

# Facts and Tips for Cancer & Other Serious Diseases

All of these points were found on the internet and some have been circulating for years. We've just compiled these important ones in a brief way to remind you again. In attending to these points, you can take a pro-active approach to health.

1. According to Dr. George C. Pack, MD, a cancer specialist at Cornell Medical School, every person has cancer cells in the body. These cancer cells do not show up in the standard tests until they have multiplied to a few billion. When doctors tell cancer patients that there are no more cancer cells in their bodies after treatment, it just means the tests are unable to detect the cancer cells because they have not reached the detectable size.
2. When the person's immune system is strong, it can destroy cancer cells and prevent them from multiplying and forming tumors. The immune system is not strengthened with drugs. By strengthening the immune system naturally, health is restored and symptoms diminish.
3. Cancer is an indication of multiple nutritional deficiencies that may relate to genetics, environment, food, infection, interference fields, lifestyle choices, etc.
4. Changing the diet and utilizing supplements to correct the deficiencies is one way to strengthen the immune system. Additional ways to strengthen the immune system is to make changes in the environment and lifestyle and address infection and interference fields.
5. Chemotherapy destroys the rapidly-growing cancer cells as well as healthy cells in the immune system, bone marrow, and GI tract, and it may strain or damage organs such as the liver, heart, kidneys, etc.
6. Radiation destroys cancer cells but also burns, scars, and damages healthy cells, tissue and organs. The effects of radiation accumulate over time. Sources of radiation include mammograms and other x-rays (including dental), airplane travel, and tobacco smoke.
7. Treatment with chemotherapy and radiation may seem to work initially because tumors will often reduce in size. However, because these therapies suppress the immune system, the tumors often returns with larger and with a vengeance.
8. When the body is burdened with the side-effects of chemotherapy and radiation, the immune system is compromised or destroyed and the person is more susceptible to other complications, diseases, and infections.
9. Some research suggests surgery and the compression in mammograms can cause breast cancer cells to spread.
10. An effective way to battle cancer is to create an environment that is not conducive for cancer. Cancer thrives in an acidic environment. Acid levels can be monitored by testing the urine with pH strips, especially first thing in the morning urine and later in the evening. Acid conditions can be created with a meat-based diet, chronic infection, mineral deficiencies, inflammation, and heavy metal toxicity.
11. Acidic conditions are also linked with low oxygen levels in the tissue, which cancer and other pathogens thrive in. Increasing the oxygen levels in the tissues can occur as you address the pH, infections, heavy metals, etc. You can also increase the oxygen levels through exercise, deep breathing, and supplementing with deep greens such as Spirulina.

12. Tipping the environment into an alkaline state usually diminishes symptoms, improves sleep and energy levels, and gives an overall sense of well-being. To help your body become more alkaline, one needs to address the infections and deficiencies, clear the toxicity and make dietary changes. Just addressing the diet is usually not enough.

## Food and Lifestyle Tips to Strengthen the Immune System

- a. Replace refined sugar with better choices. By cutting out refined sugar, you cut out one major source of food for cancer cells. Sugar substitutes like NutraSweet, Equal, Spoonful, etc. are made with Aspartame and research shows these are harmful, especially to the brain. A better natural substitute would be Manuka honey, Stevia, or Agave Nectar.
- b. Table salt is highly heated and has harmful things added. Most Sea and Celtic salts do not test well. A better and delicious choice is Premier's Pink Salt. Pink Salt has helped strengthen the adrenal glands, soothe aching joints, reduce constipation, and provide minerals to the body.
- c. Commercial dairy is loaded with hormones and is highly heated, killing helpful enzymes. It can cause the body to produce mucus, which cancer can benefit from. Homemade kefir, however, is a great substitute for calcium and protein and also has additional benefits of probiotics and healing sugars.
- d. Caffeine sources such as coffee, tea, and chocolate are dehydrating and can be harmful to the body. Drinking purified water (not distilled) and healing teas are better alternatives. Many people like Teeccino, robust herbal-based coffee alternatives.
- e. Digestive enzymes and support are critical in reducing toxic buildup that would further drain and occupy the immune system. These supplements help the digestive system, which is often sedated with interference fields and/or affected by the cancer treatments. It reduces the amounts of undigested foods in the system, addresses the fermenting food that may be trapped in the intestines, and helps to restore the proper balance in the GI tract. These are necessary for most adults.
- f. Enzymes and other supplements can affect the cancer cells and their tough outer membrane. God had provided amazing support in the plants and seeds around us.
- g. Supporting the body with supplements that support the immune system and strengthen it will help the body heal itself. Strengthening the kidneys and lymph systems is also vitally important. Check these areas for interference fields and eliminate any that may be sedating them, too.
- h. Serious diseases and complicated conditions do not just affect the physical body but insult the emotions, mind, and spirit as well. Addressing only one area of the body will only bring a measure of success.
- i. Fear and anxiety can inhibit healing as can guilt and shame. Addressing the emotional issues is critical and is, in some people, the obstacle that prevents healing when they go unaddressed. Using a technique such as EFT to eliminate fear, anxiety, stress, etc. is needed. Learning to forgive, accept oneself, and find joy and humor in life are key factors to healing.
- j. Cancer and other complicated symptoms are affected by EMFs in the environment. These negative frequencies can "scramble" and confuse our own subtle energetic system and prevent us from sleeping (which is vital for healing) and disable effective

- communication within the body. Finding and eliminating these harmful frequencies in the home, school and office (but especially the sleeping area) is crucial.
- k. Avoid plastics and styrofoam. This is a tough one because they are everywhere! They wrap our fruit and meat and our “purified” water comes bottled in them. We drink and eat off of them at parties and picnics. They have both been linked with xenoestrogens, harmful estrogen-mimickers that can wreck havoc on hormone levels in men, women, and children.
  - l. Avoid cooking in your microwave. The negative frequencies emitted have an effect on the human subtle energy fields, especially on women. You can remediate the effects of the microwaves but that doesn't solve all of the problems of a microwave.
  - m. Research says that the process of microwaves changes the food so that molecularly it really isn't food anymore. And any enzymes that might make it through the molecular changes would be killed because of the high heat. Warming things up on the stove just takes a few more minutes and the molecular structure of the food is still intact.
  - n. If you aren't ready to give up your microwave yet, at least do not use plastic bowls or wrap to warm and/or cook your food in.

Johns Hopkins recently sent this information. This is being circulated at Walter Reed Army Medical Center as well. Dioxin chemicals cause cancer, especially breast cancer. Dioxins are highly poisonous to the cells of our bodies. Don't freeze your plastic bottles with water in them as this releases dioxins from the plastic. Recently, Dr. Edward Fujimoto, Wellness Program Manager at Castle Hospital, was on a TV program to explain this health hazard. He talked about dioxins and how bad they are for us. He said that we should not be heating our food in the microwave using plastic containers. This especially applies to foods that contain fat. He said that the combination of fat, high heat, and plastics releases dioxin into the food and ultimately into the cells of the body. Instead, he recommends using glass, such as Corning Ware, Pyrex or ceramic containers for heating food. You get the same results, only without the dioxin. So such things as TV dinners, instant ramen and soups, etc., should be removed from the container and heated in something else. Paper isn't bad but you don't know what is in the paper. It's just safer to use tempered glass, Corning Ware, etc. He reminded us that a while ago some of the fast food restaurants moved away from the foam containers to paper. The dioxin problem is one of the reasons.

Also, he pointed out that plastic wrap, such as Saran, is just as dangerous when placed over foods to be cooked in the microwave. As the food is nuked, the high heat causes poisonous toxins to actually melt out of the plastic wrap and drip into the food. Cover food with a paper towel instead.