



*“Knowing that if you have the faith of a mustard seed, your faith can move mountains”*

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## GENERAL CANCER

### WHAT IS CANCER?

**CANCER IS A GERM.** *Counsels on Diet and Foods p. 388.4*

A **GERM** is a microorganism, especially one that causes disease. It can also be a portion of an organism capable of developing into a new one or a part of one.

A germ can be categorized into one of four types:

- Virus
- Bacteria
- Fungus
- Protozoan

### VIRUS

DNA Virus examples:

- **Epstein-Barr virus (Burkitt’s Lymphoma)**
- **Hepatitis B virus** linked to **Liver cancer**
- **Human herpes virus-8** linked to **Kaposi sarcoma**
- **Human papilloma virus** linked to **Cervical cancer**

RNA Virus examples:

- **Human T lymphotropic virus type 1 (HTLV-1)**, a retrovirus, has been linked to **T-Cell Leukemia**
- **Hepatitis C virus** linked to **Liver cancer** in people with chronic infections

## **BACTERIA**

About 16% of cancers around the world have been estimated to be caused by microbes and several cancers in the liver and gastrointestinal tract are clearly identified as being microbe related. *deMartel et al. Lancet Oncol. 2012 Jun; 13(6):607-15.* Among these, *Helicobacter pylori* has been considered by the World Health Organization Agency for Research on Cancer to be associated with gastric adenocarcinoma and lymphoma involving the mucosa-associated lymphoid tissue. Colon-rectal cancer is also implicated as being caused by gut bacteria. [www.ncbi.nlm.nih.gov/pmc/articles/PMC3625019/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3625019/)

## **FUNGUS**

The fungus, **Aflatoxins** found in moldy peanuts, corn, cheese rind, apples and other fruits affected by soft rot can cause **Lung Cancer**.

**Candida Albicans** is a fungus that weakens the immune system, give rise to an overgrowth of bad bacteria, increasing parasites and leaky gut that allows waste and other matter to freely enter into the blood stream, disrupting the cells and leading to cancer.

## **PROTOZOA**

Originally, protozoa had been defined as unicellular protists with animal-like behavior, (movement). Examples are: Malaria, Amoebiasis, Giardiasis, Toxoplasmosis, Sleeping sickness, and Dysentery.

**Flukes**, a type of flatworm increases the risk of **cancer of the bile ducts**, that point that is connected to the small intestines. Eating raw or undercooked freshwater fish can cause fluke infection. *American Cancer Society 2016*

**In reversing cancer therefore, we need to determine what kind of germ caused the cancer and then administer solutions to the body accordingly.**

**Some cancers may be caused from more than one type of germ; therefore, you would find that our recommendations prescribe a combination of teas that are antifungal, antibacterial, antiviral and anti-parasite.**

**The various teas are rotated over the duration of care to give the beneficial effect of anti-germ compounds.**

## CHARACTERISTICS OF CANCER

Cancer cells are abnormal and grow uncontrollably in the body.

*Cancer is a term used to describe a proliferation (multiplication) of cells whose unique trait – loss of normal controls – results in unregulated growth, lack of differentiation, local tissue invasion, and metastasis (spread). The Merck Manual*

Cancer cells do not mature before they divide and so lack differentiation. Therefore, they are not capable of performing normal function.

The cells divide too frequently and grow out of control.

Cancer cells overgrow one another and lack the ability to stop growing and dividing when they crowd other cells.

Cancer cells produce chemicals that cause local blood vessel formation (a process called angiogenesis) resulting in increased blood vessels in the developing tumor.

Cancer cells have the ability to squeeze into any space, a property called invasiveness. This permits cancer cells to leave their place of origin and travel elsewhere in the body.

### **Seven warning signs of Cancer:**

1. A change in bowel or bladder habits
2. Unusual bleeding or discharge
3. A sore that does not heal
4. Thickening or a lump in the breast or elsewhere
5. Indigestion or difficulty in swallowing
6. Obvious change in a wart or mole
7. Nagging cough or hoarseness

### **Development of the Cancer in the body:**

- Mutation or changes in the cell identity (DNA mutations)
- Initiation/Promotion
- Abnormal growth of cells
- Tumor formation – first benign and then malignant
- Migration to other organs - metastasis

***When DNA of the cell is permanently damaged, such as free radicals that damage the nuclear membrane and DNA, Carcinogens or cancer germs then enter into the DNA, thus replicating more cancerous cells.***

## THE CELL

**Normal** tissue development exhibits a balance between cell division and cell death. If this balance is disturbed and cells multiply faster than they die, abnormal growth results in a new cell mass that is called a neoplasm, or tumor.

**Neoplasms** can be benign or malignant.

**Benign;** *benignus* – kind, neoplasms usually grow slowly and are confined within a connective tissue capsule. Cells within these tumors dedifferentiate, that is, they revert to a less specialized state, and cause an increase in their own vascular supply to support their growth.

They are usually not deadly but can become life-threatening if they press against the brain tissue, nerves, blood vessels or airways.

**Malignant;** *malign* – to do maliciously. Neoplasms are unencapsulated, they contain cells that dedifferentiate, increase their vascular supply, grow rapidly and are able to spread easily to other organs by way of the blood or lymph pathways.

## DNA

DNA is the portion of the genes that identify the cells.

A lung cell, for instance, has its own DNA, specific for the lung cells and for the formation of other lung cells with the specific functions of a lung cell. If the lung cell changes its identity it will develop other cells that will not perform the normal functions of the lungs like respiration and change of gases. These altered cells will have other qualities and will form tumors and migrate to other areas of the body. What happens is an identity theft.

### What can impair the DNA of cells?

External environment

- Chemicals
- Radiation
- Germs

Internal environment

- Hormonal imbalances
- Immune impairment
- Inherited mutations

**Science indicates that 1/3 of all cancer deaths (187,700 of the 563,100) are directly related to NUTRITION.** *American Cancer Society website, March 22, 2000.* What you eat or do not eat can contribute to cancer development and growth.

Vegetables and fruits help to reduce risk, while meat, animal products, and other fatty foods are frequently found to increase risk. Meat is devoid of the protective effects of fiber, antioxidants, phytochemicals, and other helpful nutrients, and it contains high concentrations of saturated fat, toxins and potentially carcinogenic compounds, which may increase one's risk of developing many different kinds of cancer.

A total plant-based diet will help to build the immune system and help the body to fight cancer. Animal foods feed cancer but plant foods do not.

**Cancers**, tumors, and all inflammatory diseases are largely caused by meat eating. *Counsels on Diet and Foods* p. 388.1

Those who use flesh foods little know what they are eating. Often if they could see the animals when living and know the quality of the meat they eat, they would turn from it with loathing. People are continually eating flesh that is filled with tuberculosis and **cancerous germs**. Tuberculosis, **cancer**, and other fatal diseases are thus communicated. *Counsels on Diet and Foods* p. 388.4

If meat eating were ever healthful, it is not safe now. **Cancers**, tumors, and pulmonary diseases are largely caused by meat eating. *Counsels on Diet and Foods* p. 404.2

## DIET

### Foods to avoid:

- All **flesh** and its byproducts - that is a diet consisting of meat, sausages, eggs, milk, butter, cheese, cake, ice-cream, etc. Diets high in fat, with meat and dairy products that are loaded with xenoestrogens have a role in contributing to the formation of painful lumps. Avoid animal-based foods, which is high in estrogen as **estrogen promotes fast growth of breast cells in women**.

- Avoid the use of **saturated fats**, which helps tumors to grow quickly. Leading sources of high fat and protein are foods such as beef, pork, processed meats, eggs, whole milk, dairy products, fats and oils (butter, margarine, mayonnaise, cheese)
- **Eliminate animal Milk** as they contain high levels of estrogen.
- Milk sugar from animal milk (**lactose and galactose**) can cause ovarian cancer.
- **Avoid any food with yeast** (bread, nutritional yeast, brewer's yeast). Remember that yeast is a fungus and fungus foods can cause and feed cancer.
- Do not eat **sugary** foods. Sugar feeds cancer.
- All **white-flour** products (pasta, pastries, cakes etc.), this can break down into simple sugars as well as create constipation, which needs to be avoided.
- **Gluten** found in wheat, rye, barley and spelt should be avoided. This increases the risk of inflammation and auto-immune conditions.
- Do not eat **chocolate, cooked oils, fried foods, salt or drink beverages with alcohol or caffeine**. Caffeine in coffee, colas and so called 'energy drinks', teas (green, chai, red, white, black and lipton ice tea); theophylline in **tea**, and theobromine in **chocolate** all have been shown to contribute to inflammation and should be eliminated from your diet.
- **Alcohol**. Heavy use of alcohol, especially when accompanied by cigarette smoking or smokeless tobacco, increases the risk of cancers of the mouth, larynx, throat, esophagus, lung and liver.  
Alcohol raises estrogen levels in your blood. Women who drink, on average, one or more servings of alcoholic beverages per day (or the equivalent of seven servings or more per week) are at an increased risk for breast cancer.  
*Memorial Sloan-Kettering Cancer Center*
- **Smoking**. Regular smoke and even second-hand smoke can increase the risk of cancer by 30%.  
Tobacco increases the risk for:
  - Lung cancer
  - Heart disease
  - Bladder, mouth, and throat cancers
- Avoid highly **processed and salted foods** (including pickles and salt fish or salt beef)
- Avoid crystalized or refined **sugar**, including artificial sweeteners. Sugar causes inflammation in the body, lowers the immune system, increases your risk for infections and is linked to eight different types of cancers: Colon, Rectal, Breast, Ovarian, Uterine, Prostate, Kidney, and cancers of the nervous system. It is recommended to moderately use natural sweeteners such as honey, dates, raisins, molasses, banana, cane juice.

Be very cautious with foods containing High Fructose Corn Syrup (HFCS) found in soft drinks and deserts. Fruits are also becoming a cause for

concern because of its overindulgence. According to Barry Popkin professor at the department of nutrition at the University of North Carolina, fruits naturally have fructose which the body utilizes and stores as glycogen in the cells. Eating the whole fruit is good, however, juicing or making smoothies encourages larger amounts of fruit and fructose to be consumed and this increases the risk for diabetes type 2, obesity and other health concerns.

In reversing cancer excessive amounts of sugar should be avoided.

- Avoid **Coffee** as it is linked to cancers such as: bladder, breast, ovary, pancreas, and colon.
- Avoid **nuts** that have been heated, as this can become a saturated fat.
- **Avoid excess omega-6 fatty acids found in corn and safflower oil** as they seem to promote rapid cell division.
- Prevent carcinogens such as **Aflatoxins from the use of: moldy peanuts and other nuts, moldy corn, moldy cheese rind, moldy apples in any form, other fruits affected by soft rot.**
- Avoid **salt-cured, smoked, or nitrite-cured foods** as frequent use can cause cancer of the esophagus and stomach.
- **Chloride** its high concentration in some salt should be avoided.
- Do not take **iron** supplements; get it from foods (leafy greens, beans, beets).

### **Foods to increase:**

The director of the National Cancer Institute's division of Cancer Prevention and Control concluded: "A greater number of studies have shown that a diet rich in fruits and vegetables has a protective effect against cancer".

- **Fiber** increases the elimination of carcinogens from the body and decreases their absorption from the gut. Eat a **low-fat, high-fiber diet**, including more **raw foods**: fruits, vegetables, and whole grains. Ensure that all foods are wholesome and free from fungus or rot.  
Examples of great whole grains are:  
Amaranth, barley, rye, buckwheat, corn, millet, oats, quinoa, brown rice, wild rice.
- **Vitamin B** (garlic, sesame, bananas, chick pea, whole grain rice, avocado, potatoes, sunflower seeds)
- **Vitamin C** (Fruits: citrus, acerola cherries, sweet red pepper, guava, black currant, kiwi, strawberries, orange, lemon, tomatoes, Vegetables: broccoli, cassava, potatoes)
- **Calcium** get this from your foods - sesame, carob flour, *soybean*, almond, cabbage - and do weight-bearing exercises, such as walking. Remember you need vitamin D in order for calcium to be absorbed, therefore see recommended sunlight exposure times or supplemental values. Be cautious with the use of calcium tablets if you take diuretics (water pills), previously had kidney stones or problems with your parathyroid glands.

- **Magnesium** (pumpkin seed, cashew, buckwheat, *tofu*, dates, potato)
- **Raw Apricot Seeds** – destroys cancer cells and builds the immune system
- Use natural **sea salt with iodine such as Pink Himalayan Sea Salt** - Studies have suggested that women who are iodine deficient may have a predisposition towards developing breast cysts.
- **Iodine** - Iodine is essential for proper functioning of the Thyroid gland, which **regulates the metabolic rate of every cell** in the human body.

**PROTECT your DNA by eating the following:**

- Foods rich in antioxidants
- Garlic
- Cruciferous vegetables
- Sufficient B-12, folic acid and magnesium
  
- **Antioxidants**, such as lycopene, vitamins A, C, E, selenium and genistein as in the soybean, stop the free radicals from harming the cell. Other foods rich in antioxidants are: strawberry, cherries, plum, orange, red/white grapes, kiwi fruit, pink grapefruit, banana, apple, tomato, pomegranates, garlic, kale, spinach, brussels sprouts, broccoli, beets, red bell pepper, onion, corn.
  
- **Lycopene:** use foods rich in lycopene (watermelon, cooked tomatoes, guava, apricot)

Adventist health study showed that men who used tomatoes at least five times a week had a 40% lower risk of developing prostate cancer.

- **Steamed Cruciferous vegetables** can turn bad estrogen into good estrogen and they are excellent in building resistance and fighting cancer. These include, Kale, Broccoli, Cabbage, Cauliflower, Brussels sprouts. Use **Kelp** for iodine with Cruciferous foods as its goitrogenic compounds rob iodine from the thyroid gland, which is essential in regulating the hormones.

Some of these cruciferous vegetables are course and should be steamed in order to make them easier to digest.

- **Indole** an organic compound is formed when these cruciferous vegetables are cooked. According to The Journal of Nutrition in 2001, indole helps kill precancerous cells before they turn malignant.

## LIFESTYLE

- Get adequate amount of **sleep** nightly. It would be great to go to bed by 8:00 pm and definitely in a dark room.

According to lead researcher Johnni Hansen of *The Institute of Cancer Epidemiology at the Danish Cancer Society, in Copenhagen*; Women who work the night shift more than twice a week might be increasing their risk for breast cancer and men who work at night may also be at risk for prostate cancer.

- **Reduce weight.** Research shows that overweight was more likely to increase cancer of the breast, colon and prostate, in pre-menopausal women the risk for breast cancer was 3 times and in post-menopausal women the risk increased 12 times. Persons who are overweight increase their risk by 40% for cancer of the colon, breast, prostate, gallbladder, ovary, and uterine.
- **Exercise** is very essential to good health. One should walk at least 1 hour everyday.
- **Be Cheerful.** Worry, guilt, anxiety and fear, saps the vital forces. Maintaining a cheerful, hopeful spirit is essential to wellness. Trust in God, commune with him, give thanks in everything, forgive others and be free in mind, body and soul.
- **Vitamin D** – when the sun hits the skin, it converts cholesterol under the skin into pre-vitamin D, which is later converted into vitamin D that the body can use. **Daily exposure to sunlight is beneficial. For lighter-skinned individuals, 10 to 15 minutes daily will be sufficient whereas for darker-skinned individuals, 45 minutes to 1 ½ hours daily is required between the hours of 9:00am and 3:00pm when the UVB rays is at the highest.** Women with breast cancer should increase their vitamin D because a majority of them are likely to have very low levels of vitamin D.

## GENERAL CANCER RECCOMMENDATIONS

**NOTE: FOR SPECIFIC CANCERS, SEE US FOR SPECIAL HERBAL COMBINATIONS AS IT MAY BE A BIT DIFFERENT**

***ATTENTION: Before making any changes please contact your health care professional.***

**START with a Cleanse: One Scoop of SUPER COLON CLEANSE by Health Plus.** This should be repeated once each week for two months then once every month on a day when you will be free the following day – *this will help with elimination of toxins and waste as cleansing teas are drunk.* Drink lots of water and use pink Himalayan sea salt to keep hydrated and reintroduce minerals especially potassium.

After the purge, make sure to use a Probiotic to replenish healthy gut flora.

**Each morning, drink 16oz to 32oz of warm water;** one 8oz glass should have 1 tablespoon of **LEMON JUICE**. Lemon water will help with building the blood and cleansing the liver, in addition, this rich source of vitamin C will aid with iron absorption. Always use a straw when drinking lemon water to protect the enamel of your teeth.

**VITAMIN D3** – (Nature’s Answer) 20,000iu for the first seven days, 10,000iu daily until the first bottle is finished, then 6,000iu daily

**ESSIAC TEA** – 4 tablespoons add **TURMERIC POWDER** – 2 tablespoons to 4 1/2 cups of boiling water, simmer for 15 minutes, then switch off the stove and cover and let draw for 4 hours – drink through the day

**B17 with AMYGDALIN** 500mg 2 capsules daily until cancer is gone

Each night, before bedtime, alternate the use of Goldenseal and Oregano – **alternating each night** i.e. one night use Golden Seal and use Oregano Oil the following night

**GOLDENSEAL POWDER** – ½ teaspoon to 8 oz water

**OREGANO OIL** – 2 drops to one 8oz water wild crafted Oregano Oil

**BIO KULT** – 2 capsules daily before meals

**DIGESTIVE ENZYMES** – 2 capsules daily - before meals

**BETAINE HCL WITH PEPSIN** - 1 capsule daily before meals

**B COMPLETE** – 2 tablespoons daily

**PURE COLLOIDAL MINERALS** – 2 tablespoons daily

**WORMWOOD COMBINATION** – 2 capsules daily

**CAMU CAMU** – 1 tablespoon powder in water or juice or 2 capsules daily

**KELP POWDER** – 1/4 teaspoon with meal daily

**Germanium and CoQ10** provide oxygen to the cells and prevent free radical damage.

### **Instructions for preparing teas**

- Hard parts of the plant such as: roots, seeds, rhizome or bark: BOIL for 15 minutes, and then draw for 4 hours
- Delicate parts of the plant such as: leaves, flowers, buds, stems or clusters: bring water to a boil then DRAW/STEEP for 3 hours.
- For combinations: boil hard parts first for 15 minutes then add delicate parts and draw/steep for 3 to 4 hours.
- Drink as water through the day.

### **GLUTEN-FREE / WHEAT-FREE / INFLAMMATION-FREE DIET GUIDE**

#### **Meat**

No flesh at all. This includes fish, chicken, turkey, beef, pork, cattle, goat, sheep, shrimp, lobster, conch, crab, all shellfish products and all of their byproducts: milk, cheese, butter, eggs, ice-cream, sausage

#### **Grains**

These can be eaten:

Gluten free rice

Organic cornmeal

Millet

Buckwheat

Sorghum

Teff

Quinoa

Amaranth

#### **Ground Provision**

All can be eaten

#### **Beans**

All can be eaten; for soy beans, make sure it is organic

#### **Vegetables**

All veggies can be eaten

### *General Cancer Notes*

Only Lettuce can be eaten raw. The other vegetables e.g. broccoli, kale, cauliflower, needs to be steamed until tender.

#### **Nuts**

All nuts can be eaten

#### **Fruits**

All fruits can be eaten

#### **Salt**

Pink Himalayan sea salt

EAT ORGANIC AS MUCH AS POSSIBLE

**For more information, get your copy of our book, 365 Total Wellness, or for a specific protocol, please contact us.**