one another because they know that the conventional methods of treatment really do not cure cancer. In recent years, however, the ACS definition of cure has become even hazier. Among the two million cured cancer victims in the United States, the ACS admitted that they had included people who still had evidence of cancer. This means that a man, who has cancer, is treated and then later shows more signs, but is still listed as being cured. It does not make any sense.

You will hear much from your doctor about the impressive statistics of survival after treatment of cancer. Let's look at how those figures are derived. In his book *The Cancer Industry*, author Ralph Moss

magnificently details the fraud and deceit of the statistics associated with cancer. Here is an illustration: Dr. Hardon Jones, the professor of medical physics at University of California Berkley and an expert on statistics, aging and the effects of drugs on Aging said, “The notion that patients treated with conventional therapies live longer than those who are untreated is biased by the methods of defining the groups. If a person in the untreated category of a study dies at any time during the study, this is recorded as a failure of the no treatment approach. However, if someone in the treated group dies before the treatment is completed their records disappear completely. To the researchers, they are not considered treated because they died before they had the chance to complete the treatment.”

So a person who dies on day 89 of a prescribed 90-day course of chemotherapy would just disappear from the list of treated patients and would not be listed as a failure. If this bias effect is taken out, then studies would show a remarkably similar death rate whether treated or untreated according to Dr. Jones.

Also, there is no proof that early detection effects survival. New techniques can detect cancer about six months earlier. What does this do? It converts a six-month survival rate to a five-year survival rate, which is what they then call a cure. Nothing has changed on the

survival graph except for the beginning point from which they chose to measure. Naturally, the earlier the detection, the longer the survival from that point and the more time they have to give you expensive, painful treatment. However, the real survival rate is not affected at all. It is also obvious that conventional treatments have not been able to stop the rise in cancer mortality. There has been a steady rise in the cancer death rate in the U.S. in this and the previous century. In the 1900s, cancer caused one in 27 deaths. In the 1920s it rose to one in 16 deaths; one in 12 in the 1930s; one in nine in the 1940s, one in seven in the 1950s, one in six in the 1960s and the death rate continues to climb. It may appear that we are living longer and that cancer is a disease of the old and middle-aged, but this is not the only reason for the increase. These figures are already age-adjusted and have already taken into consideration the shifts in population. In the 1980s, the standard figures for cancer cures—five-year survival—was around 33%. Then, suddenly, the ACS was proclaiming that 49% would still be alive five years after diagnosis. At first glance, this seems like a remarkable improvement. How did this happen? The cancer industry had developed a new standard to announce to the public. This was called a variant on the five year survival statistic which they named the “relative survival rate.” According to cancer officials, relative survival rate

is considered a more accurate yardstick for measuring cancer progress. It takes into account the expected mortality figures. This means that if a person had not died of cancer, they might have been run over by a truck and that must be factored into the equation. With the use of this fraudulent yardstick they now say that 49% of the cancer patients will be alive five years after cancer treatment. This is the basis for the 50% cure rate. That is called lying with statistics.

Another serious flaw in the NCI number was that it chose to use only the figures for white people. Statistics show that the cancer rate and the death rate are higher for blacks than they are for whites. So, the NCI chose to present the figures for whites as the norm. These claims of great progress were exposed as a fraud when an article appeared in the *New England Journal of Medicine* reveals that these

figures did not include the death rates for black people or lung cancer patients. They excluded these numbers because they were higher. There are books available that provide these fraudulent statistics, but you probably will not find any in your local bookstores. The book, *Betrayers of the Truth*, shows how science really works and how they distort statistics. The government and the medical profession suppress the natural ways of treatment.

The FDA and the pharmaceutical advertisement

council, known as PAC, which represents some 35 major drug companies have formed an organization called the National Council Against Health Fraud. Reportedly they are paying large sums of money to doctors and public health specialists to discredit all nontraditional therapy, particularly those that are proven to have the most promise and present the greatest threat to the pharmaceutical companies. The FDA regularly approves dangerous often lethal drugs. When one of these wonder drugs fails or causes serious injury or death in either one person or thousands of people, no one in the pharmaceutical profession or medical profession is held accountable. At most, the drug is quietly removed from the market. Chemotherapy and radiation, both of which cause cancer and both of which have been responsible for hundreds of thousands if not millions of deaths, are the only therapies that the government endorses and approves. These therapies, reportedly introduced as new approaches, promise that in the near future we will have a cure for cancer. Yet, the so-called alternative therapies are consistently accused of offering false hope. On the contrary, the government has proven to provide the largest amount of false hope the country has ever known.

When the statistics are eliminated, the long-term survival rate of cancer patients using conventional therapies remains abysmal at about 3%. This statement

was noted in the prestigious medical journal *Lancet* in 1996. The cost of care for these millions of Americans with cancer is estimated to be between \$4 and \$7 trillion over the last 20 years. That is a frightening amount of money flowing into the hands of the medical and pharmaceutical industries. Is it any wonder that they will not admit that natural methods can cure cancer? Dr. Benjamin Wrech, a signer of the Declaration of Independence, had great insight 200 years ago. He said:

“Unless we put medical freedom into the Constitution the time will come when medicine will organize into an undercover dictatorship. To restrict the art of healing to one class of men and deny equal privileges to others will constitute the Castile of medical science. All such laws are un-American. They are fragments of monarchy and have no place in a republic. The Constitution of this Republic should make provisions for medical freedom as well as religious freedom.”

Dr. Wrech was correct. Every day that passes that our medical freedom is still in the hands of doctors just out for money is just another day closer to when conventional medicine will only be available to the rich and famous. Our Constitution should have set some guidelines for this corrupt behavior.

## **The Cost of Prescription Drugs**

The United States has the most extensive health care system in the world. Americans pay more for health care than citizens of any other country. In 2009, we spent more than \$2.25 trillion, an average of \$7,290 for every man, woman, and child. Yet, the United States ranks as one of the least healthy nations in the developed world. Our infant mortality rate is worse than 20 other nations. People live longer on average in 25 other countries. We are in the top five for incidents of cancer, heart disease, diabetes and autoimmune disorders.

What has gone wrong? Why are U.S. health care costs rising faster than any other country even as our overall health declines? It is important to note that the United States has the best emergency health care system in the world. Medical doctors are very successful at saving lives. But these types of trauma cases represent a very small percentage of all health problems.

The majority of health problems are treated with drugs, which is a major cause of our health care crisis.

- There are currently 25,000 prescriptions and 200,000 over the counter drugs on the market.

- 3.05 billion Prescriptions are written each year.
- The average family has 29 different drugs in their medicine cabinet.
- Americans consume 68% of all the drugs in the world at a rate of 25 million pills each hour, 24-hours-a-day.

Drugs are foreign to the body. Drugs work by altering the body's natural biochemistry in order to suppress symptoms. Even with suppressed symptoms, the true cause of the problem may grow worse with the body's natural healing mechanism compromised. In fact, by interfering with normal cell function, drugs cause a cellular malfunction which is the same as causing disease.

In addition to toxicity, drugs also cause severe nutritional deficiencies by depleting the body of essential nutrients. Antibiotics, anti-inflammatory, and steroids all damage the human digestive system by impairing the ability of the body to digest food and absorb nutrients.

Healing only occurs from within the body, never from the outside. Symptoms such as coughing, sneezing, fever, vomiting, diarrhea, and pain are methods that the body uses to eliminate germs and other foreign materials. When drugs are given for relief,

the body's natural healing process is interrupted, and this can cause even more health problems.

"Symptoms represent the body's best efforts to heal itself. By treating symptoms, you are suppressing the body's natural response and inhibiting the healing process. Instead of treating symptoms, doctors should stimulate the body's defense to allow for completion of the healing process.

## **Side Effects of Prescription Drugs**

The drugs that your doctor prescribes to you can cause major problems. Anti-inflammatory drugs can cause depression, confusion, paranoia and can have toxic effects on your kidneys. Even antibiotics have lots of side effects. Antibiotics do not even cure the disease, and they clear out the good bacteria in your colon. These bacteria are needed for your body to digest food. When you take a drug, you may relieve the symptom of the disease, but will never cure it. They only change the form or location of the disease. Your immune system is the only system that can cure you of your illness. When you put drugs into your body, it has an adverse effect on your body. What you need to do is learn to eat right and eliminate the medications in our bodies. The most important thing to remember is to discontinue the use of prescription drugs gradually.

Here are some of the admitted side effects of Prozac given by the pharmaceutical company. Prozac is prescribed to patients who are suffering from depression and anxiety. However, the number one side effect is anxiety. Other side effects include nausea, nervousness, tremors, dizziness, anorexia, insomnia, sweating, hemorrhage, and high blood pressure, loss of strength, cardiac arrest, heart failure, amnesia, paranoia, delusions, and coma. These are just for Prozac, think of all the other medications. In 1992, it was found that women who use antidepressant drugs are 17 times more likely to have a heart attack. The definition of a drug by a true follower of the word is this--a drug is anything you use to remove the effects of transgression without requiring obedience.

Aside from the firmly entrenched bureaucracy and pharmaceutical manipulation, there are plenty of other problems with prescription drugs. Accidental death from prescription drugs, even when they are correctly given, is now the fourth leading cause of death. Before you take another prescription pill, think carefully. Just because your doctor prescribed it, is no guarantee you will benefit from it or even emerge unscathed from experience. Your prescription medicine could be hazardous to your health and life.

Adverse reactions to prescription drugs are a major cause of death in the U.S. An estimated 106,000 hospital patients die each year from the adverse

reaction, making adverse drug reactions the fourth most frequent cause of death.

A 2000 study in the Archives of Internal Medicine stated that drug-related morbidity and mortality costs were \$136 billion a year more than the cost of cardiovascular disease, the leading cause of death in the United States.

According to the National Council on Patient Information and Education, over 50% of all prescriptions are used incorrectly. Misuse or noncompliance is a major health problem in the United States, resulting in 218,000 deaths and the hospitalization of 1 million individuals annually. The total cost to the economy is approximately \$177 billion annually.

Not all adverse reactions to new drugs can be anticipated or avoided under the present system, according to medical experts. “It is simply not possible to identify all the adverse effects of drugs before they are marketed,” according to a study in the *New England Journal of Medicine*. In fact, “Overall, 51% of approved drugs have serious side effects not detected before approval.”

Side effects from new drugs cannot be anticipated for two main reasons: (1) Individuals vary greatly in their reactions to chemical substances; and (2) drugs are tested where side effects may not appear in such a

small group but may become painfully obvious when millions of people start taking the drug.

Americans consume over 15 tons of aspirin a day or 34 billion aspirin tablets per year. Non-Steroidal Anti-Inflammatory Drugs (NSAIDS) which include drugs like aspirin, ibuprofen, and acetaminophen, are thought to be harmless drugs, but in an average year they will cause:

- 200,000 cases of gastrointestinal bleeding
- Between 107,000 and 120,000 deaths.
- Kidney malfunction (NSAIDS causes fluid retention, high blood pressure, and reduced kidney function)
- Stomach ulcers, toxicity, headaches and Reye's syndrome in children

The elderly are especially likely to be medicated. Their average prescription rate is 13 per patient per year. Elderly Americans spend over \$3 billion a year on prescription medications. Adverse drug reactions especially trouble the elderly because they are more likely to have multiple underlying health problems. They also tend to have a weakened liver and kidneys, which break down and eliminate medications.

Public Citizen's Health Research Group reports the following prescription drug-induced conditions per year for people over the age of 60:

- A million adverse reactions to prescription drugs.

- 243,000 hospitalized due to prescription drugs.
- 163,000 mentally impaired due to prescription drugs.
- 2 million addicted to prescription drugs.

## **Anti-Estrogen Drugs and Phytoxin**

Many people do not realize that anti-estrogen drugs are also a form of chemotherapy. The anti-estrogen drug that doctors do not classify as chemotherapy is Arimidex. This causes numbness, chest pain, vomiting, high blood pressure, anxiety and blood clots. Tramostapin is prescribed to people who simply have a history of breast cancer. They do not currently have it, so why continue poisoning their bodies? This can cause uterus cancer, increased tumors, blood clots and vision problems.

Phytoxin is one of the oldest drugs used for chemotherapy. We first used this drug to kill our enemies in World War II. When the war was over, there was leftover phytotoxin so they decided they would try to use it to kill cancer. However, chemotherapy causes cancer. Chemotherapy causes bleeding around the heart and in the urinary tract. It also causes hair loss. The warnings for phytotoxin say that deaths could occur and that allergic reactions are fatal. Phytoxin is a deadly drug.

## **Think twice about taking prescription drugs**

Young or old, we should all think twice about taking prescription or over-the-counter medication. It is not proven that drugs can cure illness. However, they do suppress symptoms. Most drugs will never address the cause of illness. The side effects can also be hazardous to your health.

Illness is a sign of imbalance. You may suffer from nutritional imbalance, emotional imbalance, stress overload, dehydration, acidity, or lack of oxygen. Detoxification will balance your tires and get you back on the road to wellness. Are you sitting behind the wheel? Is your vehicle energized, loaded with fuel and ready to go? Then drive as if your life depended on it.

### **A Special Note to Parents**

Don't listen to the idiot teachers and social workers when they say your child needs to be evaluated and tested for ADHD. The commonly prescribed drug Ritalin is basically just 8 hour time release cocaine and Adderall is 12 hour time release cocaine. (there are others but it's all the same)

Here are the questions that the ADHD drug pushers NEVER ASK to the school or the parents:

Is this child drinking 8 glasses of water per day to flush toxins out of their system?

Is this child getting the correct amount of good restful sleep every single night? (tweens and teenagers need to sleep a total 10 to 12 hours per day)

Is this child under more stress than they can handle?

Is this child eating a diet of clean, healthy, non-toxic foods? (or energy drinks, junk food, fast food and sugar)

Is this child able to pursue interests and activities on a daily basis that they are passionate about?

Is this child getting enough physical exercise through sports or other activities?

They will only ask questions to find YOUR weakness such as:

Is it stressful to YOU when the teacher complains about your child's behavior?

Is it difficult to manage YOUR day when your child's behavior is not convenient?

Is your child's behavior causing other problems in YOUR life?

And then finally the BIG question for the parents:

Wouldn't it be nice if a couple of pills per day could solve all of YOUR problems and make parenting much easier?

The parents answer YES and the child is instantly on drugs and learning to rely only on drugs to solve their problems for the rest of their lives.

If you are a parent concerned about ADHD go right now to The Feingold Association website at [www.Feingold.org](http://www.Feingold.org)

This is a wonderful group with many decades of experience. They help the parents and children solve ADHD problems by changing the child's diet – their success rate is 90% - and your child's life is worth the extra effort.

# **Chapter 16**

## **FACTS THAT MAY MAKE YOU THINK**

### **General Information**

The American Medical Association concluded in a recent study that the suicide rate for the USA's 730,809 physicians is at least double—and maybe triple—the national suicide rate of 12.7 per 100,000 people.

"Suicide rates for dentists and psychiatrists are even higher," reports medical anthropologist John-Henry Pfifferling, co-director of the Center for the Well-Being of Health Professionals in Durham, North Carolina. Pfifferling estimates that as many as 15% of the nation's doctors may suffer from alcohol or drug abuse, which often impairs their practice. Part of the problem, he says, is that health professionals—and physicians especially—face tremendous stresses trying to "maintain a façade of superiority."

Chicago Tribune—July 17, 1987, Reports Say Diagnostic Errors Can Be Fatal. An article citing an autopsy study involving 32 hospitals around the country states that one out of ten hospital deaths may be misdiagnosed diseases that could have been treated. The author of the article concludes that in some small hospitals, the rate of unnecessary deaths from erroneous diagnoses may be more than one in five.

The report states the autopsies, which are conducted to discover the cause of death and the nature of the disease, showed that overall there was a major discrepancy between the diagnoses before death and the autopsy findings afterward in 34% of the cases.

Dr. Robert Anderson, a member of the study team and chief of pathology at the University of New Mexico Medical School, calls these “serious discrepancies.”

“Even more significant is that more than 10 percent of all autopsies showed that a better diagnosis might have resulted in a better outcome,” he said in a telephone interview. “If the correct diagnosis had been made before death and the appropriate treatment instituted, the patient would be alive.”

The study also shows that the most commonly misdiagnosed disorder was blood clots in the lungs, followed by infections and bleeding. Typical examples include diagnosing diverticulitis, a treatable bowel infection, as an inoperable tumor or misdiagnosing a lung blood clot as a heart attack.

Dr. George Lundberg, the Journal editor, said: “The findings point out a serious crisis in quality assurance in medicine caused by a dramatic decline in autopsies, which has fallen below 5 percent in some hospitals.”

Dr. Lundberg continues, “I’m very concerned about the quality of care at any hospital with a very low autopsy rate,” he said, “Less than 20 percent is low and

less than 5 percent is abysmally low.”

“They are missing diagnoses often, and they don’t even seem to care. How can they possibly be interested in quality when they aren’t assessing the quality of care given to the people who die—their sickest people?”

The study findings, which include 2,067 autopsies, showed that small community hospitals, which tend to perform the fewest autopsies, had the highest rates of diagnostic errors, while university hospitals, which do the most autopsies, had the lowest error rate.

You see that there are a lot of ways to manipulate statistics.

Anderson said that among two small hospitals in the study that had fewer than 249 beds, there were 71 major diagnostic errors, which meant that as many as 24 percent of the people who died in those hospitals might have had their lives prolonged with a proper diagnosis and subsequent treatment.

Anderson further states that, on the other hand, among five large university hospitals 23% of the cases were misdiagnosed, which means that only 8% of the deaths may have been unnecessary.

“The findings are saying that medicine is an inexact science and that we physicians tend to forget that,” he said.

Autopsies have traditionally served as the last word in determining the cause of death, and the chief means

of allowing doctors to learn from their mistakes. Anderson maintains that the medical profession has turned away from autopsies in the last two decades. And we all can see why.

"This is an issue that is a societal concern, not just a medical concern," Anderson said. "We spend billions of dollars on trying to keep accurate records on what kinds of illnesses people have and why they die. Obviously, if you don't know these records, that's not very good."

Anderson is convinced that one of the prime reasons for the near demise of the autopsy is modern medical technology. Many doctors see such things as CAT scanners and magnetic resonance imaging as a replacement for the diagnostic accuracy of autopsies, but they only exchange one type of error for another.

The AMA's Council on Scientific Affairs came to the same conclusion, and is saying: "With the introduction of new technology, the types of errors in diagnosis have shifted, but mistakes continue, practically in complex cases."

Anderson says further that one could also conclude that the other reasons for the decline of the autopsy are costs, de-emphasis in medical school and fear of malpractice suits. Many experts also place a significant share of the blame on the Joint Commission on Accreditation of Hospitals that dropped its recommendation that all hospitals perform a minimum

of 20 to 25 % autopsies in 1970.

Common sense tells us that there is no way a physician can be right 100 percent of the time. We need the information on disease and the cause of death, and at the moment we are burying much of that information underground.

The Tribune article also stated that in Chicago, autopsies plummeted from a high of 51 percent of all hospital deaths in 1965 to 17 percent last year. The figures are similar for the country. Of 83 hospitals in the Chicago area, 57 of them had an autopsy rate of less than 20 percent in recent years. Of these, 37 had autopsy rates below 10 percent, and eight were under 5 percent.

“The hospitals that need to be worried about it the most are the ones that have an autopsy rate under 5% and maybe the ones under 10%,” Lundberg said. “It has to make one worry about how much they care about what kind of job they are doing.”

Rightfully fearing that autopsies have been abandoned as a quality control measure, the AMA’s policy-making House of Delegates last December called for new programs to promote an increase in the use of autopsies and it endorsed the efforts of the Institute of Medicine to establish a national autopsy policy.

## **Joint Problems and Our Immune Systems**

Joint and tissue issues are a huge problem in Americans. Doctors will tell you that you are having problems because your immune system is too strong. This is not possible; you cannot be too healthy. When your immune system is working properly, you will not have medical problems or get diseases. Diseases are from nutritional deficiencies. Doctors treat joint and tissue problems with cortisone. However, cortisone causes ulcers, bone problems, mental disturbances, degeneration of the nerves, acne, facial hair growth in women, diabetes, metabolism difficulties along with a tremendous appetite. Cortisone can also lead to cancer. For arthritis, a doctor will often put a patient on a high dosage of aspirin. However, aspirin can cause ulcers and bleeding in your intestines. These are side effects that could ultimately kill you. It is possible to cure yourself with the proper nutrition. Eat lots of healthy raw foods and exercise, and you will see that your condition will improve drastically.

## **Genetics and Cancer**

The medical profession continues to look solely in one place to find the root of cancer. They look at genetics, but cancer is not genetic. This can be proven very easily. Since the early 1900s, the incidents of breast cancer have continued to rise dramatically. All the experts and national medical associations agree. In the

early 1900s, it was older women (grandmothers) who got breast cancer. Now, the young women (grandchildren) get breast cancer. Grandmothers back then had a very low incidence of breast cancer compared to the young granddaughters of today. This means it is not possible for it to be genetic. If it were genetic, then there would be a high incidence of cancer in the grandmothers who then pass it down, but this is not the case. It is the reverse. Look at the women in Japan, they eat a lot of rice and fish, and the breast cancer rate is very low. Take those same women, bring them to America and feed them what we eat. You will see that their rate of cancer will increase to the same rate as the American women. Even the women in Japan who do not eat well are developing cancer. We see the same patterns with diabetes, autoimmune disease, and many other diseases. They are not genetic; it is our lifestyle.

You may say you inherited your illness. However, the truth is that only about 1% of diseases are inherited. The fact that all women in your family had or have breast cancer does not necessarily mean that you will have breast cancer. However, with this in mind, you should change the way in which you eat and handle stress. This is how it is passed down. Unless you address the underlying cause, which in most cases is a lifestyle, you will not solve the problem.

## **Sunlight and Cancer**

If you are not eating enough good nutritious food, you will lose your barriers from the sun. At Bayer University they did a study with two groups of experimental animals. They gave a standard American diet, with too much fat, protein, and sugar to one group. They gave the other group a highly nutritious diet. They then exposed both of them to the ultraviolet rays of the sun. In the group with the standard American diet, 25% tested positive for skin cancer. In the other group, not one of them was positive.

Sunlight lowers blood pressure and cholesterol. It turns your cholesterol into vitamin D in your skin. It enhances the immune system and kills bacteria. Sunlight also causes your nervous system to calm down. This is why you fall asleep in the sun. It increases oxygen in the blood and decreases your heart rate and your stress level. Doctors are telling their patients to stay out of the sun.

Can you grow a garden without sunlight? No. You cannot grow a healthy human without sunlight either. Just think of the things that a plant needs. A plant needs proper nutrition, water, sunlight, fresh air and freedom from toxins. All of these things are what a human being needs as well. You do not want to give a bunch of drugs to a plant, yet so many people are given drugs all of the

time.

The fresh air taken in from the outdoors is essential for good health. In fact, cancerous tumors grow twice as fast if you are breathing indoor air compared to outdoor air. If you are being treated for your illness in a hospital, you are continuously breathing in the exhaled air of every other person in the hospital. Hospitals often have the windows shut all the time. This will harm the patient more than help them.

### **Something to think about**

The leading causes of death in the 1900s were pneumonia (11%), tuberculosis (11%), diarrhea (8%), heart disease (8%), injury (4%), cancer (3.7%) and diphtheria (2.3%). The leading causes of death in 1994 were heart disease (32%), cancer (24%), injury (3.9%), and suicide which was not even on the 1900 list. What has happened during this time? In 1909, the average American ate 300 lbs of grain a year and 200 lbs of potatoes. By 1994, the amount of grains fell to half. The amount of milk and meat consumed had doubled. Cancer also increased from one out of 33 people to one out of three. Stress was also more prevalent. Everyone also drinks more sodas and caffeine than they did back then. People back then may have smoked and had a few drinks, but they didn't have meat with hormones in it

and fast food places everywhere. Families cared about each other. They usually raised their own produce. The healthiest Americans lived during World War II. This was because all of the doctors were in the Army. Sugar and meat were rationed, and everyone had a vegetable garden. We think that we have made progress, but we have not. We have gone downhill. One out of two people will develop cancer. By the year 2020, everyone will have cancer at some point in their life. You should be frightened enough to take these things into consideration.

## **Diabetes**

There have been people that have recovered completely from diabetes. However, the best thing to do is to prevent it. Your doctor will even tell you that you can prevent type-two diabetes by eating a healthy diet and getting plenty of exercise. To prevent this horrible disease, you need a diet rich in vitamins and enzymes. There is evidence that cows' milk causes diabetes in adolescents. These people suffer from many problems. The best thing to do is to eliminate dairy. Another way to prevent diabetes is to stay away from refined sugar. This causes your insulin levels to rise which can lead to hypoglycemia.

Diabetes is now an epidemic. Type 1 diabetes appears in children and type 2 in adults. Now, children

are starting to get type 2. The difference is that in type one the cells in the pancreas are actually destroyed or appear to be destroyed. With type two they are there, but they are not functioning. The number one cause of juvenile-onset diabetes is drinking milk. We are the only animals that drink milk from another animal once we are weaned. We don't need milk. We have all bought the lie. How would you feel if you were the reason why your child has blindness or possibly amputation? Children do not need milk past weaning. The dairy farmers have sold you this lie. There are close to 50 different kinds of hormones found in milk. It also causes early puberty in children. The government allows 10 million bacteria per teaspoon of milk. Most of these bacteria are fecal or puss. If you want an alternative, you can buy rice milk. Children who have diabetes and are on insulin should eat the best diet possible and exercise regularly. Adult onset diabetes is also an epidemic. Their doctors do not tell most that it can be reversed by diet and exercise.

The diabetes drugs are awful. One drug is called Lipotrol; it increases the risk of cardiac disease. It can cause heart attack and death. They even teach you in med school that it can be reversed with diet and exercise. The reason why they don't tell you is that the doctor doesn't want to take the time to explain it to you and patients want a pill to fix their problem. When you eat too much sugar or too much fat your body has to

produce so much insulin that the cells get fatigued and the fat makes the cells resistant to the insulin, so your body is pouring out all the insulin. Those cells just stop. They will start again if you eat the right food and exercise. Exercise is critical to all diseases. Do not exercise too much if you are wearing yourself out.

### **Interesting medical facts:**

Anti-Acid drugs cause massive damage.

- Xanax and Zoloft cause all symptoms of depression, they do not cure it. Antibiotics can do the same thing.
- Prozac does nothing but prolongs the existence of serotonin in the body.
- Prozac has 575 known side effects. This did not include suicide.
- Before Prozac was approved for use by the FDA, there were 76 cases of death that were not reported to the FDA.
- The FDA has 1,800 suicides recorded from Prozac and 1,300 deaths registered.
- Only 1% of all side effects that occur are actually reported to the FDA. This means that 2,800 complaints times 100 is 280,000 side effects or complaints that really exists for Prozac.
- In the Physicians' Desk Reference, the known side

effects of Prozac are anxiety, nervousness, tremor, dizziness, heart attacks, personality disorders, cardiac arrest, delusion, coma, etc.

- These drugs do not cure they make things worse.
- Most of their drugs are addictive.
- Medication causes anxiety, high blood pressure, and depression.
- Heart medication can cause depression.

## **Stress**

- Asthma is not a disease it is a symptom of dehydration usually caused by stress. Asthma can also stunt the growth process in children.
- Chronic fatigue, a shortened attention span, depression, irritability and feelings of rejection are also symptoms of dehydration caused by stress and/or water and salt deficiencies. The body needs to be slightly alkaline to be healthy.
- Stress causes lack of oxygen, water, and nutrition.
- Stress causes most back pain.
- Stress causes dehydration which prevents water replacement with leads to toxemia and acidosis in the body.
- Diabetes can be caused by chronic dehydration.

- Stress is a dehydrating state in the body and instead of treating it with stress reduction and water we treat it with dangerous drugs.
- The only way to concur or eliminate stress in certain parts of your life depends on a stable self-confidence and self-esteem based on your own individual value system with a strong instinct-based decision-making process. You need to value your life. You are the only one that can conquer stress.

## **Dehydration**

- Sixty percent of illnesses could be cured with stress reduction and water consumption.
- Water and salt are needed for hydroelectricity. The neurotransmitters in the body can only be transmitted properly if there is enough water and salt. (saltwater conducts electricity)
- Calcium and water make energy. If there is no water, it releases more and more calcium from the bones and will cause osteoporosis.
- Proven DNA damage has been shown from dehydration.
- A good way to tell how acidic you are is to look at your urine; the more yellow it is, the more acidic you are.

- Dehydration makes the system acidic.
- Dehydration can mimic symptoms of other illnesses.
- Dehydration causes degenerative diseases such as cancer.
- The hydration of cells goes down from 1.1 to 0.8 between the ages of 20-70.
- Aging is the dehydration of cells.
- Treating hypertension with diuretics is a crime.
- The reverse osmosis system is the filter system of the body.
- The heart will try to compensate for the lack of water pressure with higher blood pressure in the system.
- We have two water oceans in our bodies that need to remain under the same pressure inside and outside the cell. If there is not enough pressure the blood pressure will go up.
- Dehydration can be caused by stress and can lead to depression. Three glasses of water and a good 20 minutes of relaxation can do wonders for your stress level.
- Water and nutritional deficiencies can lead to depression, schizophrenia, and suicidal thoughts. Stress causes them.

- If you have to drink tap water, you should let it sit for 30 minutes to let the chlorine disappear.

## **Dehydration and Stress**

- The body is 75% water, and the brain is 85% water.
- Allergies are also caused by stress which caused dehydration and water management disorders caused by histamines.
- Asthma is not a disease it is a symptom of dehydration and is based on stress.
- 17 million people in America suffer from asthma.
- Strokes and heart attacks are caused by dehydration which is caused by stress.
- Dehydration causes joint pain. There are two bags of water surrounding the joint, if they are dried out, this causes pain and damage.
- Obesity and back problems can, in many cases, be fixed with rest and water.
- The body produces histamines when it feels dehydrated.
- Dehydration causes constipation. Usually, two glasses of water will fix this.
- Heartburn is a side effect of dehydration. You can usually cure this with a lot of water, salt and rest.

- Allergies, asthma, back pain, obesity, headaches, Alzheimer's, strokes, arthritis, and migraines can all be caused by dehydration and stress.
- Dehydration causes stress or fight or flight hormones. This has a distinctive effect on the immune system.
- Lack of water can also cause ulcers.
- Our neurotransmitters in our brains are depended on water because they won't move without water. If the brain is dehydrated, the neurotransmitter will not move properly.
- Stress leads to anxiety, depression, and suicide as well as every kind of illness.
- Asthma often leads to depression and suicide.
- Fibromyalgia is caused by stress because the stress causes dehydration in the muscles and leads to a deficiency of oxygen.
- Stress causes chronic fatigue syndrome.
- Stress causes dehydration, dehydration causes stress; it is a vicious cycle.
- Water and nutritional deficiencies can lead to depression, schizophrenia, and suicidal thoughts. Stress causes them.

## **Other Techniques**

- Hypnotism is nothing more than brainwashing. It never addresses the cause of the problem.
- Positive thinking kills people. Only people that use positive action combined with positive thinking will survive. Many people believe if they just think positive thoughts everything will turn out fine. But that is the furthest from the truth—positive thinking without positive action is guaranteed death.

## **Artificial Sweeteners**

- Artificial sweeteners are a major danger. Obviously, the FDA doesn't care.

## **Alternative Therapies**

- Meditation often leads to passivity and never helps to heal the causes of life stresses.
- Clearing your mind does not fix a bad lifestyle.

## **Serotonin**

- The side effect of stress is a lack of Serotonin because stress causes a lack of vitamin B6 and zinc. Vitamin B6 leads to the production of serotonin by removing the acid in tryptophan.
- During the day serotonin controls all the functions of the human body and at night transforms into melatonin.

- B6 and zinc are very important for brain functions.
- Serotonin stabilizes calcium in the body.
- Serotonin and histamines are responsible for water functions, and water is important for every function in the body.

## **Water**

- When water enters the cell, it produces electricity (energy) which has to be stored in the cell.

## **Water/Histamines**

- Histamines are responsible for building the embryo.
- Histamines are the water and immune system organizers.

## **Lifestyle**

- A positive attitude has been scientifically proven to enhance your immune system and functions. It can keep you from getting sick.
- Loud noises are bad for our immune system. We are born with two fears. The fear of falling and the fear of loud noises.
- Loud music causes negative emotions like anger and hate.
- The best stress reduction is to find your own values

and live by them.

- Learn to listen to your instincts. A chemical imbalance does not cause depression; a chemical imbalance is caused by stress and negative effects in your life.
- Let go of your past.
- Let go and move on; you don't need psychotherapy or a psychiatrist.
- Feelings of helplessness and hopelessness will disappear as soon as you start to feel better about yourself.
- Exercising once a day can do a lot for your stress level and improves your immune system.
- Get sunlight because it produces vitamin D and is good for your stress level.
- Sixty percent of all health care costs could be avoided if we use our common sense.
- Exercising stimulates brain function.

## **Medical**

- Only 1% of all articles in medical journals are based on sound science.
- The FDA said that a mammography is not any more accurate than a diagnosis by a trained surgeon.

## **Self- Healing**

- The healing process can begin, when people start to forgive themselves.
- Rest and restful sleep are vital for your revitalization process.

## **American Cancer Society**

- Of all the money that the American Cancer Society receives, 61% pays employees. Less than 5% actually goes to the patients themselves.
- Remember that the American Cancer Society has to close, the day that a cure for cancer is found.

## **Drugs**

- The leading health problem in the U.S. is clinical depression and feelings of helplessness and hopelessness.
- Prescription drugs are harder to withdraw from than street drugs.
- Kids get their drugs on the streets, and parents get their drugs from their doctor. (and the kids steal their parent's pills too)
- The word pharmacy comes from the Greek root word *pharmacia*, which means sorcery or witchcraft.

The word pharmacist means poisoner.

- Doctors are only taught to treat illnesses with drugs.
- Suicide and murder is a side effect of people who are treated with drugs for depression.

## **Mental Illness**

- Anxiety and depression are an epidemic in the U.S.
- There are more hospitals in the U.S. that treat mental illnesses than there are that treat physical illnesses.
- Most people with depression are treated by a regular M.D. instead of a psychiatrist.
- Depression means fear and knowing what you are afraid of.
- Anxiety means fear without knowing what you are afraid of.

## **Sugar**

- Hypoglycemia has the same symptoms as depression
- Hypoglycemia causes memory loss and Alzheimer's, caused by stress.

## **Diet**

- Fluoride causes stiffness and pre-aging.
- Milk is indigestible because it has way too high of a

protein level which is not digestible for us.

- One of the strongest glues (Elmer's glue) in the world is made from cow's milk.
- If you do not eat right or drink enough water, you will not be able to think clearly.
- MSG the taste enhancer is a cytotoxin, and can lead to Parkinson's disease and seizures.
- Cooked food is dead, worthless and even toxic and acidic if it is heated over 107 degrees.
- Alcohol causes massive dehydration. Anyone who has experienced a hangover can testify to this.
- The normal American needs 40 grams of protein a day yet they eat 114 grams a day. The excess is stored as fat in the joints.
- Meat and poultry are full of drugs. They are allowed to put 1,000 different drugs into what you eat.
- This doesn't include the pesticides that are present.
- Sometimes the animals are fed dead animals. This means you are eating a diseased animal.
- The antibiotics in the animals will cause you to build up a tolerance to antibiotics that is unnecessary.
- Animals produce stress hormones when they are killed, and we are eating them and getting infected

by them.

- This is why meat eating usually stimulates the human body.
- Smoking has the neurotoxin nicotine.
- Diet can cause suicide.
- Have four liters of water and half a teaspoon of salt once a day.
- Salt is vital to bone structure. A lack of salt can cause osteoporosis.
- Stress causes acidosis and toxemia which is the cause of most illnesses. The dehydration caused by stress shuts down the metabolism and the digestive system.
- Water makes the mucus in the stomach thicker and prevents ulcers.
- Water makes it possible for the cells to stick together.
- Imagine how a grape or a raisin sticks together (it's the water)
- Aspartame causes brain tumors, seizures, damages your sense of smell and your vision. It also can affect your thinking.
- Drink a huge glass of water a half an hour before you eat.

- You need enough liquid for optimum digestion.

## Allergies

- Water and salt are the best anti histamines.

## Health

- The pH should be between 7.1 and 7.3 in the blood and 7.36 in the body.
- We live in a sick care instead of a health care world.

## Salt

- Salt is needed for the body to be able to absorb minerals.
- There are 82 elements in sea salt.

## Caffeine

- Caffeine is the bad habit glue.
- Coffee drinkers drink a lethal dose of caffeine in one day. Caffeine is a diuretic.

## Cholesterol

- Cholesterol-lowering medications cause damage.

## Cancer and Other Diseases

- A biopsy can spread cancer into the entire body in

some cases.

- The trauma of surgery can spread cancer throughout the entire body.
- There is a huge danger with anesthetics.
- Chemotherapy and radiation cause cancer.
- Mammograms damage the heart.
- Each mammography heightens your chance of cancer by 2%.
- Science is greedy and corrupt.
- Double blind studies are fraudulent because they are looking for the answer they want.
- Pharmaceutical companies train our doctors. It started with Rockefeller.
- Silicone breast implants have a serious negative effect on the immune system.
- The Aborigines have a medicine doctor who can point to a bone, and the person will die. Very often our medical doctors do the same thing when they tell patients how long they have to live.
- Patients who like their doctors die.
- Genes do not make you suicidal or more prone to illness.
- The leading cause of death is from the side effects of

prescription drugs.

- It is not proven that drugs can cure. However they do suppress symptoms.
- Most of all drugs will never address the cause of any illness.
- Lifestyle, diet, stress levels, breathing, water, success, and exercise are the major components of health.
- Bodybuilders believe that protein is the key to their success. This is false, the acids and hormones in the meat can be very damaging. One million Americans die each year from heart disease.
- Two components affect health: physical condition and stress levels.
- Cancer takes years to grow so don't be rushed into surgery.
- Radiation and chemotherapy cause cancer.
- I am sure that every doctor wants to help you, but they are not taught to do so.
- Doctors even admit that they do not know the cause of cancer. They say that the cause of cancer is atrophied and mutated cells. These are the symptoms not the cause of cancer.
- Doctors will lose their license if they don't treat a

cancer patient with surgery, chemotherapy or radiation. This is a law in California and maybe some other states by now.

- Radiation leads to disorientation, damaged skin, and lethargy.
- Cancer patients don't survive because of radiation and chemotherapy; they survive in spite of it.
- A compromised immune system causes cancer. Chemotherapy kills your organs and your immune system.
- Lymph nodes are the filter system for cancer. If they fight the cancer, they are protecting the cancer from spreading.
- A compromised immune system causes every illness. Most of these cancer treatments compromise the immune system even more.
- Chemotherapy suppresses the bone marrow functions and causes severe pain and discomfort. It also poisons normal healthy cells.
- Some patients have such dramatic reactions that they will start to vomit even if they just see the nurse.
- Every doctor advises you to avoid radiation, but when you have cancer, they want to fill you with radiation.

- Chemotherapy causes bleeding, cardiac arrest, loss of reflexes, fertility problems and many more lasting problems because the immune system does not work anymore. You are vulnerable to everything.
- Most of the time the doctor will give you more medications to suppress the side effects of the chemotherapy; these drugs also have side effects.
- Doctors are 9,000 times more likely to cause accidental deaths than gun owners.
- Too much protein in the diet can cause osteoporosis.
- Treating eye problems with laser surgery can lead to blindness.
- To perform a bone marrow transplant, they have to kill the immune system first.
- Nutritional deficiencies usually cause arthritis; however, it is treated with drugs that have horrible side effects.
- Food additives are usually all toxic.
- Estrogen therapy can cause breast cancer.
- Protein causes acidosis.
- Diabetes type one is caused by milk.
- Diabetes type two can be fixed with the correction of the diet.

- Too much sugar causes hypoglycemia.
- Dehydration and milk cause allergies.
- False understandings of religion cause many illnesses both mental and physical.
- Suppression of emotions is a major cause of death.
- Chemotherapy causes cancer, bleeding of the heart and in the urinary tract.
- Genes do not cause cancer. What are passed down are bad habits and bad diets and therefore, unhealthy lifestyles.
- How children handle stress is taught to them by their parents.
- Everything we do either makes us healthier or sicker.
- You cannot get cancer unless your immune system is severely depressed.
- Silicone implants cause cancer or autoimmune diseases.
- If your child has chickenpox would you cut off all the sores to treat your child? If you have an inflamed foot would you cut out the swollen lymph nodes in the groins?
- Many medicines can cause cancer. High blood pressure medication can cause cancer.

- Stress suppresses the immune system and causes dehydration, anxiety, depression, panic attacks and nutritional problems.
- Stress suppresses the immune system.
- Only 15% of all medical advice you hear is scientifically based.
- Drugs only cover up symptoms; they don't cure or fix anything.
- Cholesterol is not bad.
- All drugs have side effects.
- Anger raises blood pressure and kills hormones.
- Many diseases are never as bad as the drugs the doctors give you.
- Many people die from the side effects of the drugs rather than from the disease itself.
- The AMA states that 65% of all cancer could be avoided by a change in diet and lifestyle.
- Cancer is not possible if the immune system is not stressed.
- All cancers are caused by an insufficient immune system, no matter what kind of cancer.
- Stress reduction, fresh juice and a lot of water, exercise, nutrition, salt and detoxification and self-

esteem are the main components of health.

- Cancer does not grow well in oxygen rich environments.
- Sun, sleep and exercise lower blood pressure.
- You can only repair and heal while you are asleep or in a deep relaxation state.
- Stress takes away the body's ability to live happily and stay healthy.
- Milk causes an acidic environment in the body and leads to many problems.
- It causes juvenile diabetes and seizures.
- Your immune system is paralyzed for 4 hours after you eat sugar.
- Drugs don't cure the disease; they relocate the disease and mask the symptoms.
- Stay away from tap water if you can. Fluoride is a side product of aluminum which causes Alzheimer's and can cause death in children.
- If they had a solution for cancer then why do famous and rich people die of cancer?
- Lack of oxygen causes cancer cells.
- No one can cure you! No drug, doctor, system or treatment. The only one that can cure you is you!

Your own immune and self-healing system will cure you.

## **What Affects the Mind, Affects the Body**

- The leading health problem in the U.S. is clinical depression and feelings of helplessness and hopelessness.
- Prescription drugs are harder to withdraw from than street drugs.
- Anxiety and depression are an epidemic in the U.S.
- There are more hospitals in the U.S .that treat mental illnesses than there are that treat physical illnesses.
- In 1994, Prozac was the highest selling drug making 1.2 billion tablets per year. The manufacturer makes \$100 million dollars a month from this one drug alone. The sad fact is that Prozac causes depression.
- Kesler said that only 1% of all side effects that occur are actually reported to the FDA. This means that 3,800 complaints times 100 is 280,000 side effects or complaints that really exists for Prozac.
- In the Physicians' Desk Reference, we find that the known side effects of Prozac are anxiety, nervousness, tremor, dizziness, heart attacks, personality disorders, cardiac arrest, delusion a

coma, etc.

- These drugs do not cure they make things worse.
- To digest sugar, you need a large amount of insulin which in turn leads to insulin over shock and a loss of many minerals.
- Very often when you think you are hungry, you are really just thirsty and in need of salt. If you have a pinch of salt and two glasses of water your hunger will go away.
- Have 4 liters of water and half a teaspoon of salt once a day.
- A lot of fresh air is extremely healthy for you, as it helps fight depression.
- You can only heal if you are asleep or in a deep relaxation state.
- IBMS Power Break sessions and believing in yourself are the best things you can do for yourself.
- Chronic dehydration can cause diabetes.
- 60% of all health care costs could be avoided if we use our common sense.
- Medical science is built on completely false information.

- Coffee causes memory loss and can cause Alzheimer's.
- 60% of illnesses could be cured with stress reduction and water consumption.
- Drink a glass of water before your IBMS Session

## **The Meaning of Vitamins and Minerals**

Vitamins can play a significant role in the battle against illness including cancer. Some vitamins even play a part in prevention of cancer. It has been proven that 83% of the population does not get enough minerals and vitamins in their diets.

### **Some information about vitamins and minerals:**

- People who have a high level of vitamins live longer.
- Smoking causes a shortage of vitamin-C.
- We need magnesium for changing nutrition into energy.
- When we have a shortage of magnesium the best nutrition is useless.
- Without sunlight and vitamin D3, calcium can not be absorbed by the body in either powder or tablet form.
- Food containing calcium is more effective than

calcium substitutes.

- It is a fallacy that we can get our calcium from milk.
- The body needs twice the amount of calcium available in milk for its digestion.
- Vitamins should be fresh so that they can be processed immediately by the body and are not made useless by preservatives.
- Vitamin C can destroy free radicals including cancer cells. We should take 12 grams as a measure of prevention every day.
- The amounts of minerals and vitamins advised by health agencies worldwide are the absolute minimum necessary for survival.
- We know that chromium is used in the building of muscle tissue and assists in breaking down the fat content of the body.
- With the aid of chromium, the fat is broken down three times faster, and the buildup of muscle tissue is increased 400%.
- Today, our bodies are exposed to many outside hazards for which they are not intended. Our bodies have to cope with particles of pollution and preservatives, which are hard to process; therefore, we have to protect ourselves. Vitamin A, E and C and

certain minerals like beta-carotene are necessary basic elements for continued health.

The absolute best source for safe and healthy nutrition is certified organic food, and cleanses that will allow your body to stay detoxified is [www.CancerPatientAdvocateFoundation.com](http://www.CancerPatientAdvocateFoundation.com)

I recommend only theirs to all my friends, and my colleagues have all their patients on that food.

Get all the important information you need at:  
[www.CancerPatientAdvocateFoundation.com](http://www.CancerPatientAdvocateFoundation.com)

## **Death by Traditional and So-Called Modern Medicine**

Something is wrong when regulatory agencies pretend that vitamins are dangerous, yet ignore published statistics showing that government-sanctioned medicine is the real hazard. Here are some facts:

The number of people having in-hospital, adverse reactions to prescribed drugs is estimated to be 2.2 million per year. The number of unnecessary antibiotics prescribed annually for viral infections is 20 million. The number of unnecessary medical and surgical procedures performed annually is 7.5 million. The number of people

exposed to unnecessary hospitalization annually is 8.9 million.

The most stunning statistic is that the total number of deaths caused by conventional medicine is an astounding 783,936 per year. It is now evident that the American medical system is the leading cause of death and injury in the U.S. (By contrast, the number of deaths attributable to heart disease in 2001 was 699,697, while the number of deaths attributable to cancer was 553,251.)

The startling findings from a meticulous study by Garry Null ND and others indicate that conventional medicine is “the leading cause of death” in the United States.

Over 700,000 Americans die each year at the hands of government-sanctioned medicine, while the FDA and other government agencies pretend to protect the public by harassing those who offer safe alternatives. A definitive review of medical peer-reviewed journals and government health statistics shows that American medicine frequently causes more harm than good.

Each year approximately 2.2 million U.S. hospital patients experience adverse drug reactions (ADRs) to prescribed medications.

(1) In 1995, Dr. Richard Besser of the federal Centers for Disease Control and Prevention (CDC) estimated the number of unnecessary antibiotics prescribed annually

for viral infections to be 20 million. In 2003, Dr. Besser spoke in terms of tens of millions of unnecessary antibiotics prescribed annually. Approximately 7.5 million unnecessary medical and surgical procedures are performed annually in the U.S., while approximately 8.9 million Americans are hospitalized unnecessarily.

## **Is Medicine as We Know It Working?**

U.S. health care spending reached \$1.6 trillion in 2003, representing 14% of the nation's gross national product

Medicine is not taking into consideration the following critically important aspects of a healthy human organism: (a) stress and how it adversely affects the immune system and life processes; (b) insufficient exercise; (c) excessive caloric intake; (d) highly processed and denatured foods grown in denatured and chemically damaged soil; and (e) exposure to tens of thousands of environmental toxins. Instead of minimizing these disease-causing factors, we cause more illness through medical technology, diagnostic testing, overuse of medical and surgical procedures, and overuse of pharmaceutical drugs. The huge disservice of this therapeutic strategy is the result of little effort or money being spent on preventing disease.

## **Underreporting of Iatrogenic Events**

For example, a 2003 study found that nearly half of medical school faculty who serve on institutional review boards (IRB) to advise on clinical trial research also serve as consultants to the pharmaceutical industry. As few as 5% and no more than 20% of iatrogenic acts are ever reported.

## **Medical Ethics and Conflict of Interest in Scientific Medicine**

According to an ABC News report, pharmaceutical companies spend over \$2 billion a year on over 314,000 events attended by doctors.

The ABC News report also noted that a survey of clinical trials revealed that when a drug company funds a study, there is a 90% chance that the drug will be perceived as effective whereas a non-drug-company-funded study will show favorable results only 50% of the time. It appears that money can't buy you love, but it can buy any "scientific" result desired.

Cynthia Crossen, a staffer for the Wall Street Journal, in 1996 published *Tainted Truth: The Manipulation of Fact in America*, a book about the widespread practice of lying with statistics. Commenting on the state of scientific research, she wrote: "The road to hell was paved with the flood of corporate research dollars that eagerly filled gaps left by slashed

government research funding.” Her data on financial involvement showed that in 1981 the drug industry “gave” \$292 million to colleges and universities for research. By 1991, this figure had risen to \$2.1 billion.

## **The First Iatrogenic Study**

Dr. Lucian L. Leape opened medicine’s Pandora’s Box in his 1994 paper, “Error in Medicine,” which appeared in the Journal of the American Medical Association (JAMA). He found that Schimmel reported in 1964 that 20% of hospital patients suffered iatrogenic injury, with a 20% fatality rate. In 1981 Steel reported that 36% of hospitalized patients experienced iatrogenesis with a 25% fatality rate, and adverse drug reactions were involved in 50% of the injuries. In 1991, Bedell reported that 64% of acute heart attacks in one hospital were preventable and were mostly due to adverse drug reactions.

Leape focused on the “Harvard Medical Practice Study” published in 1991, which found a 4% iatrogenic injury rate for patients, with a 14% fatality rate, in 1984 in New York State. From the 98,609 patients injured and the 14% fatality rate, he estimated that in the entire U.S. 180,000 people die each year partly as a result of iatrogenic injury.

Why Leape chose to use the much lower figure of

4% injury for his analysis remains in question. Using instead the average of the rates found in the three studies he cites (36%, 20%, and 4%) would have produced a 20% medical error rate. Leape acknowledged that the literature on medical errors is sparse and represents only the tip of the iceberg, noting that when errors are specifically sought out, reported rates are “distressingly high.” He cited several autopsy studies with rates as high as 35-40% of missed diagnoses causing death. He also noted that an intensive care unit reported an average of 1.7 errors per day per patient, and 29% of those errors were potentially serious or fatal.

In 1995, a JAMA report noted, “Over a million patients are injured in U.S. hospitals each year, and approximately 280,000 die annually as a result of these injuries. Therefore, the iatrogenic death rate dwarfs the annual automobile accident mortality rate of 45,000 and accounts for more deaths than all other accidents combined. The survey found that more than 100 million Americans have been affected directly or indirectly by a medical mistake. Forty-two percent were affected directly, and 84% personally knew of someone who had experienced a medical mistake.”

At this press conference, Leape updated his 1994 statistics, noting that as of 1997, medical errors in inpatient hospital settings nationwide could be as high

as 3 million and could cost as much as \$200 billion. Leape used a 14% fatality rate to determine a medical error death rate of 180,000 in 1994. In 1997, using Leape's base number of 3 million errors, the annual death rate could be as high as 420,000 for hospital inpatients alone.

If hospitals admitted to the actual number of errors for which they are responsible, which is about 20 times what is reported; they would come under intense scrutiny. Jerry Phillips, associate director of the FDA's Office of Post Marketing Drug Risk Assessment, confirms this number. "In the broader area of adverse drug reaction data, the 250,000 reports received annually probably represent only 5% of the actual reactions that occur." Dr. Jay Cohen, who has extensively researched adverse drug reactions, notes that because only 5% of adverse drug reactions are reported, there are in fact 5 million medication reactions each year.

The Lucian Leape Institute at the National Patient Safety Foundation released in March a report that found that U.S. "medical schools are not doing an adequate job of facilitating student understanding of basic knowledge and the development of skills required for the provision of safe patient care." The report comes approximately ten years after the Institute of Medicine's landmark 1999 report "To Err Is Human," which found

that 98,000 Americans die unnecessarily from preventable medical errors. “Despite concerted efforts by many conscientious health care organizations and health professionals to improve and implement safer practices, health care remains fundamentally unsafe,” said Lucian L. Leape, MD, Chair of the Institute and a widely renowned leader in patient safety. “The result is that patient safety still remains one of the nation’s most solvable public health challenges.”

### **Public Suggestions on Iatrogenesis**

In a telephone survey, 1,207 adults ranked the effectiveness of the following measures in reducing preventable medical errors that result in serious harm. (Following each measure is the percentage of respondents who ranked the measure as “very effective.”)

- giving doctors more time to spend with patients (78%)
- requiring hospitals to develop systems to avoid medical errors (74%)
- better training of health professionals (73%)
- using only doctors specially trained in intensive care medicine on intensive care units (73%)
- requiring hospitals to report all serious medical errors to a state agency (71%)

- increasing the number of hospital nurses (69%)
- reducing the work hours of doctors in training to avoid fatigue (66%)
- encouraging hospitals to voluntarily report serious medical errors to a state agency (62%).

## **Drug Iatrogenesis**

Prescription drugs constitute the major treatment modality of scientific medicine. With the discovery of the “germ theory,” medical scientists convinced the public that infectious organisms were the cause of illness. Finding the “cure” for these infections proved much harder than anyone imagined. From the beginning, chemical drugs promised much more than they delivered. But far beyond not working, the drugs also caused incalculable side effects. The drugs themselves, even when properly prescribed, have side effects that can be fatal, as Lazarou’s study showed. Human error can make the situation even worse.

## **Medication Errors**

A survey of a 1992 national pharmacy database found a total of 429,827 medication errors from 1,081 hospitals. Medication errors occurred in 5.22% of patients admitted to these hospitals each year.

Today, over 1.3 million people are injured each year

because of medication errors. Medication errors cost more than \$29 billion per year, one estimate is as high as \$72 billion a year. The most shocking of these pharmacy malpractice statistics, however, is the fact that nearly 100,000 people die every year as a result of medication mistakes.

A 2002 study shows that 20% of hospital medications for patients had dosage errors. Nearly 40% of these errors were considered potentially harmful to the patient. In a typical 300-patient hospital, the number of errors per day was 40.

Problems involving patients' medications were even higher the following year. The error rate intercepted by pharmacists in this study was 24%, making the potential minimum number of patients harmed by prescription drugs 770,000.

## **Adverse Drug Reactions**

In a New England Journal of Medicine study, an alarming one in four patients suffered observable side effects from the more than 3.34 billion Prescription drugs filled in 2002.

Reuters also reported that prior research has suggested that nearly 5% of hospital admissions (over 1 million per year) are the result of drug side effects.

## **How Do We Know Drugs Are Safe?**

In one very telling report, the federal government's General Accounting Office "found that of the 198 drugs approved by the FDA between 1976 and 1985... 102 (or 51.5%) had serious post-approval risks. the serious post-approval risks (included) heart failure, myocardial infarction, anaphylaxis, respiratory depression and arrest, seizures, kidney and liver failure, severe blood disorders, congenital disabilities and fetal toxicity, and blindness.

The leading causes of adverse drug reactions are antibiotics (17%), cardiovascular drugs (17%), chemotherapy (15%), and analgesics and anti-inflammatory agents.

## **The Problem with Antibiotics**

The CDC warns that 90% of upper respiratory infections, including children's ear infections, are viral and that antibiotics do not treat viral infection. More than 40% of about 50 million prescriptions for antibiotics written each year in physicians' offices are inappropriate. Using antibiotics when not needed can lead to the development of deadly strains of bacteria that are resistant to drugs and cause more than 88,000 deaths due to hospital-acquired infections.

## **Drug Companies Fined**

In May 2002, The Washington Post reported that Schering-Plough Corp., the maker of Claritin, was to pay a \$500 million dollar fine to the FDA for quality-control problems at four of its factories

## **Unnecessary Surgical Procedures**

In 1974, 2.4 million unnecessary surgeries were performed, resulting in 11,900 deaths at the cost of \$3.9 billion. In 2001, 7.5 million unnecessary surgical procedures were performed, resulting in 37,136 deaths at the cost of \$122 billion (using 1974 dollars). Recently, the Congressional Committee on Interstate and Foreign Commerce held hearings on unnecessary surgery. It found that a second opinion did not confirm 17.6% of recommendations for surgery. The House Subcommittee on Oversight and Investigations extrapolated these figures and estimated that, on a nationwide basis, there were 2.4 million unnecessary surgeries performed annually, resulting in 11,900 deaths at an annual cost of \$3.9 billion.

Testifying before the Department of Veterans Affairs, they estimated that of the 250,000 back surgeries performed annually in the U.S. at a hospital cost of \$11,000 per patient, the total number of unnecessary back surgeries approaches 44,000, costing as much as \$484 million.

A 1987 JAMA study found the following significant

levels of inappropriate surgery: 17% of coronary angiography procedures, 32% of carotid endarterectomy procedures, and 17% of upper gastrointestinal tract endoscopy procedures. Based on the Healthcare Cost and Utilization Project (HCUP) statistics provided by the government for 2001, 697,675 upper gastrointestinal endoscopies (usually entailing biopsy) were performed, as were 142,401 endarterectomies and 719,949 coronary angiographies. Extrapolating the JAMA study's inappropriate surgery rates to 2001 produces 118,604 unnecessary endoscopy procedures, 45,568 unnecessary endarterectomies, and 122,391 unnecessary coronary angiographies. These are all forms of medical iatrogenesis.

## **Medical and Surgical Procedures**

Unfortunately, allopathic medicine itself is a leading cause of death, as well as the most expensive way to die. A recent JAMA study estimated an average of 106,000 prescription medication deaths per year.

## **Surgical Errors Finally Reported**

A recent JAMA study from the U.S. government's Agency for Healthcare Research and Quality (AHRQ) documented 32,000 mostly surgery-related deaths costing \$9 billion and accounting for 2.4 million extra hospital days in 2000. Data from 20% of the nation's

hospitals were analyzed for 18 different surgical complications, including postoperative infections, foreign objects left in wounds, surgical wounds reopening, and post-operative bleeding.

## **Unnecessary X-Rays**

A study of 700,000 children born between 1947 and 1964 in 37 major maternity hospitals compared the children of mothers who had received pelvic x-rays during pregnancy to those of mothers who did not. It found that cancer mortality was 40% higher among children whose mothers had been x-rayed.

The risk for lifetime fatal cancer due to radiation exposure is estimated in extremely high numbers

Gofman provides strong evidence that medical technology— specifically x-rays, CT scans, and mammography and fluoroscopy devices—are a contributing factor to 75% of new cancers. In a nearly 700-page report updated in 2000, “Radiation from Medical Procedures in the Pathogenesis of Cancer and Ischemic Heart Disease: Dose-Response Studies with Physicians per 100,000 Population,”

Gofman shows that as the number of physicians increases in a geographical area along with an increase in the number of x-ray diagnostic tests performed, the rate of cancer and ischemic heart disease also increases.

Gofman elaborates that it is not x-rays alone that cause the damage but a combination of health risk factors that include poor diet, smoking, abortions, and the use of birth control pills. Dr. Gofman predicts that ionizing radiation will be responsible for 100 million premature deaths over the next decade.

In his book, “Preventing Breast Cancer,” Dr. Gofman notes that breast cancer is the leading cause of death among American women between the ages of 44 and 55. Because breast tissue is highly sensitive to radiation, mammograms can cause cancer

Even x-rays for back pain can lead someone into crippling surgery. Dr. John E. Sarno, a well-known New York orthopedic surgeon, found that there is not necessarily any association between back pain and spinal x-ray abnormality. He cites studies of normal people without a trace of back pain whose x-rays indicate spinal abnormalities and of people with back pain whose spines appear to be normal on x-ray. People who happen to have back pain and show an abnormality on x-ray may be treated surgically, sometimes with no change in back pain, worsening of back pain, or even permanent disability.

## **Unnecessary Hospitalization**

Nearly 9 million (8,925,033) people were hospitalized unnecessarily in 2001.

Thirty-four percent of all hospital days were deemed inappropriate and could have been avoided. The rate of inappropriate hospital admissions in 1990 was 23.5%. In 1999, another study also found an inappropriate admissions rate of 24%, indicating a consistent pattern from 1986 to 1999. The HCUP database indicates that the total number of patient discharges from U.S. hospitals in 2001 was 37,187,641,(13) meaning that almost 9 million people were exposed to unnecessary medical intervention in hospitals and therefore represent almost 9 million potential iatrogenic episodes.

## **Women's Experience in Medicine**

According to Dr. Adriane Fugh-Berman, U.S. medicine has a tradition of excessive medical and surgical interventions on women. Fugh-Berman notes that U.S. doctors eventually disbanded themselves of that notion but have continued to treat women very differently than they treat men. She cites the following statistics:

- Thousands of prophylactic mastectomies are performed annually.
- One-third of US women have had a hysterectomy before menopause.
- Women are prescribed drugs more frequently than

are men.

- Women are given potent drugs for disease prevention, which results in disease substitution due to side effects.
- Fetal monitoring is unsupported by studies and not recommended by the CDC. It confines women to a hospital bed and may result in a higher incidence of cesarean section.
- Normal processes such as menopause and childbirth have been heavily “medicalized.”
- Synthetic hormone replacement therapy (HRT) does not prevent heart disease or dementia but does increase the risk of breast cancer, heart disease, stroke, and gall bladder attack.

## **Cesarean Section**

In 2001, a cesarean section is still the most common OB/GYN surgical procedure. Approximately 4 million births occur annually, with 24% (960,000) delivered by cesarean section. In the Netherlands, only 8% of births are delivered by cesarean section. This suggests 640,000 unnecessary cesarean sections, entailing three to four times higher mortality and 20 times greater morbidity than vaginal delivery, are performed annually in the U.S.

The U.S. cesarean rate rose from just 4.5% in 1965 to 24.1% in 1986. Sakala contends that an “uncontrolled

pandemic of medically unnecessary cesarean births is occurring." VanHam reported a cesarean section postpartum hemorrhage rate of 7%, a hematoma formation rate of 3.5%, a urinary tract infection rate of 3%, and a combined postoperative morbidity rate of 35.7% in a high-risk population undergoing cesarean section.

## **Bedsores**

Over one million people develop bedsores in U.S. hospitals every year. It's a tremendous burden to patients and family, and a \$55 billion dollar healthcare burden. Bedsores are preventable with proper nursing care. It is true that 50% of those affected are in a vulnerable age group of over 70. In the elderly, bedsores carry a fourfold increase in the rate of death. The mortality rate in hospitals for patients with bedsores is between 23% and 37%. Even if we just take the 50% of people over 70 with bedsores and the lowest mortality at 23%, which gives us a death rate due to bedsores of 115,000. Critics will say that it was the disease or advanced age that killed the patient, not the bedsore, but our argument is that an early death, by denying proper care, deserves to be counted. It is only after counting these unnecessary deaths that we can then turn our attention to fixing the problem.

## **Still to Be Uncovered**

Results of the “Million Women Study” on HRT and breast cancer in the UK were published in the medical journal The Lancet in August 2003. According to lead author Prof. Valerie Beral, director of the Cancer Research UK Epidemiology Unit: “We estimate that over the past decade, use of HRT by UK women aged 50-64 has resulted in an extra 20,000 breast cancers, estrogen-progestagen (combination) therapy accounting for 15,000 of these.” We were unable to find statistics on breast cancer, stroke, uterine cancer, or heart disease caused by HRT used by American women. Because the U.S. population is roughly six times that of the UK, it is possible that HRT has caused 120,000 cases of breast cancer in the past decade.

Now I invite you to enjoy some bonus Articles from my dearest friend and colleague the world leading Expert for Aspartame Toxicity: Her Cancer Symptom Cure! And from my dear friend Paul Nison to me the world’s leading expert for healthy food and nutrition.

**The Eve Geller Memorial Cancer formula:** We’ll call him Earl,” a nicer guy you would never meet. He was a farmer, an herbalist like his father and grandfather before him.

He grew the herbs that make up my formula. Many

years ago all I had to do was say Earl, we need the herbs in the formula. He dried them out to make sure we had them during the winter. He asked me to share the formula, which, of course, I did. He has received hundreds of letters and calls from grateful people who had expected to die from cancer but became free of that death curse thanks to the formula.

Somehow the FDA found out this herbalist was doing what he always does, grow herbs. He was persecuted from the beginning. Finally, to put an end to his beneficial work the Forestry department was sent in. They came when Earl was away and sprayed his entire acreage and the surrounding areas to kill the lifesaving herbs.

Earl lives in a small Georgia town where everyone knows everybody. One of the men from the Forestry came to see him and said: "Earl, I want to apologize. The FDA made us do it." He died soon after; probably from exposure to the chemical killers he had sprayed for the government? There are hundreds of them, marketed under jazzy names like Landmaster, Pentagon, Guardsman, Rescue and Roundup. All are killers. On their labels and literature in fine print which nobody reads are the toxicity warnings: Avoid contact with the skin, do not breath vapors, immediately remove and wash clothing upon which the chemical has splashed, etc. Fortunately just recently the Carcinogen Identification Committee Prop 65, in California has just

declared Roundup has to have a cancer warning, So why did the FDA/Forestry Dept. kill the blessed herbs God created to provide a cure from so much pain, grief and death? The answer to this logical question is easy to understand: The FDA who is loyal only to the pharmaceutical industry does not want cancer cured, it's too profitable a market, a multi-billion dollar racket. I'll never forget how chemotherapy killed my own mother.

Now a study shows chemotherapy spreads the disease. In the January 2013 issue of Natural News Jonathan Benson wrote: A team of researchers from Washington State had a giant Oops! moment recently when it accidentally uncovered the deadly truth about chemotherapy while investigating why prostate cancer cells are so difficult to eradicate using conventional treatment methods. As it turns out, chemotherapy does not actually treat or cure cancer at all, according to the study's findings, but rather fuels the growth and spread of cancer cells, making them much harder to stamp out once chemotherapy has already been initiated.

The study was published in the journal Nature Medicine and reveals how chemotherapy causes healthy cells to release a protein that feeds cancer cells causing them to thrive and proliferate. I shudder to think how many have died not from cancer but chemotherapy. Yet the FDA is so very concerned when victims of cancer use a

natural herbal formula.

One day, Earl, unable to grow the herbs on poisoned ground, bought ginseng and lady slipper from country harvesters. The FDA confiscated the herbs and fined him \$75,000 to put him out of business. They forced him to sign an agreement not to tell anyone what the FDA did and then expunged the record so the public wouldn't find out the horrible deed the FDA committed.

On the other hand, the FDA approved the deadly carcinogenic drug, aspartame. FDA toxicologist, Dr. Adrian Gross testified before Congress, in 1985, against his own employer: said they shouldn't have been able to set an allowable daily intake because it caused brain tumors and brain cancer and violated the Delaney Amendment forbidding any residue of carcinogens in foods. His final words were: "If the FDA violates its own laws who is left to protect the public?" Aspartame disabled my husband's best friend, It can precipitate Parkinson's and it interacts with L-Dopa. His horrific reactions from this interaction immediately stopped when we got him off diet soda. Think of Michael Fox, a diet soda spokesman who asked why he could get an old age disease, Parkinson's at the age of 30.

For now 27 years I've been on over 1,500 talk shows, have addressed a parliamentary committee of the European Union, spent three weeks in New Zealand lecturing, and other countries like England, Scotland

and Ireland, have answered thousands of e-mails and phone inquiries and with no other purpose or motive than to save lives, to protect the public.

As founder of Mission Possible World Health Intl. I testified before the Carcinogen Identification Committee (CCI) of the California Environmental Protection Agency's Office of Environmental Health Hazard Assessment on 11/15/2016, that aspartame is a carcinogen. This gives it a chance at being put on California's "Prop 65" list of known carcinogens.

Dr. Adrian Gross, FDA lead scientist, told the US Senate on 8/1/1985 the FDA should not have been able to set an allowable daily intake on aspartame because it had caused brain tumors and brain cancer. His last words were "And if the FDA violates its own laws who is left to protect the public?"

So even the FDA has admitted aspartame is a carcinogen. It violates the Delaney Amendment which forbids putting anything in a product that is known to cause cancer. The fact Dr. Gross said the FDA should not have been able to set an ADI shows you there is no safe dose,

My report was published on the cover of the Health Freedom News titled "Eat, Drink, and Be Buried", Fall 2016/Volume 34/No.

3. This is the international magazine of the National

Health Federation.

The cancer issue is so well known. The mechanisms by which aspartame causes cancer are outlined in the medical text on aspartame titled “Aspartame Disease: An Ignored Epidemic” by world expert, the late Dr. H. J. Roberts. There is an entire chapter on cancer in “While Science Sleeps: A Sweetener Kills” by Dr. Woodrow Monte who had taken the issue all the way to the Supreme Court.

I’m on the advisory board of the American Anti-Cancer Institute and even Robert Wright, founder, who wrote “Killing Cancer, Not People,” alerts the public on aspartame. Neurosurgeon Russell Blaylock, M.D. makes the public aware of good nutrition in “Natural Strategies for Cancer Patients” and has always written on aspartame as a carcinogen.

Doctors have come to us from as far away as Australia, and video crews came from Europe several times. So many efforts to alert the public that aspartame is a deadly carcinogenic killing machine, Letters and emails come in constantly of those who have been saved by the warnings which is my personal reward. For example, let me share this one with you: From: “Robin Goodwin”

To: “Dr. Betty Martini,D.Hum

Dear Betty,

Today I sent to our local paper the Penguin News a letter for publication. If the Editor publishes it in the Friday Issue it will reach every house hold on the Islands.

Our Daughter Rachel continues to have seizure free nights , I think this is now day seven or eight since we stopped giving her products with known aspartame in them. Of course there is no guarantee that some of the products we still use won't have aspartame in it because there are a few that do not have ingredients on them. However we are pretty confident that we have got it all removed.

My determination to make this Country aware is just beginning. I am hoping through our only local paper , Penguin News to contribute a fortnightly paper on aspartame. I have enough information to keep people reading for a very long time.

Many people locally have stopped me in the street to say they are now aspartame free, so the word is having positive effects. I am planning to print multiple copies of the article Distributed by Mission Possible Canada for re-distribution both by email and hard copy to all the residents.

I plan also to lobby my Counselors and may even consider running for Council in the local general elections to be held in November. I am still not sure if I can fight my corner from the outside or perhaps do a better job from the inside. Many people have asked if I

would run for Counsel . I am still yet undecided.

My wife and I with our Daughter are due to fly back to the UK in October for further scans and tests relating to my daughters epilepsy and Wife's MRI scans. These overseas trips are costing our Government many tens of thousands of pounds and to think if we had been made aware of the aspartame issue , none of these trips would have been necessary.

Below now I will paste the letter to our paper. all the best

Robin Goodwin  
"Mission Possible Falkland Island"

### **Could you be suffering from Aspartame poisoning?**

A Little over a week ago, I received an article in an email from a close friend. The wife of a former Army Air Core Helicopter Pilot who served here during the 1982 conflict.

The report was about the use of sweeteners that is found in many food and drink products. Because of my ongoing search for answers as to why my wife Mandy developed a life threatening brain tumor which required

urgent surgery to remove in late 2002 and why our daughter Rachel has suffered from epilepsy since she was just 3 days old and has suffered for over 18 years. I decided to check out the information given to me.

I was horrified at what I discovered. I have since become a member of “Mission Possible International” and will begin to inform my fellow country people of the serious potential risks associated with Aspartame poisoning.

Now I do not wish to bore you all with personal grievances, but the following might surprise you.

Since we learned about aspartame and its deadly toxins, we did a search of items in our home and was amazed at just how many products contained aspartame. We decided to stop using any products immediately that was a little over a week ago and the results have been quite striking.

Rachel as mentioned has regular night time seizures and until four days ago I personally do not remember a single night in the past 18 years that I have not had to attend her, usually several times in a single night.

Well since we removed the aspartame products, especially the instant chocolate and diet mineral water. Rachel has not had a single attack for the past seven consecutive nights. This is truly short of a miracle.

I learned that aspartame can seriously affect the ability of regular prescribed drugs and it is highly

probable that Rachel's medication was being affected. It also makes me wonder if Mandy's tumor was in fact directly linked to aspartame, it is certainly something we have to consider. It just might also be poisoning all of you who consume it. End of letter.

The reason I picked this case is because Robin Goodwin did all the right things for the safety of all who reside in the Falkland Islands. His daughter suffered seizures for 18 years and her medication never worked because aspartame interacts with anti-seizure medication. Aspartame breaks down to diketopiperazine, a brain tumor agent, which explains his wife's tumor. It has been years later and his daughter has had no more seizures since abstaining from aspartame.

Robin knew how hard it is to get something banned. He published the facts in the newspaper and contacted the gov't. Then he wrote a letter to all 3000 residents in the Falklands. Today aspartame rots on the shelves if it's even sold there. This is activism in the perfect example. Take care of your family and then love your neighbor as yourself, warn others. Robin even wrote a poem, the last stanza as a warning: Get rid of this junk food that's doing you harm, only eat or drink food that you know to be safe. Say no to aspartame, the junk food from hell. Because I'm sure you'll be saving your life.

This humanitarian effort has been financed by my husband's checkbook. He's a minister of Jehovah's Witnesses, and also an industrial chemist since our ministers, like the apostles, are never paid. Since aspartame was approved in 1981 it has repeatedly been shown to cause cancer. The most expensive, longest and largest three studies on animals were conducted by the Italian Ramazzini Institute of Oncology which extended more than three years, using thousands of rats, the standard lab animal. They were fed aspartame at different levels until they died. The results: Aspartame is a multipotential carcinogen causing all types of cancer from mammary, kidney, lung and liver to leukemia and lymphoma.

Harvard Hospital even did a study on aspartame and cancer, reported in October 2012. The article stated: The data from approximately 77,000 women (nurses) and 48,000 men (doctors, dentists, pharmacists, etc) led the authors to conclude "In the most comprehensive long-term epidemiologic study, to our knowledge, to evaluate the association between aspartame intake and cancer risk in humans, we observed a positive association between diet soda and total aspartame intake and risks of NHL (non-Hodgkin lymphoma and multiple myeloma in men and women."

Walter Willett, M.D., Dr. P. H., is Chair of Nutrition at

Harvard School of Public Health, and one of the CO-AUTHORS. He said,, “I do think this finding is STRONG enough to justify further study on aspartame and cancer risk.” That could take years. Until then consumers should keep in mind that the long term safety of aspartame remains controversial.”

So an actual coauthor says the study is strong enough to justify further study on aspartame and cancer risk. The authors say it’s the most comprehensive long term epidemiologic study to our knowledge, to evaluate the association between aspartame intake and cancer risk in humans. Yet, once the study was published Harvard immediately apologized for promoting weak science. I’ll pause for a moment until everyone stops laughing. Perhaps they could have said it this way: The problem with excellent scientific research like this is that it hurts the aspartame business for which we deeply apologize. Let’s say that again. If it’s bad for the aspartame biz it’s good for the public no matter how many it kills.

“Meanwhile aspartame cash registers ring a merry tune and Harvard hospital fills with aspartame victims of the 91 toxic reactions plus death listed in 1995 by the FDA from 10,000 consumer complaints. I suspect “the industry” got to them. How interesting, going from the longest and strongest to weak science.

When I think of the FDA covering up aspartame

toxicity, I think of a particular heinous crime. According to Dr. Woodrow Monte in the incredible brilliant book, While Science Sleeps A Sweetener Kills. Is this information: “US government health agency evaluations of privately performed experimentation presenting evidence that aspartame could cause birth defects” was purposefully kept secret by a pact between the corporation that invented aspartame and the governmental agency that should have been acting as the infant’s only protection from just such threats. The egregious nature of this pact is compounded by the fact that the government agency scientists knew at the time that no published scientific literature-reported tests had ever been done to show aspartame was safe for pregnant animals. As of 2005, the Department of Health and Human Services Center for the Evaluation of Risks to Human Reproduction has officially recognized the poisonous component of aspartame, concluding, methanol is a probable human development teratogen capable of causing human birth defects.”

You can’t ever stop thinking of the babies being born with brain tumors, so many at St. Jude, and there is no pregnancy warning,

Who is Dr. Monte? As a food scientist at the University of Arizona he was particularly concerned about the approval of aspartame because it breaks down at 86 degrees and in Arizona it can get over

110 degrees. In February, 1984 the FDA denied Dr. Monte and James Turner, attorney, the opportunity to hold a safety hearing on questions raised in their petition.

G.D. Searle sent a number lobbyists to Arizona including Andrew Herwitz, Arizona Governor Babbitt's former Chief of Staff, Charles Pine, a prominent Arizona lobbyist, Roger Thies, a G.D. Searle lawyer, and David West, a G.D. Searle official (Gordon 1987, page 507 of US Senate 1987;

The State of Arizona DHS completed studies showing that aspartame in carbonated beverages breaks down into free methanol (among other things). The amount of methanol concerned the DHS enough that a ban of aspartame was discussed (Gordon 1987, page 507 of US Senate 1987).

Dr. Woodrow Monte filed for reconsideration of his petition for a hearing in Arizona. He was granted a hearing scheduled for April 1985 (Gordon 1987, page 507 of US Senate 1987).

In April 1985, in an unusual and secret maneuver, the Arizona legislature removed the text in a Toxic Waste Bill and used it to pass a bill which banned the regulation of FDA-approved food additives (Gordon 1987, page 508 of US Senate 1987). This bill scuttled the hearing that Dr. Monte had been promised.

In 1984 Dr. Monte wrote the peer reviewed journal

article: ASPARTAME: METHANOL AND THE PUBLIC HEALTH exposing what the free methyl alcohol in aspartame is doing to humans.

All these years he has never given up warning the public even though his home was blown up with him in it, but he survived. Now he has acquired information on four of the teratology studies that were sealed, and I gave him the two I was able to acquire. What was the FDA hiding all these years? Aspartame causes neural tube defects, which include spina bifida and cleft palate. Dr. Monte says autism has, with no explanation, increased 2500%. He also says cancers, the hallmark of formaldehyde exposure, have exploded. The Trocho Study showed that formaldehyde converted from the methanol, embalms living tissue and damages DNA. The formaldehyde turns the tissues to plastic, as discussed in Monte's book. This seems to be of no concern to the FDA. They are more interested in chasing after good people trying to stop human suffering from cancer while they turn their back on the public. Those responsible to solve the problem ARE the problem.

On July 15, 2015, a study was released, on dietary methanol and autism, Ralph G. Walton, MD, Dr. Woodrow C. Monte, This study suggests that women who have given birth to an autistic child are likely to have had higher intake of dietary sources of methanol

than women who have not. Further investigation of a possible link of dietary methanol to autism is clearly warranted.

In Genesis 1:29 it says: God went on to say: Here I have given to you all vegetation bearing seed which is on the surface of the whole earth and every tree on which there is the fruit of a tree bearing seed. To you let it serve as food. You will notice there is nothing added about FDA approval!

Early in 2009 at three in the morning, believe it or not, our phone rang. Surprise, It was FDAs Michael DeLaney! We discussed the citizen petition for ban of aspartame still pending since 2002 and the imminent health hazard amendment in 2007. When I said I lecture all over the world and people are sick and dying from aspartame, the Delaney said without concern: SO WHAT, WE HAVE TO DEPOPULATE!

Obviously, we have to take responsibility for our own health. Courageous and brilliant physicians have tried their best to alert the public about aspartame in many fine medical texts on the subject such as Aspartame Disease: An Ignored Epidemic by H. J. Roberts, M.D. and Excitotoxins: The Taste That Kills by neurosurgeon Russell Blaylock. There are many of their books exposing the fact that aspartame is deadly. Now the FDA approved Advantame, another aspartame product and we don't even know if it will be labeled.

Freedom of Information requests go unanswered with notes from the FDA saying they have more important things to do.

Also be alerted that aspartame is in thousands of drugs. I educated physicians in four hospitals here in Georgia but when they prescribed drugs like Zofran and Raglan the pharmacist fills them with generics and they have aspartame. One physician said it's in all gastrointestinal drugs that are generic. I personally became a victim and stopped breathing three times before we found out. Now the Supreme Court says you cannot sue if the drug is generic.

I thank Dr. Leonard Coldwell for courageously continuing to expose this international disaster and saving so many from a slow and painful death.

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bettym19@mindspring.com  
My web site [www.mpwhi.com](http://www.mpwhi.com)  
[www.dorway.com](http://www.dorway.com), [www.wnho.net](http://www.wnho.net)  
Aspartame Toxicity Center,

[www.holisticmed.com/aspartame](http://www.holisticmed.com/aspartame)

Simplified Formula:

**EVE GELLER MEMORIAL CANCER FORMULA –  
Simplified BLOOD 7 IMMUNE BUILDER POWDER #55**

Dose:  $\frac{1}{2}$  teaspoon after each meal, not recommended for children.

14 oz POWDERED RHUBARB  
12 oz POWDERED SPIKENARD  
4 oz POWDERED BLACK SNAKEROOT  
6 oz POWDERED LADYSLIPPER

Thoroughly mix these ingredients. Makes about 6 month's supply

**BLOOD & IMMUNE BUILDER TONIC**

#99 18 oz BLACK COHASH ROOTS  
8 oz SPIKENARD ROOTS  
2 oz WILD CHERRY BARK  
4 oz MULLEIN LEAF  
2 oz LADY SLIPPER POWDER  
6 oz TINCTURE OF IRON (skip this if not available)  
(Add these two after above has been boiled)  
 $\frac{1}{4}$  teaspoon QUININE SULPHATE  
 $\frac{1}{4}$  teaspoon OIL OF WINTERGREEN, eatable type

Using 3 ½ gallon container (14 quarts) place the ingredients in layers in layers starting from the bottom in sequence as they appear. Fill container ¾ way with water, bring to boil, then simmer for 8 hours. Do not let the water boil away, if it starts to boil away turn heat down a notch and replace lost water.

#### COOL, MASH JUICE OUT OF ROOTS AND STRAIN

Mix quinine sulphate and oil of wintergreen with pint of water and add to strained solution. Bottle and store in refrigerator.

These are the life-saving herbal cancer killing ingredients the FDA intentionally destroyed with deadly chemical sprays to protect the profits of the drug mafia.

There is a safe sweetener available go to [www.CancerPatientAdvocateFoundation.com](http://www.CancerPatientAdvocateFoundation.com) to see my recommendation. It has been analyzed, and Dr. Russell Blaylock, neurosurgeon wrote in the Blaylock Wellness Report “Finally a safe sweetener:”

# **Chapter 17**

## **MISS AMY'S™ Mini-book Series**

### **FRAUDS**

#### **Most Important Warning!**

Do not listen to wannabes! Don't listen to people that cured themselves from cancer or whatever acting like they can cure you from the same disease. That is absolutely absurd and will lead many people to their death.

Even worse are the “knowledge and result thieves”... the dudes that go around interviewing successful people in the health field then sell that “Knowledge” that they don’t have, and often the so called experts don’t even have, or know what it really is that helped some of their Patients.

You find these kind of parasites (leaching on to the result producers) in Health Freedom Expos, Natural Cures Expos or Cancer Truth Congresses and similar, extremely dangerous events. In these events, dangerous, half knowledge will be “taught” which most often causes more confusion and harm than anything else.

They use the ‘spaghetti principle’ meaning the more spaghetti you throw on the wall, the more will stick. This is not so in the Cancer cure field. The more different elements you use at the same time, the lower your chances get that you can get healthy again.

See what the problem is with these interview people and the ones that accumulate so called health experts, is that they have never cured anybody themselves and they believe by interviewing and spying on the result producing therapist or healers, that they themselves have understood their method and result producing actions. False, always false. (Usually they all die of exactly the illness they pretend to be able to cure or prevent in and for others.) They have NO idea why and what cured the Patient with an autoimmune disease!

They think by accumulating as much different knowledge and opinions and methods they can prevent or cure cancer. No, they cause cancer and are responsible that people die because they are following a false prophet or in that case a lot of false prophets! To many cooks ruin the meal, or in that case, too many opinions and methods kill the patients.

Their only motivation is usually money... exactly what they say the *OTHERS* or medical and pharmaceutical industry is after. These event planners, Newsletter sellers and of course they sell at the end, ALL supplements, magical herbs, curing and preventing Supplements and other hocus pocus tools, are even worse than the Doctors. At least they (Doctors) have fundamental education and some base of knowledge of what is going on. These self-renown event planners and so called alternative experts etc., have no basis for their Sales Promotions. Yeah, you can get their vitamin D which *of course* is the 'best' and all the other expensive junk. You can by expensive saunas and oxygen cabins and their cook books and CDs and DVDs and all the other in regards of healing, worthless

junk. They are riding the wave of natural cures, alternative health etc., etc., etc. ALL worthless BS!

I have seen at these events in the most *important* and large ones, the worst hypocrites, repulsive smelling mountain men and women, or the ones that can cure everything with diet or vitamin C or whatever. I was the keynote speaker at all significant events for decades until I understood that these events destroy people and give losers and hocus pocus gurus a platform to potentially harm innocent people. The worst are the ones with the positive thinking hoax. All patients that only think positive that I ever heard of, died! You have to systematically *act* instead of just thinking, hoping, or praying for a positive result.

Most off all, you have to understand that every system that works has to be individually created and applied and taught, trained and coached, with a decade long result producing success rate.

All these seminar gurus just want to sell their books, seminars, supplements and products. Just sign up for their free.... Whatever ebook, or free Video, and you will see what I mean. They bombard you with offers and sales from that moment on.

ONLY one system, ONE person can help to achieve a permanent success. Not to use or try a little bit of everything! It is so sad that they use the awakening that is going on against the Pharmaceutical and Medical Industry to sell you're their usually useless, worthless but always expensive Products.

Be careful. I have given over 3,000 Interviews in my life and have been on all significant so-called experts' shows, DVD series etc. I can tell you: Champions never flock, they are like Eagles. You find them one at a time. The healer that can really heal does his own thing by himself. He does not need the opinion or help from countless others. That just shows lack of self-confidence and success if they need others.

And NO, diet or water cannot cure everything! And the clowns that want to heal your past, your emotions etc. don't even know how that is really done. I am the only one (that's why they all tried to steal from me, some way or the other, that are talking about my subjects) that has the success and result proven authority for help to self-help and self-healing by creating the ONLY plateau for lifelong optimum health:

I help the patient or client to find and use his or her own greatness and Power. I am the only one that can build the self-esteem self-love, hope, freedom from the past for an IBMS® Student and can enable them to create the relationships professional and private, the communication skills the self-motivation tool, the success training, the way to financial independence, the way to deal with their past and insecurities, build their Self-Image that determines everything and most important, to identify and eliminate the root cause of every negative result in every part of their life. That is true holistic health and ONLY my IBMS® system that cured thousands or even millions, make companies and individuals rich and successful, created a perfect private life and effective self-

communication and endless energy, can cover every single part of life. And only that way can optimum lifelong health wealth and happiness be created. There is NO health without all elements being covered. I have gotten hundreds, thousands, or even millions of testimonials; thank you letters video testimonials etc. for the results of my work. I cured my own mother from Hepatitis C, Fatty liver, Liver cirrhosis, liver cancer in the terminal state with the prognosis of 6 months to live. That was 46 years ago and she is still alive and healthy today being 82 years old. That alone makes me the ultimate authority in results.

Don't ever follow a follower. All the seminar guys and interview guys, that call themselves Researchers, but have never ever cured a couple of hundred people themselves cannot help you to get and stay healthy, happy, energized, motivated, and successful. They are just following information that they have never truly understood for themselves. They don't know what it was that cured them if they cured themselves and they cannot teach you how to cure yourself, because it's a different cause and solution for everybody.

Be careful. Learn what I learned, use my system, and cure yourself with the (in millions of cases) success proven results and the only system that leads you to your God given perfection, with the use of common sense, instinct, and the system of life itself, the science of IBMS® self-help education, training, coaching and self-healing coaching. You are the only one that can make you sick, and you are the only one that can cure you. IBMS® is the cure for life™ and is Curing Life®.

Health means the perfect satisfaction and happiness in every single part of life. You cannot be somewhat healthy like you cannot be a little bit pregnant. You are or you are not.

Just to make it absolute clear: ALL Profits of this book will go to the Cancer Patient Advocate Foundation, a government recognized Non-Profit Organization. I don't make money on sick people, their fear, illness, pain or death! Some others try to hide their greed by stating that they give a little of their income to charity. (Most owned by them and being paid from it) I don't. I don't take a dime for my work for the CPAF and don't get paid and don't keep a penny from the profit.

I made a pact with God. I promised him if he helps me to cure my own mother, that I will do everything to prevent other children and their parents having to go through the same horrors and pain and suffering my mother and I had to go through. My work for the CPAF is me keeping my word to God.

If you really think about how absurd it really is that one person (I will not name names) that cured themselves, suddenly becomes an 'expert' on cancer cures, or has the audacity to tell other people what to do to cure cancer, you will see how dangerous these people are. Now, this one person, I will call him Bob. Bob cures himself of cancer, which could be legitimate depending on the life decisions he made, the changes, the 'getting-over life' that he made to his life. BUT, this was the result for Bob, individually. This worked for him, and good for him, of course it is great he did not die from cancer, or get

murdered by the medical profession. The problem now is that Bob suddenly reaches out to people like me, with a following, a reputation in the industry, who are trying to inform people that it is not necessary to die of cancer, get taken advantage of. Bob then rides all the waves he can, then starts a YouTube channel, or something else ridiculous. Then, the misinformation (i.e. killing people) begins. Bob is telling people how to use a rebounder. Now, Bob obviously researched “how to use a rebounder” then repeated the same WRONG, blatantly false information that came up in the search result. Then, I find videos of Bob telling people they need to bounce up and down (feet leaving the trampoline) of a mini-trampoline, or if they cannot stand, to use a large exercise ball to “get the lymph moving”. Personally, I do not care how you use your rebounder, but if you want to *effectively* use your rebounder for optimal results, and in my experience with thousands of patients, you DO NOT use it like Bob said to. Then, the avalanche begins. After that, some naive people might have tried this. Maybe they feel better because they did *something*, as opposed to sitting on the couch. Of course they might feel better because the blood is pumping, but did they “get their lymph moving” like they were told? No. The sad thing is that the anaerobic movements of jumping on a trampoline can actually stop the lymph from moving. So then, the poor naïve person that tried this starts to try other things, based from misleading, wrong information. The next step is they usually tell their doctor all the fun new things they are trying and the doctors tell them “oh, you will really die now”. The medical profession loves all the little fruitcakes that go around (like Bob) spreading misinformation. With

such massive levels of misinformation, and the quantity of “Bob’s”, the medical profession can easily generalize that “the natural route” is not safe, does not have proven success results, and should be steered clear of. In this case, the medical profession may be right. The medical profession is using people like Bob, and their affiliates to smear and demonize the holistic market, and only breed more fear into people. The problem is, people like Bob give the ENTIRE natural cures industry a bad name. Similar to how one bad apple spoils the bunch. There are some (very few) experts and doctors, many of whom were trained by me using the IBMS® System, that are producing consistent positive results. Interesting to note, though, that these few people have been producing good, consistent results for years, usually decades! People like Bob are a dime a dozen and are often like a fad-diet...they tell their story, ride the wave of the ongoing “awakening”, use people like me to gain publicity, start a blog, a newsletter, sell a book, are maybe popular for a year or two, then you never hear about them again...because the next Bob comes along, or they ran out of misinformation to spread.

Another completely absurd thing is that they always act like it is a new phenomenon that they could cure themselves without chemo, radiation, or surgery. Only due to the brainwashing and manipulation of the medical profession could this even be possible. There are millions of cured cancer patients out there that refused chemo, radiation, or surgery, then Bob acts like he is a divine child of heaven and the only one! It is an outright audacity and outrage. Could you imagine if I went out there and said I

am now a headache healer? For a while I would get headaches in the late afternoon, then I would drink some water and eat for the first time all day and stop using the fluorescent lights at my day job at a desk, and I did this consistently for 2 months and my headaches went away! This is revolutionary! I am now a headache healing expert, so I think I will expose the acetaminophen industry, and make the anti-headache cookbook and a customized water drinking schedule plan (tailored to your individual needs, of course) and for a minimal fee (of course)...just to keep the operation going...not to profit (of course). This would be so ridiculous on so many levels. Generally, because people have headaches for potentially hundreds of reasons, not solely because they are dehydrated, malnourished, or their eye muscles are strained from unnatural light. This analogy is parallel to the “Bob” story because just like cancer, a headache is only a symptom, not an illness. Secondly, just like with cancer, the root cause of this symptom occurring can be from hundreds of different possibilities. Thirdly, because I found a way to eliminate what was causing my headaches, I am suddenly a headache healing expert? As you can see, the headache healer story is completely ridiculous and makes these ‘overnight experts’ and the other legitimate experts, a piece of cake for the medical profession to write off, leaving the people that need help *still* without a working solution. In fact, I believe the people like Bob are even worse than the medical profession because at least doctors are contractually obligated to only offer chemo, radiation or surgery. Is it right, ethically? No, of course not. The people like Bob have not the slightest qualifications, accreditations, or means of offering a

solution. At least the medical profession doesn't try to deny the fact they are in business to make money. People like Bob always make money out of self-righteousness, but of course they are not actually making money, remember? They put all of the money back into advertising so they can further educate people, or donate all the profit.

The next 'bone to pick' is that people like Bob always find more "Bob's" to flock to. They always speak at the same events that offer no solutions only offering a "rah-rah" seminar that leaves people in the most depressed state after 3 days. After seeing what is really going on, I do not associate with these groups. Over the years, I have had many hosts of these Health Expo's interview me. Any avid listener, or follower of mine knows that I hold nothing back! I use every interview to get useful information out to people who need it. The interesting thing is that once the interview is cut from these "Health Expos"...supposedly exposing the Pharmaceutical industry, they have coincidentally cut out the part of how I historically cured patients, and the part explaining how IBMS® is the only system that works. I feel the majority of people "exposing" the medical profession are just as big of frauds as the medical profession. There are generally about 10-30 different speakers at these type events. At each event I have spoken at in the past, I always hear the same thing. "Dr. Coldwell, you really simplify the information down and really have the answers...you make all the other speakers look stupid, people do not even need to bother with their events if they go to yours." I would like to think of this as a complement, but sadly, for

this exact reason is why the hosts or interviewers for these “Health Expos” always cut out the solutions part of my interviews...to not step on the feet of their other guests and essentially discrediting them! This is ethically wrong! For this reason, again, I do not participate in events like this anymore. This brings me to another point that many other “experts” leave out...solutions. People like Bob always talk about the rebounder, or Vitamin C, or some other herb to cure cancer...but was it the lack of the rebounder, Vitamin C or herb that caused a person to develop cancer? No! So how on Earth can it be the “cure”? It can help ease the symptoms and maybe shrink a tumor, or maybe keep people alive longer, but will it take the splinter out your soul that caused the cancer in the first place? No! And because the Vitamin C or herb could never remove the splinter in your soul the way the IBMS® System enables you to, the symptoms or illnesses will without a doubt reappear, and often with a vengeance. This is why it is such an outrage for people like Bob to have the audacity to tell people what to do with their life. Does Bob know where the splinter is in your soul? Does he know your individual life experiences, trauma, the reason and basis for your trained negative behavior, or the reason for the very common subconscious self-sabotage that causes illnesses? No! Only the IBMS® System can address these traumas and negative behavioral patterns and produce permanent solutions.

Since IBMS is the Science of Identifying and eliminating the root cause of every negative result in a humans life,

including cancer, being broke, lonely, unhappy, hopeless, living in guilt, self-doubt, lack of self-esteem, lack of self-love, lack of self-motivation, no energy, no personality, no real life goals, and no future, it is the only full life system that can produce permanent unmatched results.

The next story, and personal experience is about “Joe the Plagiarist”. Now, I will not say his real name, but let’s call him Joe. Joe went around to all the “experts” interviewing them about their knowledge of cancer, health, treatments, etc. From the 40-ish people he interviewed, he put together the “essence” of information. The (negative) outcome is that he is pedaling misinformation and half-truths. Of course after my interview (the cut out part with all the solutions) only about 1-2% was actually aired. Then, not to my surprise, Joe is suddenly using the same verbiage that I use, except that he twists it because he never understood IBMS® to begin with. For example, I talk about how IBMS® identifies and eliminates the *root cause* of all illness or negative results. Suddenly, Joe is talking about that the *root cause* of cancer is the lack of Vitamin D! This is false, misleading, and outright dangerous information! When this ‘health’ series started, Joe was wearing t-shirts and casual clothes, and then once he interviewed me, he began to appear in 3 piece suits and colorful ties, as I often wear. The most important part though is that while giving the interview, I saw in his face when I began to explain how IBMS® identifies and eliminates the root cause of ALL unwanted results in life, and without this, one can never achieve the health or result they want (see my example in this book about the mother-in-law being the root cause of one’s cancer), he

realized all of the other interviews about Vitamins and herbs, healing, and diet, were completely useless and false, and destroyed his entire plot for his series to ultimately create the market for a supplement and newsletter company, which he founded based on his DVD series. This brings me to another point I previously made about people riding the wave of other people's results and successes, without ever understanding the true message or system behind it. These 'series' are a dangerous, vicious cycle because the host makes money pedaling these half-truths and false, misleading, information and the people active in the series are only motivated to be a part of this for publicity and to sell their products, which are never a real solution and often dangerous or poor-quality products. It is literally the blind leading the blind.

What makes me the most angry about this is that I have seen the fear in the eyes of thousands of people that have been diagnosed with cancer and their families, the pain and suffering of these people just looking for honest help, not knowing who to trust or where to go. I have seen the anger in people after realizing their family members were murdered with chemo, radiation, or surgery, or being lied to by the medical profession that there was no other solution or hope. I have seen these people in my clinics and seminars traumatized by those circumstances. Then, you have people like Bob, and Joe who take advantage of scared people saying all you need to cure your cancer is some Vitamin D, which can be purchased here (where they of course make a commission), only to have these scared people believing in the next lie! Are these scared

people any healthier now? Are they “Cured”? Have they identified and eliminated the root cause? (If you have heard of one being cured by this hocus pocus, riding the natural cures wave, cancer patient that is still alive 5 years later and 100% healthy and thriving- not barely surviving, please write to [ibms@startmail.com](mailto:ibms@startmail.com))

The next part is that people like Joe are now taking advantage of these vulnerable people for every dime they have. They push mainly false, half-truths, and misinformation in the form of expensive docuseries, cookbooks, books, and seminars only to introduce people to their products, like supplements that offer no solutions. Whether Joe gets a commission on selling the products the ‘experts’ promotes, or he sells it himself, with a massive profit. Interesting to note, I have nothing to sell. When people come to my seminars, they get answers, solutions, activities, workshops and information they can use and take with them to apply to their life. People get results at my seminars, which is why I can literally not handle seeing what is happening at these ‘natural cures’ expos. My seminar prices are basically cost-recovery and if there is any profit, it goes to 100% into the government-recognized non-profit Cancer Patient Advocate Foundation and my publishers are selling my result and solution producing books for an average of \$19.00, while the 8% I get as an authors’ fee goes directly to the Cancer Patient Advocate Foundation.

They (people like Joe) start out with good intentions, then get attacked by the medical professions then suddenly change their tune. Then, they mislead their own followers that invested with them, believed in them, by saying

things like “not all vaccines are harmful, you must decide for yourself”. This cowardly act is the essence of misinformation and betrayal. Again, this brings me to the point, ONLY the IBMS® system can offer *real* results by identifying and eliminating the root cause of all negative, unwanted problems in life...No bogus “testing”, “supplements”, “voodoo”, “positive thinking”, “diet” or anything from the outside for that matter.

## **YOU ARE THE MAGIC PILL (Part 1)**

The age old question- what is the best way to lose weight? What should I eat for optimal health? Etc., etc. I personally love this question because I have so much fun exposing the frauds and total nonsense that is out there. Another reason I have so much fun on this topic is because when you look at the complete issue from an IBMS perspective, you see how completely absurd all the fads, promises, gimmicks, really are!

So, the million-dollar question- what is the best way to lose weight and look like a super model? Well, if you would like to look like a super model, you could eat cotton balls instead of food, and become bulimic, and voila! You too can look like a super model! Dark circles under the eyes, dead looking skin from major malnutrition - how wonderful! In today's world of Social Media stars, and celebrity role models, people, women and young girls in particular have taken on a perceived notion of what people should look like, and have fallen for the 'hype' around celebrities. Many people think they are models, actors, or celebrities because of their 'talents' or appearance, but if you have ever heard our dear friend Jessie speak (his books are also on the members' website), you will know their role or position has nothing to do with their 'talents or appearance'. Thus said, they should not be idolized for their appearance, and is only a brainwashing technique used to destroy the individual self, and self-confidence of people. This can be often seen with celebrities promoting a 'weight loss tea' or they have their own diet plan...Be especially mindful not to fall for

the trick of the “Agenda 21” plan- never addressing the root cause, which of course, the celebrity endorsed tea does not address- at all! Not to digress too far, but the New World Order plan is to make sure that the people like you and me fall for the hype created around celebrities, so we then put them on a pedestal, idolize them, trust them, and fall for their ‘solutions’ like fit-ness tea and workout programs. I bring this point up first because I hear so often women saying ‘I want to look like (fill in the blank- Kim Kardashian, Kylie Jenner, Beyoncé, etc.) This is absurd because first of all, the side the public sees is a far cry from reality, and if you really think about what an insult to God this really is! We are created in the likeness of God (or whatever you believe in) and to believe that God could make a mistake in creation is a total insult. Look at how **PERFECT** nature is- why is it that for every illness, there is a plant, usually native to the local area where illness occurs, that is often the cure. Look how the entire ecosystem works together- how the algae and plankton have an impact on the top of the food chain. We just often forget that we are part of nature, too. So to think that we should look like something other than what God created, is an insult to the entire existence of nature. And even if you do go to Dr. Frankenstein to be recreated to look like your ‘idea of perfect’ you will still never truly be happy because this method of trying to look like someone else or something from the outside simply does not work. The real question you should ask yourself is what do I want to look and feel like, in a realistic manner...based on your body structure, current weight, health issues, etc.

Ok, now that we understand we have to set our priorities and goals for our individual self, not some Hollywood fantasy, let's move on to the next point.

What to eat to lose weight. Oh boy, I really love this one. Again, you could go for the super model look- a highly deprived- of- life diet, and eat cotton balls. Yes, you will lose weight! You could eat a 500 calorie per day diet. You could do the Soup Diet, which actually does work but I will explain this later. You could work out in a sauna suit, and potentially die from dehydration or overheating. There are thousands of things you could do, which is why I believe so many people give up or do not start a diet to begin with. There is so much information (or misinformation) out there and all claim their diet is the best! Now, we have come to a point where nobody can trust or believe anything and most people are tired of wasting their money on yet another broken promise. Eye Roll.

What EVERY SINGLE program fails to do, except for the IBMS System, is to identify why you are unhappy, unhealthy, or overweight in the first place. To me, I do not want to put in sooooo much effort to lose 10 pounds, only to have to stress out and worry that I gain it right back, which is also a waste of time and money. I consider this no solution at all. So first, WHY are you (fill in the blank)? (Example: fat, unhealthy, no energy, health problems). You must identify the problem before you can ultimately solve it. Again, I emphasize that you must look at your individual needs, something that no diet, or diet plan remotely considers. Let's take a look at some common

reasons why people are overweight. Usually these problems, or bad habits, are stress based. For example, people that overeat even once they are full, or people that eat even when they are not hungry...this could also be a self-destructive behavioral pattern. Some are learned behaviors like eating everything on your plate because your parents told you to eat everything on your plate...instead of eating until you are full and stopping. For example, a friend of my parents was always extremely overweight. Let's call him Joe. Growing up, Joe was always overweight, yet, he was always trying to lose weight, and always on a diet. Sometimes he was successful in losing some weight, but he was never healthy.

Of course, the doctors always told him it was the metabolism, it was high triglycerides, or some other large word, and gave him some new pill to take. Oh, and watch the sugar and carbohydrate intake. BLAH, BLAH, BLAH! Looking back at it, Joe was self-employed and in the construction business. If anyone knows this business, at least in the US, this is an industry known for the contractors screwing over their customers. I will safely assume, he was no saint and there were a few people that would like to get even with him. Next, he was unhappily married- he was known for cheating on his wife, but covering it up of course. He was also Jewish, which made his marriage an even more stressful situation considering the extremely limited amount of people in the Jewish community, who would likely disown him for partaking in such an unholy activity. Let alone what the children, employees, school teachers, etc. would think! The fact alone that he was Jewish could have contributed to his

stress, since most people where I grew up were not Jewish, and maybe Joe felt like he was an outsider. So, considering the stress of covering up and faking his entire life to the public, putting on a show of the nice, perfect, Jewish guy, with the perfect little family, was a major emotional undertaking. It is no wonder that he could not live with the lies, to himself and others. Many people that are chronic liars create an ‘armor of fat’ to shield themselves from being exposed...so tell me, what diet can fix the character flaw of being a liar and a hoax? Other people often create this ‘armor of fat’ due to insecurities or traumas like rape.

Ok, you may be feeling a little overwhelmed and intimidated, but fear not because the IBMS System is here to help you to reach your goals. Ask yourself these questions, really think about them, and write down your answers. Come back to them a few days later, and see if you feel the same way and add to the answers as needed. Even if you do not come up with any definite answers, that is ok, they will come. It can be in 1 day or in 1 month; all that matters is that you start some-where.

Why am I fat? How did I make myself fat? What advantages did I get out of being fat? When did this issue begin and what circumstances also happened at this time or 18-20 months prior?

If I don’t change, what negative things happen to my relationships, career, health, quality of life, happiness? What do I lose by being unhealthy, overweight?

Alternatively, it may just be that you went on a wonderful vacation and gained weight from all the good food, and just can't seem to get it off. There is help for you too!

Ok, now that you are on your way to identifying the root cause, we can now take a look at the diet aspect. As you can imagine, this is where most of the brain-washing and misinformation happens...because we all know Beyoncé did not just 'wake up like this'!!

First of all, as mentioned before, everyone has different needs, strengths, and weaknesses. I would suggest in general to start any weight loss effort with some form of detoxification. Whether a juice fast (just remember for a juice fast to only combine fruits with fruits, vegetables with vegetables, and melons alone. The only exceptions are lemons and apples- they can be juiced with fruits or vegetables) or the Detox program from the [www.ibmschampionsline.com](http://www.ibmschampionsline.com). This is critical because it is imperative your body's organs are performing at optimal levels. It is important to get the body alkaline because an acidic body cannot lose weight in a healthy way. From personal experience, this is where my weight loss began. The next thing I would suggest is to try to eat/drink only as organic and Non-GMO as possible.

Now as for an actual diet, there are only a few that I think actually work. The Soup Diet (available on the Members-only website) is a great way to periodically detoxify, but also lose weight quickly. This diet is recommended to be done only 1 week at a time. Most people lose anywhere from 7-13 pounds in one week. This IS NOT a lifestyle

plan. For a more healing diet, I would suggest a raw food diet.

Many people with bowel issues, toxemia/acidosis, and diabetes benefit greatly from a raw food diet. Of course, you can supplement this diet with a baked potato or cooked vegetables when you need something warm.

The next question I get frequently is what to eat, or how to eat for general health. The problem is that I have no idea what to tell anyone to eat! How could I know?! If I tell you that you should eat a spoonful of sauerkraut 3 times per day for a healthy gut, but I do not know that you have stomach ulcers, we have a slight problem! This is where YOUR instinct comes in... because if you do have stomach ulcers, the thought of sauerkraut probably makes you nauseous. Also too, if you do a detoxification program, you will quickly learn about cravings and your instinct. If you have ever been pregnant, you understand that cravings happen for a reason! When I finished my first juice fast, I began to crave avocados like crazy! I never ate avocados or guacamole in my life- and I was 19 at the time. But, I was suddenly OBSESSED with avocados. At first, I would eat about 4 avocados per day, and then for the next few years I ate at least 1-2 avocados per day, without fail. I immediately began to research the benefits of avocados because I knew that my cravings had a reason. Then, with every little craving I had (and cravings for candy do not count!) I would look up the benefits of what I craved and I soon began to put the pieces of the puzzle together. Most importantly, though, I learned to trust my instinct. The more you use and listen to your

instinct, the stronger it gets. You will find yourself more in sync with nature. My biggest piece of advice is to listen and act on your cravings and never have a set eating habit or schedule. For example, I personally do not believe in things like “every Friday we eat XYZ.”

Nor do I believe in eating meals at certain times or “portion control”. I know for many people this is unavoidable, but this habit tends to create improper eating habits like eating when you are not hungry, or not eating when you are hungry. I do understand if this is unavoidable for some people, so you have to make it work for you. When I was in school, I would always take a snack, usually one salty and one sweet...because you never know what you will want! I am sure you will find a way to make any changes you feel that you need to.

Simply put, eat what you want, when you want it...as long as it is organic and non-GMO, and stop eating when you are full. One thing to keep in mind is that thirst is very often mistaken for hunger. Try drinking a large glass of water before meals and maybe that could help you eat less, if overeating is an issue for you. If you need to recondition yourself to stop eating when you are full, I would suggest to start with portion sizes that you are used to. Be mindful to eat slower and to chew your food longer. When you are halfway finished (whatever your idea of half is) with the meal, stop and just take a break. Sip some hot tea (hot tea is great to drink with meals for digestion) and just relax. If after about 5 minutes or so you are still hungry, continue to eat, still mindful of eating

slowly and chewing well. This is also a good time to revisit the questions from earlier (why am I fat?)

The most important part is to eat food that tastes good and that you like. People have been trained to believe that delicious food is unhealthy and makes you fat. This is completely false!! I explain why in my ‘Food Does Not Make you Fat’ article. For example, pizza does not have to be unhealthy. Ok, it may not be as healthy as a glass of juiced greens, but we have to remain realistic at the same time. So choose to make an organic pizza, or find a restaurant that uses fresh, quality ingredients. Eat a slice of pizza with a fresh salad to balance it out. The point is quality, though, because real food can be digested, absorbed for nutrients and energy, and used by the body, whereas chemicals in the ‘food’, cannot. And, as long as you do not overeat, there should be no digestion issues...unless of course you are lactose intolerant, in that case, stay away from pizza!

The next topic...Exercise! This is a subject that I am really passionate about because I have tried just about everything and I love fitness! Since I was a teenager, I habitually was in the gym. As a teenager, I never had intense pain or many physical limitations. This quickly changed when I was in a terrible car wreck when I was 17. Since then, I had to have a total new outlook on fitness. It evolved into a way to stay pain-free and to keep my muscles strong to prevent further injury, instead of going for the super defined muscle look, that generally requires much more strenuous workouts. I used to lift weights, which was a breeze before the car wreck, but afterwards,

it took longer to recover and became harder to stay in the habit. I needed to find a solution that worked for MY needs. And ultimately, this is what you will have to do too. I can tell you from my experience everyone that went to school for personal training will give you a textbook, standardized work-out pro-gram, mixed with a little hot new workout trend, and a few modifications based on your capabilities. These ‘modifications’ are essentially what they advertise as a ‘customized’ workout program. WHAT A LOAD OF CRAP!!! One time I really went off on someone (a trainer) that tried to tell me how I need to work out to speed up results. (How did this person even know what results I wanted?!) This is what hap-pens when people assume they know everything about everything, and get in other people’s business. Maybe I was in the gym to de-stress, or to sweat out all the toxins from my many years of taking prescriptions...the audacity of some people! Ok, rant over. Back to personal trainers...Wait, no, the rant is not over. The next thing these people do is tell you to drink protein shakes! Oh lord, one time I did this and I seriously cannot handle protein like that. I had a stomach ache for 3 hours and it felt like I had a brick in my belly- it was awful! Every time I increased protein in my diet like chicken or turkey, in combination with working out, I gained weight and lost muscle definition. So, back to square one- I felt so helpless. What I learned from Dr. C, who is the only person I have ever gotten solid answers from, is that once I detoxified (he looked at my individual situation), the fitness aspect would fall into place. It did fall into place...I detoxified, exercised in a gentle way that was safe for MY limitations, and I ate a diet that was beneficial for

detoxification- a lot of fresh fruits and vegetables, smoothies, juices, very little meat, but plenty of eggs, and non-dairy milk. Again, I have to stress the importance of taking care of your individual needs and goals. For example, I did not want big, bulky looking muscles, so I found it best to not lift heavy weights. Using 1-3 pound weights has been very effective for me, and much easier on my joints. I also really like using resistance bands, for muscle toning and for stretching. I absolutely love yoga balls! They are also great to sit on. People always make fun of my yoga-ball chair, but it is a really great investment for \$70! It would also be great for IBMS Coaches to use while working with clients. One thing I think everyone needs and can benefit from is a rebounder- bounce on the trampoline without your feet leaving the mat, and do this for 7 minutes. If you need extra balance, use a chair, or have a friend help you. This can actually aid in weight loss, especially for women.

In summary, the first step is to have a realistic view of what you want to look like or change about your current situation. Many people set ridiculous goals, like looking like someone else, and of course, fail, then feel like a loser. This is an example of a worthless goal because it is not even possible to attain, so set a realistic goal based on YOU! Identify the root cause of your problem. Believe me, this will expedite the process of reaching your goals. Yes, sometimes it is hard to face the truth and accept things we had done or experienced, but overcoming it opens up doors to greatness, independence, and happiness. Learn to use and trust YOUR instinct, and you will soon realize how much power you truly have! You will learn that YOU

have the answers, YOU know what is best for YOU. Find a diet or a life-style that works for your body type. A diet or lifestyle that gives you energy, makes you happy- not a brick in your belly! Choose a workout regimen that is fun, just start something. Whether you and your best friend walk 3 times a week, or you have your own private work out studio. Maybe you like intense cardio machines, or heavy weights- do what makes you happy and makes your body feel good. You can only figure this out by trying different things, using your instinct and listening to your body. Pay attention to how you feel after eating or when grocery shopping. If you have a bad gut feeling about the broccoli, do not even bother! You have these feelings for a reason, and they are to protect you.

Again, there is no program I know of that can offer anything more than the 'band aid' approach, aside from the IBMS® System. No diet plan or fitness pro-gram looks at any underlying issues as to why you may need help in the first place, which you must address to reach results. And what works for me may not work for you. As much as I love Dr. C, he is more of a 'let's hit the punching bag' kind of guy, where I really enjoy deep stretches with my yoga ball- this is a perfect example of how people are different and need different things to feel good. At the end of the day, it does not really matter what people do to feel good or be healthy, as long as the end result is feeling good and healthy! The result is what counts, and every-one has their own path to results.

As you can imagine, there is no magic pill. Illness (or any other negative out-come in your life) is not something

that just happened, it was created. Created by us, by living a life we know is wrong, staying in a relationship or at a job we know is wrong, or whatever the case may be. Life happens. We all have to take responsibility for our life, and sometimes it is not easy, but it can be done, I promise you!

We have to look within for the answers and become our own version of a magic pill!

I write this 2 weeks away from Christmas, a time where many people may be contemplating a lifestyle change, or planning their New Year Resolutions to lose weight, so I truly hope this ‘mini-book’ has helped someone. Of course, if you have questions or need help, please feel free to email me at [ibms@startmail.com](mailto:ibms@startmail.com)

Much love,  
Miss Amy

## **YOU ARE THE MAGIC PILL (Part 2)**

### **FOOD DOES NOT MAKE YOU FAT**

The age old question- what is the best way to lose weight? What should I eat for optimal health? Etc., etc. I personally love this question because I have so much fun exposing the frauds and total nonsense that is out there. Another reason I have so much fun on this topic is because when you look at the complete issue from an IBMS perspective, you see how completely absurd all the fads, promises, gimmicks, really are!

So, the million-dollar question- what is the best way to lose weight and look like a super model? Well, if you would like to look like a super model, you could eat cotton balls instead of food, and become bulimic, and voila! You too can look like a super model! Dark circles under the eyes, dead looking skin from major malnutrition- how wonderful! In today's world of Social Media stars, and celebrity role models, people, women and young girls in particular have taken on a perceived notion of what people should look like, and have fallen for the 'hype' around celebrities. Many people think they are models, actors, or celebrities because of their 'talents' or appearance, but if you have ever heard our dear friend Jessie speak (his books are also on the members' website), you will know their role or position has nothing to do with their 'talents or appearance'. Thus said, they should not be idolized for their appearance, and is only a brainwashing technique used to destroy the individual self, and self-confidence of people. This can be often seen

with celebrities promoting a ‘weight loss tea’ or they have their own diet plan...Be especially mindful not to fall for the trick of the “Agenda 21” plan- never addressing the root cause, which of course, the celebrity endorsed tea does not address- at all! Not to digress too far, but the New World Order plan is to make sure that the people like you and me fall for the hype created around celebrities, so we then put them on a pedestal, idolize them, trust them, and fall for their ‘solutions’ like fit-ness tea and workout programs. I bring this point up first because I hear so often women saying ‘I want to look like (fill in the blank- Kim Kardashian, Kylie Jenner, Beyoncé, etc.) This is absurd because first of all, the side the public sees is a far cry from reality, and if you really think about what an insult to God this really is! We are created in the likeness of God (or whatever you believe in) and to believe that God could make a mistake in creation is a total insult. Look at how PERFECT nature is- why is it that for every illness, there is a plant, usually native to the local area where illness occurs, that is often the cure. Look how the entire ecosystem works together- how the algae and plankton have an impact on the top of the food chain. We just often forget that we are part of nature, too. So to think that we should look like something other than what God created is an insult to the entire existence of nature. And even if you do go to Dr. Frankenstein to be recreated to look like your ‘idea of perfect’ you will still never truly be happy because this method of trying to look like someone else or something from the outside simply does not work. The real question you should ask yourself is what do I want to look and feel like, in a realistic manner...based on your body structure, current weight, health issues, etc.

Ok, now that we understand we have to set our priorities and goals for our individual self, not some Hollywood fantasy, let's move on to the next point.

What to eat to lose weight. Oh boy, I really love this one. Again, you could go for the super model look- a highly deprived- of- life diet, and eat cotton balls. Yes, you will lose weight! You could eat a 500 calorie per day diet. You could do the Soup Diet, which actually does work but I will explain this later. You could work out in a sauna suit, and potentially die from dehydration or overheating. There are thousands of things you could do, which is why I believe so many people give up or do not start a diet to begin with. There is so much information (or misinformation) out there and all claim their diet is the best! Now, we have come to a point where nobody can trust or believe anything and most people are tired of wasting their money on yet another broken promise. Eye Roll.

What EVERY SINGLE program fails to do, except for the IBMS System, is to identify why you are unhappy, unhealthy, or overweight in the first place. To me, I do not want to put in sooooo much effort to lose 10 pounds, only to have to stress out and worry that I gain it right back, which is also a waste of time and money. I consider this no solution at all. So first, WHY are you (fill in the blank)? (Example: fat, unhealthy, no energy, health problems). You must identify the problem before you can ultimately solve it. Again, I emphasize that you must look at your individual needs, something that no diet, or diet plan remotely considers. Let's take a look at some common reasons why people are overweight. Usually these

problems, or bad habits, are stress based. For example, people that overeat even once they are full, or people that eat even when they are not hungry...this could also be a self-destructive behavioral pattern. Some are learned behaviors like eating everything on your plate because your parents told you to eat everything on your plate...instead of eating until you are full and stopping. For example, a friend of my parents, was always extremely overweight. Let's call him Joe. Growing up, Joe was always overweight, yet, he was always trying to lose weight, and always on a diet. Sometimes he was successful in losing some weight, but he was never healthy.

Of course, the doctors always told him it was the metabolism, it was high triglycerides, or some other large word, and gave him some new pill to take. Oh, and watch the sugar and carbohydrate intake. BLAH, BLAH, BLAH! Looking back at it, Joe was self-employed and in the construction business. If anyone knows this business, at least in the US, this is an industry known for the contractors screwing over their customers. I will safely assume, he was no saint and there were a few people that would like to get even with him. Next, he was unhappily married- he was known for cheating on his wife, but covering it up of course. He was also Jewish, which made his marriage an even more stressful situation considering the extremely limited amount of people in the Jewish community, who would likely disown him for partaking in such an unholy activity. Let alone what the children, employees, school teachers, etc. would think! The fact alone that he was Jewish could

have contributed to his stress, since most people where I grew up were not Jewish, and maybe Joe felt like he was an outsider. So, considering the stress of covering up and faking his entire life to the public, putting on a show of the nice, perfect, Jewish guy, with the perfect little family, was a major emotional undertaking. It is no wonder that he could not live with the lies, to himself and others. Many people that are chronic liars create an ‘armor of fat’ to shield themselves from being exposed...so tell me, what diet can fix the character flaw of being a liar and a hoax? Other people often create this ‘armor of fat’ due to insecurities or traumas like rape.

Ok, you may be feeling a little overwhelmed and intimidated, but fear not be-cause the IBMS System is here to help you to reach your goals. Ask yourself these questions, really think about them, and write down your answers. Come back to them a few days later, and see if you feel the same way and add to the answers as needed. Even if you do not come up with any definite answers, that is ok, they will come. It can be in 1 day or in 1 month, all that matters is that you start some-where.

Why am I fat? How did I make myself fat? What advantages did I get out of being fat? When did this issue begin and what circumstances also happened at this time or 18-20 months prior?

If I don’t change, what negative things happen to my relationships, career, health, quality of life, happiness? What do I lose by being unhealthy, overweight?

Alternatively, it may just be that you went on a wonderful vacation and gained weight from all the good food, and just can’t seem to get it off. There is help for you too!

Ok, now that you are on your way to identifying the root cause, we can now take a look at the diet aspect. As you can imagine, this is where most of the brain-washing and misinformation happens...because we all know Beyoncé did not just 'wake up like this'!!

First of all, as mentioned before, everyone has different needs, strengths, and weaknesses. I would suggest in general to start any weight loss effort with some form of detoxification. Whether a juice fast (just remember for a juice fast to only combine fruits with fruits, vegetables with vegetables, and melons alone. The only exceptions are lemons and apples- they can be juiced with fruits or vegetables) or the Detox program from the [www.ibmschampionsline.com](http://www.ibmschampionsline.com). This is critical because it is imperative your body's organs are performing at optimal levels. It is important to get the body alkaline because an acidic body cannot lose weight in a healthy way. From personal experience, this is where my weight loss began. The next thing I would suggest is to try to eat/drink only as organic and Non-GMO as possible.

Now as for an actual diet, there are only a few that I think actually work. The Soup Diet (available on the Members-only website) is a great way to periodically detoxify, but also lose weight quickly. This diet is recommended to be done only 1 week at a time. Most people lose anywhere from 7-13 pounds in one week. This IS NOT a lifestyle plan. For a more healing diet, I would suggest a raw food diet.

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you can supplement this diet with a baked potato or cooked vegetables when you need something warm.

The next question I get frequently is what to eat, or how to eat for general health. The problem is that I have no idea what to tell anyone to eat! How could I know?! If I tell you that you should eat a spoonful of sauerkraut 3 times per day for a healthy gut, but I do not know that you have stomach ulcers, we have a slight problem! This is where YOUR instinct comes in... because if you do have stomach ulcers, the thought of sauerkraut probably makes you nauseous. Also too, if you do a detoxification program, you will quickly learn about cravings and your instinct. If you have ever been pregnant, you understand that cravings happen for a reason! When I finished my first juice fast, I began to crave avocados like crazy! I never ate avocados or guacamole in my life- and I was 19 at the time. But, I was suddenly OBSESSED with avocados. At first, I would eat about 4 avocados per day, and then for the next few years I ate at least 1-2 avocados per day, without fail. I immediately began to research the benefits of avocados because I knew that my cravings had a reason. Then, with every little craving I had (and cravings for candy do not count!) I would look up the benefits of what I craved and I soon began to put the pieces of the puzzle together. Most importantly, though, I learned to trust my instinct. The more you use and listen to your instinct, the stronger it gets. You will find yourself more in sync with nature. My biggest piece of advice is to listen and act on your cravings and never have a set eating habit or schedule. For example, I personally do not believe in things like “every Friday we eat XYZ.”

Nor do I believe in eating meals at certain times or “portion control”. I know for many people this is unavoidable, but this habit tends to create improper eating habits like eating when you are not hungry, or not eating when you are hungry. I do understand if this is unavoidable for some people, so you have to make it work for you. When I was in school, I would always take a snack, usually one salty and one sweet...because you never know what you will want! I am sure you will find a way to make any changes you feel that you need to.

Simply put, eat what you want, when you want it...as long as it is organic and non-GMO, and stop eating when you are full. One thing to keep in mind is that thirst is very often mistaken for hunger. Try drinking a large glass of water before meals and maybe that could help you eat less, if overeating is an issue for you. If you need to recondition yourself to stop eating when you are full, I would suggest to start with portion sizes that you are used to. Be mindful to eat slower and to chew your food longer. When you are halfway finished (whatever your idea of half is) with the meal, stop and just take a break. Sip some hot tea (hot tea is great to drink with meals for digestion) and just relax. If after about 5 minutes or so you are still hungry, continue to eat, still mindful of eating slowly and chewing well. This is also a good time to revisit the questions from earlier (why am I fat?)

The most important part is to eat food that tastes good and that you like. People have been trained to believe that delicious food is unhealthy and makes you fat. This is

completely false!! I explain why in my ‘Food Does Not Make you Fat’ article. For example, pizza does not have to be unhealthy. Ok, it may not be as healthy as a glass of juiced greens, but we have to remain realistic at the same time. So choose to make an organic pizza, or find a restaurant that uses fresh, quality ingredients. Eat a slice of pizza with a fresh salad to balance it out. The point is quality, though, because real food can be digested, absorbed for nutrients and energy, and used by the body, whereas chemicals in the ‘food’, cannot. And, as long as you do not overeat, there should be no digestion issues...unless of course you are lactose intolerant, in that case, stay away from pizza!

The next topic...Exercise! This is a subject that I am really passionate about be-cause I have tried just about everything and I love fitness! Since I was a teenager, I habitually was in the gym. As a teenager, I never had intense pain or many physical limitations. This quickly changed when I was in a terrible car wreck when I was 17. Since then, I had to have a total new outlook on fitness. It evolved into a way to stay pain-free and to keep my muscles strong to prevent further injury, in-stead of going for the super defined muscle look, that generally requires much more strenuous workouts. I used to lift weights, which was a breeze before the car wreck, but afterwards, it took longer to recover and became harder to stay in the habit. I needed to find a solution that worked for MY needs. And ultimately, this is what you will have to do too. I can tell you from my experience everyone that went to school for personal training will give you a textbook, standardized work-out pro-gram, mixed with a little hot

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weights has been very effective for me, and much easier on my joints. I also really like using resistance bands, for muscle toning and for stretching. I absolutely love yoga balls! They are also great to sit on. People always make fun of my yoga-ball chair, but it is a really great investment for \$70! It would also be great for IBMS Coaches to use while working with clients. One thing I think everyone needs and can benefit from is a rebounder- bounce on the trampoline without your feet leaving the mat, and do this for 7 minutes. If you need extra balance, use a chair, or have a friend help you. This can actually aid in weight loss, especially for women.

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heavy weights- do what makes you happy and makes your body feel good. You can only figure this out by trying different things, using your instinct and listening to your body. Pay attention to how you feel after eating or when grocery shopping. If you have a bad gut feeling about the broccoli, do not even bother! You have these feelings for a reason, and they are to protect you.

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As you can imagine, there is no magic pill. Illness (or any other negative out-come in your life) is not something that just happened, it was created. Created by us, by living a life we know is wrong, staying in a relationship or at a job we know is wrong, or whatever the case may be. Life happens. We all have to take responsibility for our life, and sometimes it is not easy, but it can be done, I promise you!

We have to look within for the answers and become our own version of a magic pill!

I write this 2 weeks away from Christmas, a time where many people may be contemplating a lifestyle change, or planning their New Year Resolutions to lose weight, so I truly hope this ‘mini-book’ has helped someone. Of course, if you have questions or need help, please feel free to email me at [ibms@startmail.com](mailto:ibms@startmail.com)

Much love,  
Miss Amy

## HOLY GRAIL SERUM

Do you hate what Winter Weather does to your skin? If you are anything like me, you will get really dry skin that makes you feel a little dull, and reminisce about those warm summer days when life was perfect. \*Sigh\*

I am not a fan of heavy face creams, toxic ingredients and fillers, and they usually make me break out- so now what?! Do It Yourself! This serum I made is by far the EASIEST self- made skincare item, ever.

With only 2 ingredients, the odds of something going wrong are very slim- whether you are acne prone, or have sensitive skin, this is worth a try!

Oh, and the best part- it is CHEAP!

WHAT YOU WILL NEED:

- ❖ One 4 oz (118mL) dropper bottle (if you need one, search Amazon)
- ❖ 1/2 tsp Hyaluronic Acid powder
- ❖ 3.75 oz (110mL) Distilled Water

Optional: Aloe Vera Juice, DermaTox

HOW TO MAKE IT:

1. Get your clean dropper bottle and place the Hyaluronic Acid in the bottle. You may want to get a funnel to keep from spilling the powder everywhere (like I did-oops!)
2. Pour your liquid into the bottle. Close the bottle and seal tightly. Shake the bottle. You will notice the powder will turn very clumpy, this is normal.
3. Place in the refrigerator for at least 5 hours, but best is over night.
4. When you take it out of the refrigerator, the clumps should have dissolved and the product should have a serum like texture. That is it! You are Done!

## PLEASE NOTE:

- You will want to keep your serum refrigerated if you use no preservatives, which I do not. It should keep 2-3 weeks.
- You can customize this base recipe with other skin loving ingredients- keep reading :)

Ok, so to take this up a notch, you could add some Aloe Vera Juice. You could cut the water in half and use the other half for Aloe. For example, instead of 3.75 oz of water, you could use 1.8 oz (I will round up to 2 for the sake of measuring), so 2 oz water, and 1.75oz Aloe, or Visa Versa.

You could also add in some DermaTox, another ‘Holy Grail’ product I use. More on that in a minute.

You may be wondering, ‘What is hyaluronic acid in the first place and why should I put this on my skin?’ Hyaluronic Acid (HA) is one of the best ingredients to really help moisturize the skin, and it also helps any other moisturizers work better as well. If you do have a night/day cream that you love, put this serum on before the cream, and your skin will thank you! For daytime for me, I find this serum is plenty in combination with the tinted moisturizer I wear. HA holds up to 1,000 times its’ own weight in water, which gives it the wonderful properties of moisturizing. Next, it helps to plump the skin to give you a more youthful appearance. Who doesn’t want that? It really makes my skin very smooth, also.

A quick breakdown of the benefits of HA

- Provides lubrication for the connective tissues in your skin, which helps give you a youthful, plump look.
- Due to this, HA can also increase firmness and elasticity with consistent use.

- The HA molecule is too large to penetrate the skin, so it enables the water and other moisturizers to do their job better.
- Thus said, it also protects the skin's protective layer.
- Has healing and anti-inflammatory properties

Benefits of this Homemade Serum:

- COST: The HA powder I used (link at end) cost about \$19, and this will last a while! A good HA Serum from the store will usually cost you a minimum of \$40 and up. So in the long run, this is a bargain!
- YOU HAVE CONTROL! You control what ingredients to use and you know what is in there.
- Plus you can reap all the benefits of HA!

EXTRA TIPS:

- ❖ For optimal hydration, apply HA Serum, then wait 15 before your moisturizer cream.
- ❖ Be sure to apply to the lips to tackle those fine lines, and also around the eyes for crow's feet.
- ❖ Apply to the neck and chest also!
- ❖ Keep refrigerated for optimal shelf life
- ❖ Since HA is a natural substance, it is also safe during pregnancy.
- ❖ These make great gifts!

Extra, Extra

Now let me be clear, I do not want to take credit for this serum ...it is on the back of the HA packet! BUT, I have tried it and it worked for me- I even smeared some on Dr. C's face just to see what he thought. I did not tell him what it was, I just said, 'Hey, let me put this on your face.' Five minutes later, he said, 'What is this stuff- look at my face! It looks so smooth! This is miracle Sh#!' Ok, so this is

Dr. C approved- huge bonus! And I have done the guess work for you :)

Next up, I mentioned a Holy Grail product, DermaTox. Now, this really is a miracle in a bottle! To be honest, I have NO CLUE how this stuff works or why it works, but only results matter. It does work. For burns, this is a must! It can help just about any skin ailment- eczema, psoriasis, acne, cuts/scrapes, burns, rashes and prevents scarring. A DermaTox Customer Service agent even said some people use it as a mouth wash for gum health. She also said people can use it to soothe nasal passages. I spray on the DermaTox as a toner after cleansing. I then apply the serum to my face while the DermaTox is still on my face. I have even used it on the dogs too. When Dallas was a baby, Karma accidentally scratched her eye- really bad, and I sprayed this on and the wound healed and there was no scar!

## **OLD FASHIONED, SOUTHERN PEANUT BUTTER COOKIES**

THESE ARE SOMETHING I MAKE YEAR ROUND, BUT I MADE THESE BY REQUEST- THEY ARE THAT GOOD! OF COURSE, AS A TRUE GEORGIAN, I LOVE PEANUTS-PEANUT BRITTLE, BOILED PEANUTS, AND OF COURSE, PEANUT BUTTER! IT IS SUCH A VERSATILE INGREDIENT THAT CAN BE USED IN ANYTHING FROM ASIAN SAUCES, TO THE WONDERFUL COOKIES I AM ABOUT TO SHARE WITH YOU. YOU ARE SURE TO LOVE THEM, AND YOUR FRIENDS AND FAMILY WILL TOO! ENJOY!

### **WHAT YOU NEED:**

1 CUP CREAMY PEANUT BUTTER  
1 CUP/ 2 STICKS (227 grams) SOFTENED BUTTER  
1 CUP CANE SUGAR  
3/4 C LIGHT BROWN SUGAR 2 EGGS  
2 TEASPOONS VANILLA  
3 CUPS+ 2 TBSP FLOUR  
1 1/2 TSP BAKING SODA PINCH OF SALT (OMIT IF USING SALTED BUTTER)  
1/4 C SUGAR FOR TOPPING COOKIES

### **HOW TO DO IT**

1. CREAM THE BUTTER AND SUGARS (MIX TOGETHER ON HIGH)
2. ADD THE EGGS. MIX ON HIGH FOR 1 MINUTE
3. ADD VANILLA AND PEANUT BUTTER, MIX ON HIGH.
4. IN A SEPARATE BOWL, MIX FLOUR, BAKING SODA, AND SALT TOGETHER.
5. ADD FLOUR MIXTURE TO PEANUT BUTTER MIXTURE. MIX UNTIL SMOOTH.

6. COVER AND CHILL FOR 1 HOUR\*\*
  7. HEAT OVEN TO 350 DEGREES
  8. SPOON DOUGH INTO BALLS SLIGHTLY SMALLER THAN A GOLF BALL ONTO LINED COOKIE SHEET. PRESS DOWN WITH A COOKIE PRESS OR HANDS.
  9. BAKE FOR 9-11 MINUTES. LET COOL FOR 5 MINUTES ON THE COOKIE SHEET.
  10. SPRINKLE THE ADDITIONAL SUGAR OVER THE COOKIES AND SHAKE OFF EXCESS.
- \*\*DOUGH SHOULD BE SLIGHTLY CHILLED BEFORE BAKING OR YOU WILL END UP WITH MELTED, FLAT COOKIES\*\*

A FEW EXTRA TIPS:

- I ALWAYS USE ORGANIC, CANE SUGAR
- I ALWAYS USE ORGANIC, GRASS-FED BUTTER
- I ONLY USE ORGANIC, FREE RANGE, BROWN EGGS
- PRESS DOWN COOKIES WITH YOUR HAND AND FORK, OR USE A COOKIE PRESS.
- BE SURE TO USE PURE SODIUM BICARBONATE. IT SHOULD NOT HAVE ALUMINUM.

A FEW EXTRA TIPS:

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- I ALWAYS USE ORGANIC, GRASS-FED BUTTER
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- YOU CAN PRESS DOWN COOKIES WITH YOUR HAND AND FORK, OR USE A COOKIE PRESS.
- BE SURE TO USE PURE SODIUM BICARBONATE. IT SHOULD NOT HAVE ALUMINUM.

LET ME KNOW HOW YOUR COOKIES TURN OUT!  
IBMS@STARTMAIL.COM

