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Helping Cancer, By The Book

*Reduce Your Risk Of Cancer, Cancer-Free
Living For Long-Term Health*

By Robert Redfern

**Edition
3.01**

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Reduce Your Risk Of Cancer:
Cancer-Free Living For Long-Term Health

By Robert Redfern



About the author

Your Personal Health Coach
www.MyGoodHealthClub.com



Robert Redfern was born in January 1946. He has helped thousands of people to date in more than 24 countries by providing online health guidance and resources in books, radio interviews, and TV interviews to share his nutritional discoveries. His new book series starts with *Improving Heart Disease in 30 Days* and is designed to bring all of his health knowledge into one user-friendly format that anyone can understand when pursuing health recovery.

Robert became interested in health when he and his wife Anne began to take charge of their lifestyle in the late 80s. Robert had not paid much attention to his health until 1986, despite Anne's loving influence. It wasn't until Robert's parents Alfred and Marjorie died prematurely in their sixties that he was forced to re-examine his lifestyle choices.

Robert and Anne embraced a new health philosophy as they examined the health community, medical treatments, and common health issues. After researching the root cause of disease, they discovered that diet and lifestyle choices were the two most pivotal factors that contribute to overall health and wellbeing. Robert and Anne decided to make major changes in their diet and lifestyle, while utilizing **HealthPoint™** acupressure. The changes that they saw were exceptional.

🎯 *In addition to improved health, Robert and Anne both look and feel like they have more vitality than they did decades before they started their new health plan. Currently, Robert, 74, and Anne continue to make healthy choices to live energetically and youthfully, based on a foundation of Natural Health.*



ROBERT REDFERN: YOUR PERSONAL HEALTH COACH
Provides step-by-step guidance on:

Reducing Your Risk of Cancer Cell Dysfunction: Using the Knowledge of Non-Inflammatory Science to Achieve a Cancer-Free Lifestyle



Disclaimer: Nutritional Therapy During Cancer Treatment

There is no standard of care for nutritional therapy during cancer treatment. Depending upon the type of treatment, type of cancer, and progression of the disease, different protocols are used.

Malnutrition and weight loss are issues which need to be addressed during this difficult time. The information in this publication is primarily focused on cancer prevention.



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To contact: robert@naturallyhealthypublications.com

From the Publisher:

This book does not intend to diagnose disease nor provide medical advice. Its intention is solely to inform and educate the reader in changing to and living a healthy lifestyle.

Disclaimer: Product recommendations may change as current research is updated. Products and packages offered on websites may have some adjustments not yet reflected in this book but still have my recommendation.

Warning: Some information may be contrary to the opinion of your medical adviser. It is not contrary to the science of good health.



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Your commitment plan to a non-inflammatory cancer-free lifestyle

TODAY	I DID THIS	SIGNED I DATE
I Committed	To regaining and maintaining a non-inflammatory cancer-free lifestyle for the rest of my life.	
I Committed	To drinking 6-8 glasses of water per day with a pinch of sodium bicarbonate in each glass.	
I Committed	To spending time in the sun for 20 minutes each day (except when not advised).	
I Read	Robert's <i>Helping Cancer, By The Book</i> book.	
I Ordered	The recommended supplements to support my plan and healing.	
I Planned	My Daily Menu with ReallyHealthyFoods.com .	
I Started	My breathing exercises.	
I Started	Massaging the appropriate acupressure points.	
I Reread	Robert's <i>Helping Cancer, By The Book</i> book.	
I Reviewed	The recommended supplements to support my plan and healing.	
I Reviewed	My water intake.	
I Reviewed	My Daily Menu.	
I Reviewed	My breathing exercises.	
I Reviewed	My life-giving sun exposure (except when not advised).	
I Reviewed	How to massage the appropriate acupressure points.	
I Recommitted	To regaining and maintaining a non-inflammatory cancer-free lifestyle for the rest of my life.	
I Recommitted	Robert's <i>Helping Cancer, By The Book</i> book.	
I Recommitted	To the recommended supplements to support my plan and healing.	
I Recommitted	To my water intake.	
I Recommitted	To following my Daily Menu.	
I Recommitted	To doing my breathing exercises.	
I Recommitted	To life-giving sun exposure (except when not advised).	
I Recommitted	To massaging the appropriate acupressure points.	



What is cancer?

The disease known as cancer refers to sickness brought on by an abnormal or unhealthy body system that causes what are known as cancer cells to divide uncontrollably. These cancer cells, which are part of all healthy bodily systems, become uncontrollable and create illness. They invade tissue and affect other regions of the body by traveling through the blood and lymph systems.

5 types of cancer

Most of us are familiar with the more common types of cancer cell dysfunction, e.g., breast and colon; however, there are over 100 known forms of cancer at this time. These forms of cancer are classified into larger categories for easier clarification.



The medical community recognizes five categories of cancer cell dysfunction:

1. **Carcinoma** - Originates in the skin or stems from tissues that line or cover internal organs.
2. **Central nervous nystem (CNS)** - Starts in the tissues of the brain and spinal cord.
3. **Leukemia** - Found in the blood-forming tissue, e.g., the bone marrow, and is responsible for the production of large numbers of cancer cells and their entrance into the bloodstream.
4. **Lymphoma and myeloma** - Immune system cancers.
5. **Sarcoma** - Connective or supportive tissue cancer that starts in the bone, cartilage, fat, muscle, blood vessels, etc.



How many of us will get cancer?

The numbers

There were an estimated 14.1 million adults diagnosed with cancer around the world in 2012. Cancer deaths in 2012 totaled at 8.2 million. Someone in the UK is diagnosed with cancer every two minutes, according to Cancer Research UK.

The four most common cancers are lung, female breast, bowel, and prostate cancer. These four cancers make up roughly four out of 10 global cancer diagnoses. Around the world, lung, liver, stomach, and bowel cancers are the most common causes of death.

● Lung cancer is the top cause of cancer related-death worldwide.

It is important to put cancer in perspective. Cancer kills fewer people than heart and cardiovascular diseases, but its death rate is increasing. The blame rests on the shoulders of the medical industry, which has failed to educate the public about the causes of this lifestyle condition. The medical business has also failed to find a cure for any major cancers within the past 100 years.

Who gets cancer?

The breakdown

● In every ethnic group, men have higher rates of cancer than women.

Members of the black population are hit with cancer in higher numbers than any other race.

Approximately:

- 627 per 100,000 men
- 398 per 100,000 women

The numbers for caucasians:

- 543 per 100,000 men
- 423 per 100,000 women

The numbers for hispanics:

- 402 per 100,000 men
- 324 per 100,000 women

Global cancer rates

The 10 worst countries and the UK cancer rate, per 100,000 of population.

1.	Denmark	326.1
2.	Ireland	317
3.	Australia	314.1
4.	New Zealand	309.2
5.	Belgium	306.8
6.	France	300.4
7.	US	300.2
8.	Norway	299.1
9.	Canada	296.6
10.	Czech Republic	295
22.	UK	266.9

Source: World Cancer Research Fund



Cancer cells are natural

Cancer has long been reported as the enemy, which is why you may be surprised to hear that cancer cells are naturally found in the body. As previously discussed, problems occur when cancer cells grow uncontrollably.

How does a healthy cell function?

Healthy cells in the body use an aerobic process to create energy in order to survive. The aerobic process consumes 80 percent oxygen in order to burn 20 percent fats, proteins, carbohydrates, or sugars — in that order. Sugar is clearly the least healthy and least efficient source of energy and can even be addictive.

🎯 *Sugar can damage healthy cells, arteries, and organs over the long-term.*

This is where insulin comes in. To prevent the damage from excess sugar in the bloodstream, the insulin hormone pumps excess sugar into healthy cells. Excess sugar diverted to cells can be dangerous. It will often lead to disease, including cancer.

How does a cancer cell function?

A cancer cell may lose its ability to carry out the aerobic process needed for energy. Or, it may naturally gravitate toward an anaerobic metabolic pathway that consumes very little oxygen. This anaerobic process is referred to as “glycolysis” and indicates the fermentation of glucose in an oxygen-poor environment.

Cancer cells are weaker than healthy cells. This is observed by the fact that cancer cells produce up to 20 times less energy fuel, called ATP or adenosine triphosphate. Healthy cells use oxygen as a primary means of energy production. Cancer cells are good at reproducing, but they are bad at making energy. This is why cancer cells are likely to form a tumor as a possible source of strength and protection from hunter-killer macrophages in the bloodstream.

There are a number of theories that surround the formation of cancerous tumors. The most accepted theory is that tumors are formed in an attempt to protect the body against infection. No matter what causes a tumor, the answer is clear: A strictly low-sugar diet is needed, called the ketogenic diet, to starve tumor growth.

🎯 *Remember, cancer cells consume sugar at 15 to 17 times faster than healthy cells. A low-sugar diet is the best way to starve cancer and start recovery.*





How do cancer cells spread?

Cancer cells being part of the protective immune system are programmed to spread until the infection is cleared. Then, they are destroyed by other parts of the immune system. These cancer cells have the ability to divert blood vessels (capillaries) away from healthy cells for their survival. Known as “angiogenesis,” this phenomenon allows malignant (cancerous) tumors to invade surrounding tissue and spread.

These capillaries supply cancer cells with what every cell needs to thrive:

- Nutrients (high sugar is essential)
- Oxygen
- Waste removal

🎯 *This cycle perpetuates cancer tumor growth until it is switched off.*

3 stages of tumor growth

How do tumors grow? They proliferate in three stages:

1. **Initiation** - Cancer cells are created and then destroyed as they are not needed.
2. **Promotion** - The important stage; cancer continues to grow as it is needed by the immune system, and variables needed for this growth are made available.
3. **Progression** - Quite simply, when cancer is out of control, based upon having the right conditions during the promotion stage; it is growing and spreading rapidly.

🎯 *Cancer can be halted and turned back by a healthy body, depending upon the causes and what changes are made to these causes.*

Cancer cells are part of an interesting phenomenon. Out of the trillions of cells in our body, some of these cells are cancer cells. Yes, they are naturally present, even when we do not actually have cancer, and do not normally present a threat (see next paragraph). A strong, healthy body and immune system will normally destroy these cancer cells, stopping them dead in their tracks before they have the chance to multiply and make us sick.

🎯 *A strong, healthy body and immune system are therefore crucial in preventing this dysfunction and possibly reversing cancer.*





What is the immune system?

The immune system is an intricate system of interconnected cells, glands, and organs found throughout the entire body.

What does the immune system do?

The job of the immune system is to protect the body from unwanted bacteria, viruses, parasites, and fungi. Cancer cells are part of the immune response that goes wrong and, instead of protecting us, becomes a threat. This immune system also protects against external forces, including stress, environmental pollutants in the form of smoke and chemicals, and preservatives and additives in our foods.

How does the immune system protect us?

🎯 *The immune system protects us by activating an immune response.*

Inflammation is one of the first reactions of the immune system. It is usually initiated when the body recognizes foreign invaders and their antigens (proteins located on the invader's cell surface).

Components of the immune system, which are called to act include: specific white blood cells, antibodies, serum proteins, and interferon. Each of these components has their own role in an immune system response. They are either involved in the actual attack or assist the other cells involved in the immune response. Cancer cells are called upon as a last resort.

Natural killer cells (NK), a specific type of white blood cell called *lymphocytes*, are found in the blood and other tissues. They have a special role when it comes to killing uncontrollable cancer cells. While other components of the immune system must have some recognition of the invaders they attack based on prior exposure, NK cells need no such thing. As soon as NK cells set their sights on an uncontrollable cancer cell, they make their move (normally).

🎯 *In a healthy system, NK cells should instruct cancer cells to self-destruct.*





Inflammation and the immune response

What is inflammation?

Inflammation is a localized external or internal reaction characterized by redness, warmth, swelling, and pain due to an infection, irritation, injury, or trauma.

🎯 *Inflammation is an entirely normal process used by the body to heal itself.*

Examples of when the body uses inflammation for healing include exposure to toxins and the presence of unwanted microorganisms. The inflammation process starts with increased blood flow to the affected area, calling in various members of the immune system. The inflammation process ends when the members of the immune system have done their job by removing and killing pathogens and healing any damaged tissue.

While inflammation is essential to life it is also the perfect environment for infection. If not dealt with by other parts of the immune system, then cancer cells are used as a possible last resort. Cancer uses our own anti-inflammatory buffer against us to promote its own protective growth.

The inflammation connection

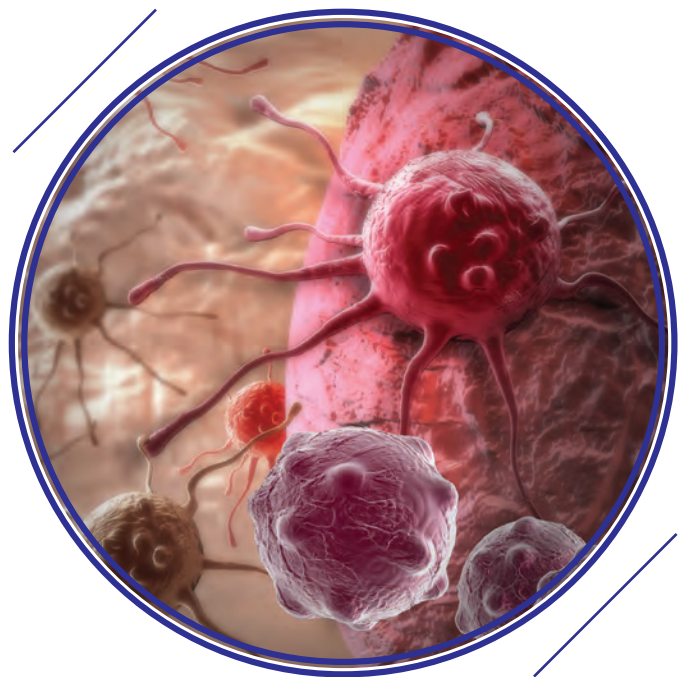
Cancers have a direct link to uncontrolled inflammation. Prior to the initiation of cancer cells, there is a long-term uncontrolled inflammatory condition setting the need for cancer cells to emerge.

Some examples of cancer cells and their preceding inflammatory conditions include:

- **Cervical** - Papillomavirus
- **Stomach** - *Helicobacter pylori*
- **Colon** - Inflammatory bowel disease

The process used to cause cancer cell growth is the same one used to fight inflammation. Cancer cells are called out as a last resort. If the health of the body and strength of the immune system remains weak, cancer cells can become uncontrollable and with a few exceptions, e.g., leukemia, result in tumors.

🎯 *Cancer cells become uncontrollable by the failure of the body's systems.*





What causes cancer cells to become uncontrollable?

Let's take a look at the most common risk factors for cancer, in no particular order:

- Missing critical minerals from the diet, such as selenium, iodine, etc.
- Sugar in the diet
- Insufficient sun exposure
- Ionizing radiation (x-rays, radiation used in dental and cancer treatment, etc.)
- Chemicals and other damaging environmental substances
- Certain viruses and bacteria
- Certain hormones
- Too much alcohol
- Lack of physical activity and/or being overweight
- Tobacco use (particularly those containing toxic chemicals)
- Animal food products (e.g., milk products)
- Stress, depression, or feelings of helplessness/loss

As you can see, almost all of these factors can be minimized, avoided, or completely eliminated from our lives. Even so, are you still setting yourself up for cancer?

Unfortunately, the answer to this is most likely yes! Considering that the body is made up of trillions of cells and that one cell, after dividing just 15 times, becomes over 30,000 cells, it's not hard to imagine how cancer could become a problem. The vast majority of us does not minimize, avoid, or completely eliminate any of the common risk factors for cancer from our lives.

 *This is how you “catch” cancer.*

Cancer usually stems from a:

1. Cancer-promoting lifestyle
2. Compromised immune system/inflammation

The ways to “catch” cancer are one in the same. A cancer-promoting lifestyle compromises the immune system, creates inflammation, and can and will lead to cancer in almost one out of two people.





Genetics and cancer

According to the American Cancer Society, the majority of cancers are not linked to genetics. In fact, only between 5 to 10 percent of cancers are non-lifestyle related, approximately. Dr. Caldwell B. Esselstyn Jr., a former surgeon at the Cleveland Clinic, President of the Cleveland Clinic staff, author, and researcher, is famous for saying, “Genes load the gun, but lifestyle pulls the trigger.”

🎯 *This is never more applicable than when it comes to cancer.*

What is a more likely scenario? That families share the same bad habits, e.g., diet, smoking, and lifestyle. Smoking can be responsible for multiple generations experiencing the same types of cancer, like oral and lung cancer. Many times, the source of the problem is never examined — only the consequences of the behavior are addressed. Nothing else is changed, leaving the door open for cancer to reoccur time and time again.

How to outwit cancer

🎯 *Cancer can be a result of genetics or the unexplained rarity. But for the majority of us, there are a few simple rules to follow.*

The key to cancer prevention is to strengthen the immune system and decrease inflammation by:

- Avoiding tobacco use
- Engaging in healthy sun exposure
- Minimizing exposure to ionizing radiation in the form of x-rays and other treatment
- Staying away from chemicals and other damaging substances
- Avoiding dangerous viruses and bacteria via a strong immune system
- Minimizing cancer-promoting hormones (estrogen, insulin, stress hormones)
- Changing bad habits handed down from generation to generation
- Avoiding or minimizing alcohol use
- Maintaining a healthy weight
- Exercising on a regular basis
- Alleviating stress
- Embracing nutritional therapy: eating a healthy, non-cancer-promoting diet/taking the appropriate high-quality supplements





Signs and symptoms of cancer

These are the common signs and symptoms of cancer. When looking at specific cancers, they may come with their own set of concerns. This list is just one piece of the puzzle and can be indicative of any number of other illnesses. A discussion with your physician and additional testing are the next step in diagnosing what is wrong. Watch out for new simple and accurate non-invasive tests becoming available.



Be aware of:

- Change in bowel habits/bladder function
- Sores that don't heal
- White patches inside the mouth/white spots on the tongue
- Unusual bleeding/discharge
- Thickening or lump in the breast or in other parts of the body
- Indigestion/trouble swallowing
- Recent change in a wart or mole/any new skin change
- Nagging cough/hoarseness



Cancer's 'miracle' spice

Curcumin is a phytochemical and belongs to a class of compounds known as curcuminoids. Other than being an important component of turmeric, a favorite Indian spice, curcumin is a natural polyphenol, a group of chemicals which provide many health benefits. Curcumin is a standardized extract from the dried root of the curcuma plant, the root being the portion used for medicinal purposes.

The history of curcumin tells about its many uses, including its role in healing and food preparation. Curcumin, in the form of turmeric, was used as a folk remedy, as well as a cure, in ancient Ayurvedic medicine. It was considered a symbol of prosperity. Curcumin was used in Indian and traditional Chinese medicine as a primary anti-inflammatory spice and a relief for stomach irritation, dating as far back as 600 A.D.

Research now proves why ancient medicine has used curcumin for thousands of years. Even though **curcumin's chemical makeup** was determined in 1910, it took until the mid-1970s and 80s to study curcumin on a large scale.

🎯 *Curcumin possesses several anti-cancer benefits that make it useful for cancer prevention.*

One of its most recognized features is its antioxidant action. Turmeric, which contains curcumin, has traditionally been used as a food preservative for good reason: It keeps food from going rancid or oxidizing. And just as turmeric (curcumin) keeps oxygen from turning meat rancid, it protects our own bodies from damaging free radicals. However, turmeric is not curcumin — curcumin is thousands of times more powerful than simple turmeric.

Free radicals promote cancer by damaging DNA and activating genes. Radiation damages DNA partially through free radicals. In a recent study, it was demonstrated that under laboratory conditions, curcumin could protect bacteria from a lethal dose of radiation almost perfectly. Bacterial DNA emerged virtually intact.

Curcumin fights cancer in a multitude of other ways by:

- Activating apoptosis (cell death)
- Enhancing immunity
- Stopping angiogenesis (to halt spread of cancer)
- Acting as an estrogen mimicker

🎯 *“Used by ancient Chinese and Indian systems of medicine, curcumin has been shown to reduce brain tumor size by 81 percent in nine out of 11 studies.”*

- University of California, Los Angeles





Curcumin, cancer, and apoptosis

Studies using cancer cells grown in vitro have exhibited curcumin's ability to stimulate apoptosis, or programmed cell death, among certain kinds of cancer cells, including leukemia and B lymphoma cells.

Curcumin, cancer, and immunity

When a few cancer cells are able to avoid apoptosis, curcumin reacts to these cells by increasing and localizing the body's immune system response. When researchers examined the lining of the intestine after taking curcumin, certain types of immune cells were found in increased numbers. Curcumin also stimulates immunity in general. A study conducted by researchers in India found mice given curcumin had higher levels of antibodies and increased immune action.

Curcumin, cancer, and angiogenesis

When the immune system is compromised, and cancer progresses and becomes detectable, possibly in the form of a tumor, curcumin can still be effective. As previously discussed, certain enzymes in the body allow tumors to create their own blood supply. This process, "angiogenesis," gives tumors the ability to invade and spread through surrounding tissue. Curcumin slows down the actions of these tumors, cutting off their blood supply. This leads to their starvation and ultimately death.

Curcumin as an estrogen mimicker

Curcumin also has the ability to interfere with pesticides that mimic estrogen, a hormone which in excess feeds cancer cells. These pesticides include DDT and dioxin, two extremely toxic chemicals that contaminate food and water.

Curcumin's anti-cancer properties allow it to compete for the same cellular doorway as estrogen and estrogen-mimickers. Curcumin has the power to block access to the cell, thereby protecting the cell from unwanted intruders.

🎯 *This unique ability of curcumin to block other chemicals has been documented.*

Curcumin's anti-cancer properties were tested against carbon tetrachloride (a solvent in varnish), paraquat (weed killer), and nitrosamines (found in cooked meat and lunch meats). Curcumin was able to block the effects of each chemical. Studies where mice were treated with diethylnitrosamine show how beneficial curcumin's anti-cancer properties can be. These mice usually develop liver cancer; however, curcumin brought the percentage of animals with cancer down from 100 percent to 38 percent. Tumors dropped by 81 percent!

Supplementing with curcumin in the proper high absorbency formula can help to treat a multitude of ailments, including cancer. Besides taking curcumin, what other things can we do to minimize our cancer risk?





‘Wacky’ alternative treatment cures cancer

One 2012 news report refers to curcumin’s miraculous powers as “wacky,” though its results are undeniable. 78-year-old Allan Taylor praised curcumin as his miracle remedy for incurable cancer, along with apricot seeds, powdered grass, and selenium tablets.

Taylor, a devoted grandfather and former steelworker, had been diagnosed with so-called incurable colon cancer in 2011 after a two-inch lump was found in his abdomen. Taylor had previously lost his eldest daughter to conventionally-treated cancer at the age of 49.

A nine-inch section of Taylor’s colon was later removed, followed by four months of intensive chemotherapy. Taylor’s oncologist soon concluded that chemotherapy was actually compromising his quality of life. Devastating chemotherapy symptoms included nausea, diarrhea, sore patches on the back of his hands, heart attack pains, and loss of toenails.

Follow-up scans soon detected the spread of cancer to the stomach, peritoneum, and prostate. According to Taylor’s oncologist, the cancer was incurable and could only be monitored moving forward. But Taylor wasn’t ready to give up hope just yet.


Taylor explained, “They said if they cut out the cancer it would just pop up somewhere else. But I was determined to stay positive and decided to find my own cure.”

Taking matters into his own hands, Taylor researched alternative diets and therapies on the internet. He settled on a treatment plan of powdered grass, curry spices (curcumin), apricot seeds, and selenium tablets. After just four months of nutritional rehabilitation, which included radical changes to his diet, Taylor received the good news he had hoped for.

He said, “On August 6 I got a letter from North Tees hospital to say a scan had shown my cancer had gone and ‘the abnormality is no longer visible’. I’m all clear.”

What was his secret to cure the incurable? Taylor’s lifestyle changes included eliminating red meat and dairy. Instead, he ate up to 10 portions of raw fruits and vegetables each day. Taylor also walked vigorously twice a day in half-hour increments to increase oxygen levels in his bloodstream so that cancer cells would die.

Taylor believes that his miraculous recovery could be attributed to the extra nutritional support he received. Along with other supplements, Taylor took highly absorbable curcumin to benefit from its antioxidant and antitumor properties. Taylor chose curcumin-based on cancer research from The University of Texas Anderson Cancer Center: Incidences of the top four cancers in the US, colon, breast, prostate, and lung, are 10 times lower in India where turmeric (containing curcumin) is consumed daily.

 ***Taylor said that his diet saved his life – for the cost of only £30 a week.***





The Western Un-Natural Food Diet

Nutritional therapy in the form of an anti-inflammatory diet and the appropriate supplementation are crucial components in strengthening the immune system, decreasing inflammation, and winning the battle against cancer. Over a third of the cancer deaths every year can be attributed to diet alone. A diet which will definitely hinder one's prevention and recovery of cancer is the Western Un-Natural Food Diet.

Certain cancers, namely breast, prostate, and colon cancer, are up to 80 percent attributable to diet, with some cases of pancreatic cancer also linked to dietary factors. Imagine the impact that could be made in the fight against cancer if nutritional therapy was embraced and other lifestyle habits that promote cancer were addressed!

Nothing affects us more than what we choose to eat at least three to four times a day, every day.

Most of us lack the essential nutrients in our diet needed for good health, perpetuating inflammation. These nutrients include selenium, iodine, magnesium, B vitamins, chromium, and others. These factors combined with one or more poor choices are part of a cancer-promoting lifestyle.

The "Balanced Western Diet" (now better described as the Western Un-Natural Food Diet) is the number one disease-promoting and inflammation-producing diet in modern society. It is consumed more and more on a daily basis.

This highly inflammatory diet is made up of sugary foods in the form of breads, pastas, cereals, and potatoes. The Western Un-Natural Food Diet is way too high in unhealthy fats and lacks the antioxidants and phytochemicals that are crucial for eliminating free radicals. This all too common diet is lacking in high-fiber foods and the foods that provide essential nutrients necessary to find relief from cancer — and to prevent it in the first place.

These missing foods include:

- Vegetables (especially broccoli and kale)
- Dark-skinned fruits
- Nuts
- Seeds
- Beans (except when temporarily contraindicated for recovery)

A number of nutritionally-sound physicians now call the ketogenic diet the first course of cancer treatment after diagnosis. The ketogenic diet is a high-fat, low-carbohydrate diet that starves cancer cells of their primary food source: sugar. Cancer cells only feed on glucose. The ketogenic diet encourages cancer cells to starve and die by severely restricting sugar.

Cutting out all animal products, also called vegan keto, is one of the most effective ways to improve health and longevity.

Dr. Scheck of the Barrow Neuro-Oncology Research Laboratory confirms the effects of the ketogenic diet when used alongside cancer therapies, like chemotherapy and radiation, to "slow the growth of living cancer cells and significantly increase survival time."





It's time to rethink animal protein

Unfortunately, what is *not* missing in the Western Un-Natural Food diet is animal protein. Many of the health concerns in Westernized societies, including chronic disease and cancer, can be traced back to the consumption of animal products (red meat, chicken, fish, milk, and eggs) and animal protein, specifically.

🎯 ***Research conducted across the globe showed an indisputable link between the consumption of animal protein and cancer.***

When levels of animal protein consumed in the diet went up, so did cancer rates. All forms of animal protein were studied and showed similar results; however, casein (the protein in dairy) had the strongest effect. Furthermore, studies found that what we eat can actually *manipulate* the gene responsible for cancer by turning it off and on in relation to the amount of animal protein in the diet.

🎯 ***More animal protein, more cancer. The same amounts of vegetable protein showed no such relationship.***

If you cut back or eliminate animal protein, will you become protein deficient? Think about this. The time in our lives when we need the most protein is when we are an infant. Human breast milk is only 5 percent protein! The truth is that if you are choosing a variety of healthy plant-based foods, you will provide your body with all the protein it requires.

The milk myth

IGF-1 is a hormone present in animals and humans alike. It is responsible for promoting growth. A good example of the power of IGF-1 is seen in cows. Calves must go from weighing under 100 pounds when they are born up to as much as 1500 pounds when they are fully developed. This is where IGF-1 comes in. Mother cows support the growth of their calves by supplying them with milk that naturally contains IGF-1 (this is why organic milk labeled “no added hormones” is still full of natural hormones). If cow's milk on its own didn't contain enough hormones, cows are injected with bovine growth hormone (rBGH), which also increases IGF-1.

When we drink cow's milk, we also take in these growth hormones that elevate our IGF-1 levels to beyond where they should be. IGF-1 is responsible for the growth of cells in our bodies, including pre-existing cancer cells.

Is low-fat milk a healthier choice? Low-fat milk is lower in fat, but the fat is simply replaced with more protein. Milk's high protein content creates acidity in the blood that the body needs to buffer — calcium is leached from the bones to return alkalinity to the blood, increasing the risk for osteoporosis.





The acid/alkaline balance: Is your body too acidic?

Alkaline cells are healthy cells. Acidity in the body and acidity in the cells is a contributing factor to disease, including cancer.

🎯 *Maintaining alkalinity in the body is one of the keys to cancer prevention and healing.*

What happens when the blood and the cells become acidic?

Acidic blood and cells:

- Are oxygen-deprived.
- Can become cancerous.

Oxygen-deprived cells means nutrients can't enter the cell, and toxins in the form of waste can't leave the cell, setting the stage for cancer to infiltrate.

🎯 *The alkaline body has a blood pH of between 7.35-7.45.*

Why is this important? A proper pH won't let cancer cells survive. Cancer cells thrive in an acidic environment, not an alkaline one.

Look for foods that are a good source of alkalizing minerals, like:

- Calcium
- Magnesium
- Phosphorus
- Manganese
- Iron
- Sodium

Alkalizing minerals are important to maintaining a proper pH. They are responsible for buffering the acidity in the blood when needed. Eat an alkalizing, non-acid-forming diet of 75 to 80 percent alkalizing foods and no more than 20 to 25 percent acid-forming foods to find the correct balance.

Vegetables are highly alkalizing, and we have no better ally when it comes to achieving and maintaining an acid/alkaline balance. Vegetable sources of protein are also the right choice as animal sources of protein contain more of the sulfur-containing amino acids methionine and cysteine. The sulfur in these amino acids is converted to sulfate, an acidifier of the blood.





Cancer and obesity

The World Health Organization reports that approximately one and a half billion people across the globe are overweight, with half a million classified as obese. Being overweight or worse, obese, increases the risk for a number of health concerns, including many different types of cancer.

A research study conducted in the United States in 2007 concluded that approximately 34,000 men diagnosed with cancer could attribute their illness to being obese. The same study found 50,500 women fell into the same category.

● *So, how is obesity related to cancer?*

There seem to be several components involved in the relationship between obesity and cancer. Fat cells are one of these components; obese people typically have a higher number of fat cells. Of course, to get these fat cells a person has to eat excess high-sugar foods and drinks.

A study from 2006 proposes the idea that fat cells quite possibly intervene (through the secretion of chemicals) when the normal mechanism in the body that eradicates abnormal or unhealthy cells, apoptosis, tries to do its job. When these damaged cells do not leave the body, they may begin dividing uncontrollably and eventually form tumors.

Fat cells are also guilty of producing and releasing large amounts of hormones, including estrogen. Too much estrogen has been linked to an increased risk for certain types of cancer.

There's more:

- A constant state of low-grade inflammation is a common side effect of obesity.
- Obesity implies a diet too high in cancer-causing foods, resulting in fat oxidation and free radical formation.
- Those suffering with obesity usually have higher levels of insulin, the hormone released by the pancreas in response to glucose (sugar) in the bloodstream, and IGF-1, a hormone produced in the liver, both of which are associated with an increased risk of cancer.

Glucose in the bloodstream

The consumption of foods high in sugar, i.e., refined sugars and carbohydrates, causes glucose in the bloodstream to rise very quickly. This, in turn, signals the body to release insulin and IGF-1. Insulin assists the sugar in entering the cells, and IGF-1 is responsible for stimulating cell growth.

Glucose is the primary type of sugar in the bloodstream and is the main source of energy for the cells in the body. It's obvious we need glucose to live; however, research has shown blood sugar levels that exceed 110 mg/dl increase the risk for cancer. Cancer cells utilize sugar as an energy source too, especially in the absence of oxygen, a scenario far too common in an acidic body.

Eating sugar is like eating cancer

● *A high-sugar diet is a cancer-promoting diet. This is why it's crucial to implement a diet that keeps blood sugar levels low, stable, and consistent.*





When cancer moves into the neighborhood

The cancer-sugar connection is an important one, but first we must talk about how cancer responds to its surrounding environment, i.e., healthy cells in your body. As previously established, cancer cells are naturally present in the body. This is not always a bad thing.

As you may already know, this belief is not commonly held by the medical community, where any trace of cancer is seen as a “bad” sign. Professor and scientist Mina Bissell of Lawrence Berkeley National Laboratory’s Life Sciences Division discussed this common cancer misconception in her previous TED talk.

In the talk, she said, “The dominant cancer theory stated that a single oncogene (a gene that can trigger cancer) in a single cell leading to tumors could make you a cancer victim. This has never made sense to me. We have trillions of cells, and if even a tiny fraction had a cancerous mutation, you would rapidly become a lump of cancer.”

🎯 *Professor Bissell agrees that it is important to take genetic mutations into consideration, but she believes that exclusively focusing on such mutations misses the bigger picture.*

Award-winning journalist Jerome Burne of Health Insight UK compares a healthy network of cells in the body to terraced houses in a neighborhood. The truth is that within any healthy network of cells, there is potential for cancer growth. But when a cell network is healthy, a problem cell, or a cancer cell, can be quickly managed by surrounding neighbors.

If you want to prevent cancer growth, you need a good neighborhood of healthy cells in your body. When the body grows unhealthy, cancer has the opportunity to proliferate. Cancer can move in and take over – resulting in a dilapidated, rundown neighborhood that is overridden with crime.

Professor Bissell and other researchers assert that naturally present cancer cells in the body can be minimized by controlling the “neighborhood,” or environment. Professor Bissell goes so far as to say that cancer could be treated

as any other chronic disease with long-term management, like diabetes.

Professor Bissell adds, “But if we understood the importance of the microenvironment and the cancer context, we could, in some cases, make cancer into a lower risk chronic disease.”

How to keep your neighborhood healthy

Now you know that cancer feeds on sugar. Compared to healthy cells, cancer cells need significantly more glucose to survive.

🎯 *What happens when cancer has already overrun the neighborhood?*

This is the time to strike and starve cancer of what it needs to thrive. Professor Bissell confirms that high blood sugar levels can promote cancer. Significantly reducing and even eliminating sugar from the diet can reverse cancer growth.

Even before cancer has been diagnosed, sugar can perpetuate cancer growth. According to research, high blood sugar levels in diabetics and obese individuals increase the risk of cancer. For this reason, researchers support the ketogenic diet as an anti-cancer diet that severely restricts carbohydrate and sugar consumption.

You will find the complete anti-cancer ketogenic diet outlined in this book.





4 special considerations for cancer-free living

1. Green tea or black tea?

Green tea is abundant in antioxidants and polyphenols, chemicals which offer a multitude of health benefits. Epigallocatechin Gallate (EGCG), the most potent polyphenol and antioxidant in green tea, is also found in black tea. While green tea contains more EGCG than black tea, both have proven to be effective in stopping the enzyme that is necessary for cancer cells to replicate without affecting healthy cells from doing the same.



2. Probiotics

Probiotics are beneficial microorganisms taken in supplement form that simulate the hundreds of species of friendly bacteria that already populate our digestive tract. Supplementation of probiotics is necessary as our own friendly bacteria are compromised by the stressful lives we lead and the poor lifestyle choices we make.

Probiotics are credited with:

- Stopping the growth of cancer cells in the colon.
- Providing better bowel movements.
- Helping to shorten the time waste (including carcinogenic waste) sits in the intestines.
- Allowing the immune system to function at optimum levels.
- The proliferation of natural killer cells.

3. Selenium

Why selenium? Selenium is a trace mineral that studies show decreases mortality from certain types of cancer (lung, colon, prostate) when the nutrient is measurably higher in the blood. The same results were also found with higher intakes of selenium.

Other research shows as little as 200 mcg of selenium a day made a substantial difference in lowering the incidence of some cancers. The same results were also seen in lowering mortality rates.

How does it work?

- Selenium is an antioxidant (protects against free radicals).
- Selenium hinders the growth of tumors (metabolic byproducts stimulate immune system/hinder angiogenesis).

Selenium is an important cofactor with iodine, another critical anti-cancer mineral.

4. Vitamin D

Vitamin D is a hormone in our body which is activated by the sun when our skin is exposed to sunlight. Approximately 75 percent of teenagers and adults have low levels of vitamin D. Vitamin D deficiency is due to sun avoidance, a small number of food sources, and the decreased ability to metabolize the vitamin as we age.

Why is vitamin D important when you are living a cancer-free lifestyle?

Vitamin D is responsible for a multitude of functions in the body, in addition to providing a protective effect against many illnesses, including certain cancers (breast, prostate, colon, and specific types of lung cancer). Recent research confirms that women with sufficient vitamin D levels were 77 percent less likely to develop breast cancer. When vitamin D can't do its job, the body is put under stress. This suppresses the immune system.



Traditional cancer treatments and their side effects

As we have learned, a strong immune system is a necessary component in fighting and surviving cancer. So, what approach does the traditional treatment of cancer take?

🎯 *In its steps to destroy cancer, it also destroys and devastates the immune system!*

Cancer treatment can be approached utilizing only one therapy or a combination. When a combination of modalities is used, these therapies can be given concurrently, consecutively, or in cycles.

Before treatment, a biopsy (cell extraction) is taken of the tissue, which may in itself cause the cancer cells to invade the bloodstream.

The three primary cancer treatments are:

1. Surgery

The purpose of surgery is to remove a tumor or tumors without compromising any bodily functions. If this is not possible, a tumor may be debulked or, in other words, removed in part. This form of surgery comes with its own set of problems. While partial removal of a tumor may increase the time a patient has to live without “curing” the cancer, it may also come with side effects — decreasing the comfort level of the patient and thus reducing their quality of life for the time they have left.

2. Chemotherapy

Chemotherapy is a systemic (affects the entire body) approach to cancer treatment. This approach generally involves administering a combination of several drugs, either through the vein or orally. While chemotherapy does kill cancer cells, it can't differentiate between killing abnormal cells and healthy cells! Healthy cells include the blood-forming stem cells found in bone marrow, which are responsible for producing components of the immune

system. This often creates a need for a bone marrow transplant after treatment is completed.

Side effects of chemotherapy may include nausea and vomiting, a change in blood counts, infertility and impotence, skin irritation, hair loss, inability to clot blood, weight loss, nerve damage, fatigue, myopathy, and more.

3. Radiation

The administration of radiation therapy is done through x-ray machines, which produce substantially more energy (up to a thousand times greater) than an everyday x-ray machine. This is strong enough to wipe out cancer cells, as well as healthy cells in the body. The use of this machine, called a linear accelerator, is localized. Tumor shrinkage is slow and may not even be apparent until well after the cessation of treatment.

Radiation side effects may include fatigue, hair loss, impotence, dry mouth, intestinal inflammation, cystitis, dermatitis, and more.

🎯 *The treatment for cancer can be just as toxic as the disease itself.*

An important consideration in fighting cancer is to address the source of the problem. There are cancer cells which cannot be eradicated with treatment and can therefore be reactivated when the origin of the cancer (a poor diet) is engaged in once again.

Professor Bissell believes that chemotherapy may still be needed for some cancer treatment, but she adds, “It should be combined with other approaches such as signaling inhibitors and antibodies. Also potentially useful would be lowering carbohydrate intake, losing weight if you are obese and exercise. Exercise lowers your chance of recurrence better than most available drugs in a number of cancers.”





Don't buy into the cancer business

The National Cancer Institute (NCI), part of the National Institutes of Health and the Department of Health and Human Services, is the United States' principal agency for cancer research and coordinates the National Cancer Program. The NCI spends over 5 billion dollars a year, funded by taxpayers' dollars, on cancer research.

Other federal government agencies also fund cancer research, including:

- Additional NIH Institutes
- The Centers for Disease Control and Prevention (CDC)
- The Department of Defense

Even more funding for cancer research comes from the government on the state and local levels, non-profit organizations, private institutions, and, of course, corporations.

Question: What is the number one Western industry?

Answer: The pharmaceutical industry.

Question: What is number two?

Answer: The cancer industry!

Do you see a connection?

The pharmaceutical industry supplies drugs for the treatment of cancer. In addition to drugs, cancer research requires supplies of many other items, including research animals and the cages they live/suffer in.

This Official Cancer Business (OCB) is making money off a devastating illness. Researchers, charities, and pharmaceutical companies have pushed for cancer research donations for more than 50 years. In that time, they have not found even one cure for one type of cancer. Instead, the OCB has made trillions of dollars. All they ask in return is for more money and more lives wasted on ineffective treatment.

Pharmaceutical companies have quoted cancer treatment costs at \$80,000 per year to offer one to two possible years of life expectancy. These highly toxic treatments, including radiation and chemotherapy, can often lead to early death because of treatment overdose. **When a person dies of cancer treatment, it is said that they have died of cancer.** The expensive and ineffective treatment is what cut their life short, not the illness itself.

Where is this getting us? Have cancer rates gone down significantly?

The history of cancer rates is not impressive:

- Turn of the 20th century - 1 in 30 people
- 30 years ago - 1 in 5 people
- 2008 - Approximately 1 in 2 people!

Health insurance premiums go up every year to cover the cost of medications and treatments for people afflicted with cancer. Cancer rates only continue to get worse. Cancer is costing us financially and at a very personal level.





The good news about cancer

Would you ever believe that you could hear “good news” and “cancer” in the same sentence? Now that you understand the normal process of cancer in the body, you have all the tools you need to reduce and prevent its growth.

Even though the Official Cancer Business is not to be trusted, there is positive research surrounding cancer that shows:

- Good levels of vitamins D3-K2 help prevent cancers.
- Good levels of iodine help prevent cancers.
- Good levels of selenium help prevent cancers.
- Good levels of curcumin daily help prevent cancers.
- Large amounts of leafy greens eaten daily, especially broccoli, help prevent cancers.
- Large amounts of vitamin A-rich foods help prevent cancers.
- Good levels of healthy fats in the diet are critical, like hemp, olive, avocado, and krill oil.

🎯 *This is the foundation of cancer-free living, with supporting research.*

It's equally as important to stop eating breads, pastries, biscuits, breakfast cereals, white rice, potatoes, sugary drinks, and other high-sugar foods. All processed foods, including dairy and even organic, raw milk (temporarily), should be eliminated. Avoid char-grilling vegetables and meats as this produces the acrylamide carcinogen linked to cancer.

Cancer recovery can be fascinating, especially when you consider a serious condition like prostate cancer. Prostate cancer affects more than one million new men diagnosed each year in Western countries. Men are 40 percent more likely to get prostate cancer when they consume industrial meats, such as non-organic meats raised on soy, corn, grains, chemicals, and other drugs. But there is hope — eating oily fish like sardines and wild salmon three times a week can reduce prostate cancer risk by 63 percent.

Unsurprisingly, curcumin is a top choice in prostate cancer treatment. Since curcumin is anti-proliferative, it can inhibit tumor growth. Curcumin can also reduce the ability of cancer cells to respond to testosterone, which can trigger prostate cancer development. Researchers who have observed the astonishing effects of curcumin confidently stated, “Curcumin appears thus as a non-toxic alternative for prostate cancer prevention, treatment or co-treatment.”





Can I reverse cancer?

I prefer not to use the word “cure” when talking about these health conditions since many cases are directly related or exacerbated by lifestyle factors.

Cure is a popular medical buzzword, although the medical field cannot provide cures. (Many people argue that this is on purpose since it would put Big Pharma out of business.) The medical business talks about survival rates, but I am not sure whether they mean surviving the cancer or the treatment?

Every health condition has a cause. When you take away the underlying cause and follow a non-inflammatory lifestyle, your body will have the support it needs to repair itself, in many cases.

When you remove the cause and support your body with healthy lifestyle choices and nutrients, you can often grow healthy again. You may call this a cure, but I believe it to be making healthy lifestyle choices.

Since these health conditions are inflammatory, a non-inflammatory lifestyle is a must. It's important to stay hydrated by drinking six to eight 16-ounce (500 ml) glasses of pure, clean water per day. You can heal your body with vital nutrients and antioxidants found in vitamins, minerals, healthy carbohydrates, amino acids, and essential fatty acids.

Cancer is a complex lifestyle condition, but a lifestyle condition nonetheless. Following a Cancer Cell Rehabilitation Plan does not promise 100 percent recovery, but it can offer 70 percent recovery in many cases for those who follow the plan in detail. As we already know, the Official Cancer Business is a failed system. It cannot guarantee results and may end life with toxic treatment. Seventy percent recovery is far better than a failed system with no hope of a cure.

Healing starts with nutritional therapy.

Detoxification may be uncomfortable at first, but this too will pass.

Sensible eating can support your recovery.

🎯 *...transform your health with a balanced lifestyle and essential nutrients...*





The nutrients you need

According to research, these nutrients can manage or prevent cancer in most cases:

- **Serrapeptase** - An enzyme essential to growth, repair, and also to the health of every living cell in the body. Serrapeptase helps eliminate inflammation, pain, plaque in the arteries, and even dead tissue in the form of cysts and scars.
- **Vitamin D3** - Supports a healthy immune system response, optimal hormonal balance, and better calcium and phosphorous absorption in the blood and bones. Vitamin D3 also regulates over 200 genes in the body.
- **Curcumin** - Derived from the Indian spice turmeric, curcumin is an active compound that contains natural anti-inflammatory properties; it is a known antioxidant that can support the body and its ability to anti-oxidize free radicals.
- **Ecklonia cava** - A super antioxidant found in a type of brown algae, ecklonia cava contains anti-inflammatory compounds that support the immune system; it can also help to fight some forms of cancer.
- **Proteolytic enzymes** - Maintain healthy GI tract microfloral ecologies and normal absorption and assimilation of nutrients in the gut. Proteolytic enzymes also have the ability to digest and destroy the protein-based defense shield of rogue cells, pathogens, and allergens, allowing them to be easily eliminated.
- **Probiotics** - A group of natural, friendly microorganisms that help to renew the gut and create a healthy balance between the good guys and bad guys among your gut bacteria.
- **Iodine** - An essential trace element that plays an important part in hormone synthesis. A lack of iodine can contribute to the development of certain forms of cancer. Requires selenium to activate it.
- **Vitamin C** - A potent antioxidant effectively taken at high doses to protect cells from damage. Vitamin C can support healing, healthy bones, and immune function.
- **CBD** - Offers the health benefits of cannabinoids, flavonoids, and terpenoids scientifically-backed to provide natural pain relief for neuropathic pain and inflammation.
- **Selenium** - A mineral that can support the body in fighting free radical damage and degenerative changes in cells that can lead to cancer. Needed to activate iodine in the body.






What if my doctor doesn't support my recovery?

You can use this Cancer Cell Rehabilitation Program to improve your health alongside any medical treatment and still get the benefits! Your doctor has an obligation to stick with the prescription drug outline that fits into the pharmaceutical industry monopoly. This includes the AMA in the US and the GMC in the UK.

Make no mistake - these organizations make money off disease care for sick individuals. They don't have a business model that promotes actual health recovery in any way, shape, or form. These organizations push a patented prescription drug protocol that allows them to charge outrageous prices for drug use over a lifetime. At the very best, these drugs may help the patient to feel better, but in many scenarios, they could lead to their death.

 ***These industries won't support long-term health recovery in any circumstance!***

These organizations are protected by the FDA in the US and the MHRA in the UK. They receive backing from powerful political parties and politicians who continue to fund the disease care monopoly I have just described.

Yet when you follow the Cancer Cell Rehabilitation Program to the letter, you may start to see results within 30 days.

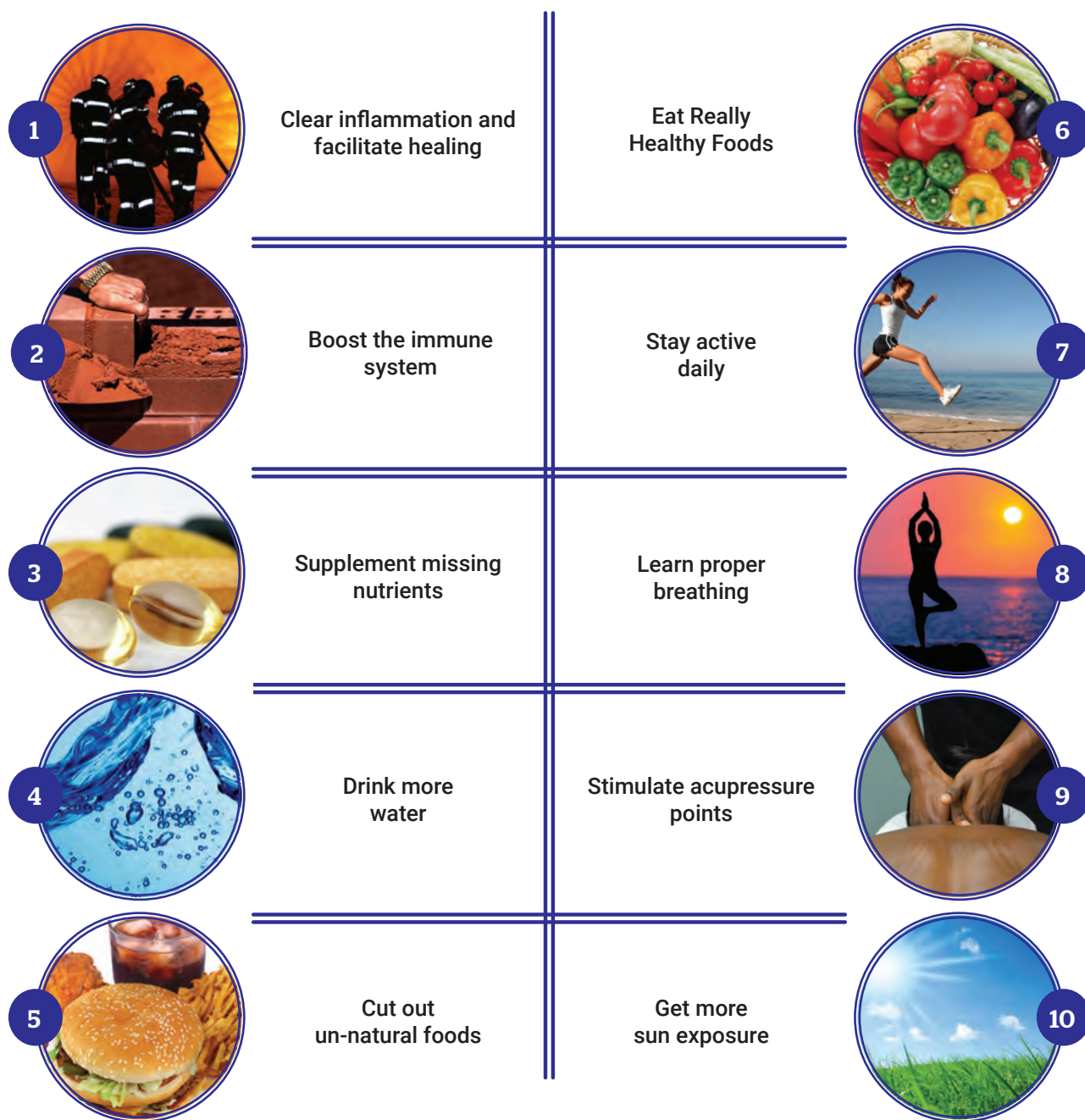




Your Cancer Cell Rehabilitation Plan

10 steps for long-term health recovery

This self-recovery protocol can be used by sufferers of cancer and for long-term prevention, in most cases:



It's almost impossible *not* to see significant health changes after applying many of the points in this 10 Step Plan. You can clear up numerous symptoms and may see a full recovery, in many cases.



For details of the suggested plans, turn to **page 43**.

1. Clear inflammation and facilitate healing

- **Serranol™** - Contains SerraEnzyme serrapeptase, Curcuminx4000™, ecklonia cava (Seanol), and vitamin D3. Take 2 capsules x 3 times per day, 30 minutes before eating a meal with water.
- **Curcuminx4000™** - A potent antioxidant that can relieve inflammation and help in the healing process. Take 4 capsules x 3 times per day with Serranol™.
- **Essential Digestive Plus™** - Aids digestion and improves the absorption of essential vitamins and minerals. Take 3 capsules x 4 times per day, 15 minutes before eating.
- **PrescriptBiotic™** - A "Bio-Identical" SBO Probiotics Consortia™, or a group of natural, friendly microorganisms that help to renew the gut and create a healthy balance between the good guys and bad guys among your gut bacteria. Take 1 capsules x 2 times per day.



Please note that recommended products and prices may vary and be subject to change, depending on stock level and manufacturer availability.



2. Boost the immune system

- **Serranol™** - Contains SerraEnzyme serrapeptase, Curcuminx4000™, ecklonia cava (Seanol), and vitamin D3. Take 2 capsules x 3 times per day, 30 minutes before eating a meal with water.
- **Curcuminx4000™** - A potent antioxidant that can relieve inflammation and help in the healing process. Take 4 capsules x 3 times per day with Serranol™.
- **Essential Digestive Plus™** - Aids digestion and improves the absorption of essential vitamins and minerals. Take 3 capsules x 3 times per day, 15 minutes before eating.
- **PrescriptBiotic™** - A "Bio-Identical" SBO Probiotics Consortia™, or a group of natural, friendly microorganisms that help to renew the gut and create a healthy balance between the good guys and bad guys among your gut bacteria. Take 1 capsules x 2 times per day.
- **Nascent Iodine Drops** - Essential for a completely healthy body. Take 1-3 drops in half ounce water, twice daily; swish around the mouth for 30 seconds before swallowing. Note that iodine needs a supplement containing selenium to activate it, such as Active Life™.
- **CureC™** - A high-quality Liposomal Vitamin C that provides a "smart" dose of this powerful antioxidant to protect cells from damage. Vitamin C can support healing, healthy bones, and immune function. Take 1 teaspoon 1 time per day.
- **Canna30** - Provides premium Gold CO2 Hemp extract with all the extra health benefits of cannabinoids, flavonoids, and terpenoids. Safe, legal, and scientifically-backed, CANNA30 can offer natural pain relief for neuropathic pain and inflammation. Take 4 drops 2 times a day.
- **Active Life™** - Formulated with only your wellbeing in mind. Just as the name suggests, Active Life™ Capsules can help to support a busy modern life where stress, high demands, and a poor diet are often a reality. Take 3 capsules 2 times per day.





3. Supplement missing nutrients

Optional - but highly recommended for at least 1 to 2 months

1st Line (Thiocyanate) Immune Support Kit - Designed to clear any infection that may reside in the cells. Take 1 kit daily for 3 days (a total of 3). Infections are linked to all cancers, and you can take up to 10 kits if finances allow.



Graviola - A potent natural extract that is traditionally used as a herbal remedy for cell cleansing and digestive support. Contains over 220 types of antimicrobial acetogenins that support cell health.



4. Drink more water

Drink at least 6-8 glasses of RO filtered or distilled water each day; add a generous pinch of baking soda (sodium bicarbonate) to each glass. This step is essential for internal organ support.



5. Cut out un-natural, high-sugar foods

As the foundation of cancer-free living, cut out starchy carbohydrates altogether, i.e., pastries, cookies, breads, breakfast cereals, pasta, and potatoes, as well as processed foods and milk products.



Note: Don't eat turnips, parsnips, and rice, except for small portions of wild rice, brown rice, and sweet potatoes/yams. Check the Glycemic Index (GI) of all foods.



6. Eat Really Healthy Foods

Make sure to eat some of these foods every two hours for the first few months of recovery:



Eat 9-14 servings of fresh or frozen vegetables each day: try them in soups, steamed, stir-fried, juiced, etc. Eat 50 percent raw, juiced vegetables (preferably organic) and use the pulp to make soup. Blended veggies promote easier digestion.



Eat 5 servings of dark-skinned fruits (like cherries, red grapes, blueberries, etc.) that are rich in antioxidants each day.



Remember that avocados are a number one superfood with almost a complete spectrum of nutrients. If they are readily available in your area, try to eat at least two a day to promote health recovery. Avocados support heart disease, diabetes, and cancer cell rehabilitation.



Eat 5 servings of nuts, beans, and seeds (soaked, mashed nuts and seeds).



Eat pasture-fed chicken and other meats, only a few servings per week. Grass-fed meat is recommended above corn or grain-fed meat sources.



Eat a minimum of 3-4 servings of oily fish each week, if you eat fish. Choose a variety of healthy fish like mackerel, sardines, salmon, etc. Canned fish is a nutritious option, although wild-caught fish is recommended.



Add healthy oils to your favorite foods, like krill, omega-3, hemp, coconut, and olive oils. Pair with healthy carbohydrate alternatives, like amaranth, quinoa, buckwheat, chai and millet seeds, and healthy pasta made from pulses and stocked in many good grocery stores. You can also try cous cous, if you aren't allergic to gluten protein (celiac disease).



Add 3-5 teaspoons of sea or rock salt, depending on the heat and your body mass, to water or food each day. Remember that sea or rock salt does not contain the important mineral iodine, so Nascent Iodine is included in your Rehabilitation Plan.



Essential Ketogenic Diet - Critical to only eat foods with a GI of less than 25

Recommended vegetables

Note: Vegetables may not be available in all countries.

- Artichoke
- Asian vegetable sprouts (wheat, barley, alfalfa, etc.)
- Asparagus
- Avocado
- Beetroot
- Broad beans
- Broccoli
- Brussels sprouts
- Cabbage (various types)
- Capsicum
- Carrots
- Cauliflower
- Celeriac
- Choko
- Cucumber
- Dandelion leaves
- Dried peas
- Eggplant (aubergine)
- Fennel
- Garden peas
- Garlic
- Kale
- Kohlrabi
- Kumara
- Lettuce (kos and various types)
- Mangetout peas
- Mushrooms
- Okra
- Onions (red and white)
- Petit pois peas
- Radishes
- Runner beans
- Seaweed - All types (kelp, wakame, noni, etc.)
- Silver beet
- Spinach
- Squash
- Sugar snap peas
- Zucchini (courgettes)

Recommended fruits

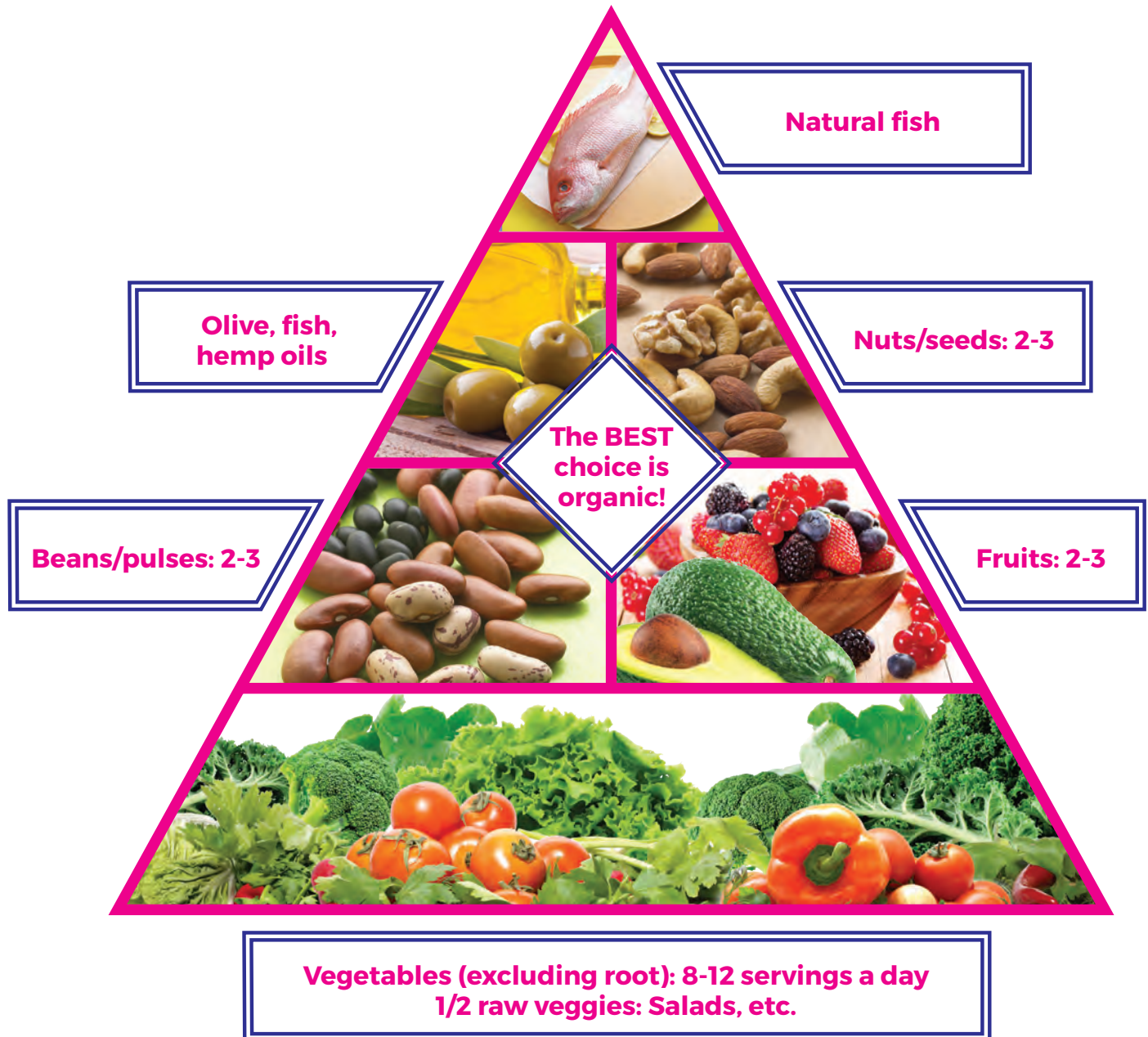
Note: Fruits may not be available in all countries.

- Apple
- Apricot
- Avocado
- Bilberries
- Blackberries
- Blackcurrants
- Blueberries
- Cherimoya
- Cherries
- Damsons
- Dates
- Durian
- Figs
- Gooseberries
- Grapefruit
- Grapes
- Kiwi fruit
- Limes
- Lychees
- Mango
- Nectarine
- Orange
- Pear
- Pineapple
- Plum/prune (dried plum)
- Pomegranate
- Rambutan
- Raspberries
- Salal berry
- Satsuma
- Strawberries
- Tangerine
- Western raspberry (blackcap)



Essential Ketogenic Diet

The Garden of Eden Pyramid





7. Stay active daily

Contrary to the opinion of fitness fanatics, there are two simple ways to get your body working better and stronger. And no, they do not include swimming and cycling, although you can add these later if you want to.

One of the two simple ways to exercise is to build up to walking 3-5 miles per day, in a fast, purposely strong way with as long a stride as you can. Keep your hands moving from chest level to belt level as you move with each stride.

Use weights or wrist weights as you improve.

If this is difficult for you at the start, and your lungs are weak, then lie down to exercise to make it easier.



Lie down in a comfortable place. On your bed (if it's firm enough), when you first wake up is a great time and place for this. Bring a knee up to your chest as high as you can get it and then alternate with the other knee. Do as many of these as you can while keeping count. Do this every day and set yourself targets to increase the speed and the number as the weeks go by. You should be doing enough to make your lungs and heart beat faster. At the same time, as you improve your count on your back you need to start your walking and build this up.

The second great exercise for strengthening your lungs is to build up slowly where you can exercise at maximum rate for 2 minutes, 6 times per day. It does not matter what exercise you do, e.g., skipping, star jumps, running on the spot; just about anything works, as long as your heart and lungs are working at maximum capacity. By working at maximum rate, your muscles connected with your heart and lungs will get stronger, and health will balance perfectly.




Physical activity is vital to your rehabilitation plan.





8. Learn proper breathing

 *Breathing properly is critical since oxygen is the foundation of overall health AND the enemy of cancer.*

There are two types of breathing:

1. **Anxious breathing:** In the chest.
2. **Relaxed breathing:** In the diaphragm or stomach area.

The first type of breathing in the chest is related to a stress response and includes hormones like cortisol. This stressful breathing should only be temporary since it is related to a fight-or-flight response that causes hormones to release to relax breathing. If stressful breathing grows chronic, the body will retain carbon dioxide and cortisol to affect healthy functioning systems. Stress breathing will also cause the immune system to weaken, leaving it susceptible to infection and cancer.

Make it your number one goal to retrain your body to breathe in a relaxed, healthy manner. This will clear out carbon dioxide and cortisol. When carbon dioxide builds up in your bloodstream, it will destroy a substance called hemoglobin that the blood uses to transport oxygen throughout the body. This is why it's especially important to focus on relaxed breathing that comes from the diaphragm.

How to breathe correctly

The easiest way to relearn correct breathing is to lie flat on your back on the floor, on a mat or blanket or on a firm bed. Place a small weighted object on your belly button, like a heavy book. Take a deep breath in through your nose so that the book rises as your stomach, or diaphragm, fills with air. Hold this deep breath for a count of 4 and then release through your nose so that your stomach deflates.

Use this process to release any tension as you exhale and repeat. In the exercise, your chest should not move to indicate relaxed, stress-free breathing.

Practice this low-stress breathing exercise again and again as you lie down. Once you have mastered the rhythm of the calming breath, you can start to try the exercise while

standing. Initially, you may feel dizzy as you intake more and more fresh oxygen, but it's still important to practice the exercise whenever you can. [You can access more resources on breathing lessons at GoodHealthHelpDesk.com.](https://www.GoodHealthHelpDesk.com)

Ozone therapy

Ozone therapy for cancer treatment has more than 50 years of medical backing. While ozone therapy has not yet been accepted as a primary medical treatment in North America, ozone doctors have been recognized by a growing number of traditional physicians. Ozone therapy can be used to increase oxygenation in the cells, making it especially beneficial for cancer-free living. Cancer and disease grow from poorly oxygenated cells, and ozone therapy can kill cancer cells on contact.

For those with a weakened immune system, suppressed by cancer or another disease, ozone therapy is key to boost immunity. Ozone therapy can increase energy production in the cells and improve the activity of antioxidant enzyme systems to reduce free radical oxidation. Ozone therapy can even decrease acidity in the body to promote a balanced, alkaline environment.

Major Autohemotherapy is a type of ozone therapy performed by trained professionals in a clinical setting. Major Autohemotherapy supplies contaminant-free medical grade ozone through a blood infusion in the application of more than 150 diseases. Major Autohemotherapy, backed by over 30 years of research from Professor Velio Bocci at the University of Sienna, is both a simple and safe treatment option when administered by a skilled clinician.

Ozone therapy is effective and safe for cancer management and treatment. I have personally received numerous ozone IV treatments from Dr. Anthony Edwards at the Newport Clinic of Alternative Medicine, Shropshire, UK, to support anti-aging and anti-cancer living.

A worldwide list of ozone therapy doctors can be found at [OxygenHealingTherapies.com](https://www.OxygenHealingTherapies.com), or you can Google to find other organizations and doctors, local to you, who offer this treatment.





9. Stimulate acupressure points

Another component in your Rehabilitation Plan is to stimulate acupressure points that connect to your health recovery system. There are a number of points that can be massaged gently with a finger to mimic actual acupuncture. Please read more about this on **page 48**.

10. Get more sun exposure

An essential vitamin to support your overall health is vitamin D3. You can find a large dose of vitamin D3 in the recommended supplement on **page 43**, but it's still critical to get some natural vitamin D from sun exposure.

The sun is the source of life. Unfortunately, myths have been circulated in the health community that the sun is an enemy that we must stay away from at all costs. Even worse, many health professionals recommend slathering your body in toxic chemicals every time you go out in the sun. Of course, I'm not recommending lying in the sun for 6 hours at once on the first hot day of the year. It's essential to build up the skin's tolerance to sun exposure over several weeks for natural protection. By the time that hot summer days come around, you will be able to tolerate a greater amount of natural sun exposure.



Recommendations for sun exposure:

- **Expose as much skin as you can to the sun each day, such as on your morning walk.**
- **Build up your sun exposure gradually from spring to summer seasons.**
- **Try to stay out of the sun in mid-day without a cover-up; a cover-up is preferred to sunscreen.**
- **If you do use sunscreen or sun cream, purchase organic products instead of chemical-based, name-brand creams.**
- **It's important to remember that the sun is your friend, and sunshine can be enjoyed in moderation!**



More about clearing inflammation and promoting healing

Serranol™

The secret behind **Serranol™** is the distinct combination of four key ingredients: Curcuminx4000, ecklonia cava extract, serrapeptase, and vitamin D3. In one vegetarian capsule, these core nutrients provide a super-supplement that studies show targets dozens of health and aging-related issues.

- **Serrapeptidase** (technically Serriatia Peptidase) is a diverse proteolytic enzyme that will dissolve non-living tissue, including blood clots, cysts, scarring, plaque, fibrin, and all types of inflammation, without causing harm to living tissue in the body. Serrapeptidase can be used to enhance your overall wellbeing, ease inflammation, and support health to benefit the lungs, joints, digestive tract, colon, arteries, and any other areas of blockage/inflammation.
- **Curcumin (Curcuminx4000™)** is praised as one of the best natural, anti-inflammatory herbs. It can stimulate glutathione in the body to guard healthy cells and tissues against inflammation, while moderating the immune system. Curcumin is also known for its antiviral, antifungal, and antibacterial properties.
- **Ecklonia cava (Seanol®)** has been used by the Asian population for centuries as a type of edible brown algae called ecklonia cava extract. It is harvested off the coast of China, Korea, and Japan; studies support that ECE offers a wide range of health benefits.
- **Vitamin D3** is an essential vitamin to support immune health. Cells in the immune system are made up of vitamin D3 receptors. If there is a deficiency in vitamin D3, it will weaken the immune system and leave the body susceptible to infection. Unfortunately, vitamin D3 deficiency is becoming far too common amongst all age groups since our culture spends far less time in the sun. This valuable vitamin cannot be stored by the body, so daily supplementation is necessary for immune health.



Ingredients:

- Curcuminx4000™ (from Meriva® Curcuma longa extract) - 250mg
- Ecklonia Cava Extract 25:1 - 50mg
- Serrapeptase - 160,000IU
- Vitamin D3 - 1000IU

Other Ingredients:

Microcrystalline Cellulose, Hypromellose, water, gellan gum (DR capsule)

Dosage:

Take 2 capsules x 3 times per day, 30 minutes before eating a meal with water.



Curcuminx4000™

Curcumin is a potent antioxidant that can relieve inflammation and help in the healing process.

Curcuminx4000™ is 23 times more powerful than ordinary curcumin! With natural anti-inflammatory and antioxidant properties, it is formulated to support normal digestive, eye, and immune health. It contains 200mg of patented Meriva® (root) Curcuma longa extract for superior absorption.

Ingredients:

- Meriva® (root) Curcuma longa extract - 600mg

Other Ingredients:

Microcrystalline Cellulose, Cellulose, and Water (vegetable capsule)

Dosage:

Take 4 capsules x 3 times per day.



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Essential Digestive Plus™

New, improved formula for improved gluten digestion!

The digestive system is a truly integrated system – the function of one aspect usually affects the other. Because of this interrelationship among the components of the digestive system, it is often difficult to determine the exact cause of any digestive disturbance. However, using the proper digestive enzymes can eliminate most of the problems.

Incomplete digestion and yeast can be the main contributors to the development of many diseases. Ingesting foods and nutritional supplements are of little benefit if their break down and assimilation are inadequate, but supplementing with enzymes helps allow for better absorption.

Proper small intestine absorption requires effective digestive enzymes like **Essential Digestive Plus™**, coupled with fully-functional absorptive surfaces. Improving small intestine function includes addressing the underlying issues that cause the discomfort and disease. Digestive enzymes can help bring relief to food intolerance and allergies and provide support when the body is suffering from a lack of enzymes, low immune status, and too much sugar in the diet.

Ingredients:

- Total Carbohydrate - <1 g
- Enzyme Blend - 608 mg
 - Protease 4.5 (170,000 HUT), Amylase (16,000 DU), Pectinase (110 endo-PGU), Peptidase (250 DPP-IV), Alpha-galactosidase (600 GalU), Glucoamylase (40 AGU), Invertase (3,206 SU), Protease 3.0 (50 SAPU), Lactase (2,000 ALU), Lipase (2,700 FIP), Cellulase (1,200 CU)
- Total Carbohydrate - 200 mg

Other Ingredients:

Vegetable capsule (hypromellose and water), Microcrystalline cellulose, Medium chain triglyceride powder (50% MCT)

Dosage:

Take 3 capsules x 3 times per day, 15 minutes before eating.



PrescriptBiotic™

"Bio-Identical" SBO Probiotics Consortia™ is a group of natural, friendly microorganisms that help to renew the gut and create a healthy balance between the good guys and bad guys among your gut bacteria. "Bio-Identical" SBO Probiotics Consortia™ means life-giving and identical; **PrescriptBiotic™** soil-based bacteria are nearly the same as the life-force bacteria naturally found in your gut.

Ingredients:

Contains a proprietary blend of Leonardite and the following Class I (beneficial microorganisms):

- *Anthrobacter Bifidobacterium BJludum, B. Licheniformis, L. Acidophilus, L. Lactis, L. Casei, B. Subtilis, L. Rhamnosus, and L. Plantarum, a superior formula of S80s (Soil Born Organisms), symbolically blended in a proprietary nutrient-rich host medium of Humic & Fulvic Acids. (Naturally dehydrated and encapsulated in its nutrient-rich food source for long-lasting efficacy.) Other Ingredients: Hypromellose (Veggie Cap).*
- **PURE & NATURAL:** No Dairy, No Salt, No Artificial Color, No Flavoring, No Sugar, No Preservatives and No Fillers have been added to this product.

Dosage:

Take 1 capsule twice a day.

More about immune-strengthening formulations

Nascent Iodine Drops

Nascent Iodine is totally different from the typical iodine in its denser state sold as an antiseptic, as iodine tri-chloride (claiming to be atomized), or as added to potassium iodide to make it soluble in liquid. Nascent Iodine is a consumable iodine in its atomic form rather than its molecular form. It can provide benefits in thyroid and immune support, detoxification, metabolism, improved energy, and more.

Ingredients:

- Iodine (in its atomic form) - 350 mcg
- **Other Ingredients:** Alcohol

Dosage:

Take 1-3 drops in half ounce water, twice daily or on empty stomach or as directed by a healthcare professional.





CureC™

CureC™ contains 1000mg of high-quality Liposomal Vitamin C, plus 400mg PC per serving. Gluten-free, non-GMO, and non-soy, Liposomal Vitamin C can promote healing, and as a potent antioxidant, it can protect healthy cells from damage.

CureC™ is a safe and effective way for Liposomal Vitamin C to reach the bloodstream, without any side effects.

Liposomal Vitamin C can support and protect healthy cells, enabling you to maintain healthy bones, cartilage, and connective tissues. It can also support brain health, blood sugar, and heart health.

By being readily absorbed by the body, vitamin C has powerful effects that can increase vitamin absorption and supply your body with the vital nutrients it needs.

Suitable for vegetarians and vegans, CureC™ can supply the body with readily absorbable vitamin C. The recommended dosage is to take 5 ml daily (1teaspoon) as directed by your healthcare professional.

Ingredients:

- Vitamin C (as sodium ascorbate, ascorbic acid) - 1000 mg
- Sodium (as sodium ascorbate) - 125 mg
- 5 Natural (non-hydrogenated) Phosphatidylcholine - 400 mg

Other Ingredients:

Purified water, natural flavors, potassium sorbate

Dosage:

Take 6 ml daily (just over 1 teaspoon) once a day, or as directed by a healthcare professional.



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CANNA30 CBD Oil

Canna30 CBD Oil is Premium Gold CO2 Hemp Extract, produced in Poland with Highest Quality Guarantee. Providing reliable, guaranteed levels of CBD, CANNA30 gives extra benefits from naturally occurring cannabinoids, flavonoids, and terpenoids.

CANNA30 CBD Oil provides 30-percent guaranteed CBD: 10.6 mg of CBD per drop, approximately 1 month's supply.

Taking CANNA30 has the potential to decrease neuropathic pain and inflammation. CBD Oil can help manage insomnia and mental health conditions such as schizophrenia and provide relief for depression symptoms. It can also reduce stress, anxiety, impulsivity, eczema, psoriasis, and other inflammatory skin conditions.

The largest CBD survey to date has noted that 80 percent of users found CBD to be "very or extremely effective" and 42 percent quit using pharmaceutical and over-the-counter medicines.

CANNA30 CBD Oil is meticulously checked for quality, so every batch is 100-percent safe with guaranteed levels of CBD: contains a balance of natural cannabinoids, CBD, and acidic cannabinoids, CBDA, in 10-percent concentration.

Ingredients:

Hemp seed oil, CO2 whole plant hemp extract -
1 drop = 10,6mg CBD

Dosage:

Take 4 drops, twice daily or as directed by your healthcare professional.



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Active Life™

Active Life™ Capsules have been formulated with only your wellbeing in mind. Just as the name suggests, Active Life™ Capsules can help to support a busy, modern life where stress, high demands, and a poor diet are often a reality. Active Life™ Capsules are a complete all-in-one nutritional supplement to complement any Active Life-style, offering an all-natural source of 130 vitamins, minerals, and other essential nutrients.

Active Life™ Capsules Vitamins & Minerals Formula

Ingredients

Amount per Serving

Vitamin A (Palmitate/10% Beta-Carotene)	5000IU	
Vitamin C	500mg	
Calcium (from Calcium Citrate)	120mg	
Vitamin D3 (from Cholecalciferol)	400IU	
Vitamin E (as Natural D-Alpha Tocopherol Acetate + Mixed Tocopherols)	400IU	
Vitamin K2 (K2 - Menaquinone)	80mcg	
Vitamin B1 (Thiamin)	10mg	
Vitamin B2 (Riboflavin)	10mg	
Niacin - Vitamin B3 (from Niacinamide)	80 mg	
Vitamin B6 (Pyridoxine Hydrochloride)	10mg	
Folate (as (6S)-5-methyltetrahydrofolic acid) (equivalent to 1600mcg of (6S)-5-methyltetrahydrofolic acid glucosamine salt***)	800mcg	
Vitamin B12 (Methylcobalamin)	100mcg	
Biotin	300mcg	
Vitamin B5 (from Pantothenic Acid)	20mg	
Iodine (from Potassium Iodide)	150mcg	
Magnesium (from Magnesium Citrate)	60mg	
Zinc (from L-OptiZinc®)	25mg	
Selenium (from Selenomethionine)		200mg
Copper (from Copper Gluconate)	2mg	
Manganese (from Manganese Gluconate)	4mg	
Chromium (from Chromium Polynicotinate)	120mcg	
Molybdenum (from Molybdenum Citrate)	75mcg	
Chloride (from Fulvic Trace Minerals)	16mcg	
Potassium (from Potassium Malate)	216mg	
Boron (from Boron Citrate)	1mg	
Strontium (from strontium Citrate)	60mg	
Aloe Vera Powder (200:1)	2mg	
Bilberry Extract 5:1	300mg	
Choline Bitartrate	25mg	
Fulvic Trace Minerals	200mg	
Inositol	40mg	
Lutein (from Marigold flower - ZanMax®)	20mg	
Zeaxanthin (from Marigold flower - ZanMax®)	4mg	
L-Cysteine		10mg
L-Glycine	10mg	
L-L-Taurine	400mg	

* Daily Value not established

** L-OptiZinc® brand of zinc mono-L-methionine sulfate.

*** This product uses Gnosis SpA's (6S)-5-methyltetrahydrofolic acid, glucosamine salt (Quatrefolic®) and is protected by U.S. Patent No. 7,947,662. Quatrefolic is a registered trademark of Gnosis SpA.

OTHER INGREDIENTS: Vegetable Cellulose (capsule), microcrystalline cellulose and medium chain triglycerides.



Dosage:

Adults and children over age 12 - Take up to 3 capsules twice per day after meal. Children under age 12 - Take 1-2 capsules per day or as directed by a healthcare professional. If taking thyroid or iron medication, wait 2 hours before using Active Life™ capsules.



More about optional/missing nutrients

1st Line Immune Support Kit

1st Line is an all-natural product designed to fight against many types of infections, including viruses. It is a patented formula by a British chemist containing Thiocyanate Ions. When added to water, 1st Line provides a drink which forms the same molecules that make up our body's first line of defense against all types of bacteria, yeast, fungi, flu, germs, and viruses. 1st Line offers an aggressive attack on these unwanted infections without doing harm to healthy bacteria in the body, a common side effect when using antibiotic drugs. 1st Line is safe and easy to use.



Ingredients:

- Sodium Thiocyanate - 100ppm
- Sodium Hypothiocyanate - 60ppm

Other Ingredients:

Hydrogen Peroxide, Poly Aluminium Chloride, Lactoperoxidase, and Bentonite. Note that no hydrogen peroxide or aluminum is consumed as these are converted by the enzymes in the creation of the oxythiocyanate ions or are residues in the green/brown mass.

Dosage:

Take 1 kit daily for 3 days (total of 3). 1st Line should always be taken at least 90 minutes before and after food, approximately. 3 kits are the minimum, and in serious conditions, 10 kits over 10 days are better if finances allow.

Graviola

Graviola is a potent natural extract that is traditionally used as a herbal remedy for cell cleansing and digestive support. Contains over 220 types of antimicrobial acetogenins that support cell health.



**Product type may vary by country.*

Ingredients

Graviola (Annona muricata) Fruit Powder, Maltodextrin.

Dosage:

Take 3-4 x 3 times per day.

More about acupuncture

Stimulating the Good Health points on page 0.02 of the book **Mastering Acupuncture** will help to balance health. There are also points shown in the manual for nausea and pain associated with cancer. These points can be effectively and safely stimulated using the **HealthPoint™** electro-acupressure kit. The advantage of the kit is it gives you the power to precisely locate the acupuncture point, and indeed other points, so you can enjoy the benefits of acupuncture at home and without any needles.

HealthPoint™ is easy to use, painless, and effective. It includes an instructional DVD and book covering over 150 pain and non-pain conditions that can be helped, such as headaches, back, neck, and joint problems.

The gentle and systematic stimulation of the body's natural healing system can speed recovery in many cases. **HealthPoint™** breakthrough waveform was developed with leading pain control specialist Dr. Julian Kenyon, MD, 25 years ago, and today features the latest microchip technology to quickly locate acupuncture points key to specific health conditions, such as the points for cancer prevention and recovery.





In conclusion:

The Ketogenic, Nutrient-Rich, Non-Inflammatory, Really Healthy Lifestyle Program offers a complete rehabilitation plan that is specially designed to comprehensively prevent or manage unstable cancer cells.

Cancer can better be understood as a lifestyle disease. This means that if you change your lifestyle, there is a greater chance of partial or full recovery. When you implement the changes found in the 10 Step Plan, your body can naturally begin the healing process to recover your health.

● *Drugs won't improve your health.*

Drugs aren't effective since they can't make you healthy again. In a best-case scenario, drugs may provide some relief. In a worst-case scenario, they will further damage your health and can even cause untimely death.

Of course, the pharmaceutical industry would love you to continue on your current drug regimen and ineffective rehabilitation plan, relying on toxic medications that inhibit your true path to long-term healing.

● *Thankfully, you have discovered that there is a better way.*

The care of your body requires a complete program, one designed to address all aspects of what is needed to enjoy a healthy non-inflamed, cancer-free system:

- The Really Healthy Lifestyle is a treatment program structured for those patients struggling to obtain a healthy cancer-free lifestyle, even after other medical treatments have failed.
- This program can help you learn how to love your body and improve your quality of life. The non-inflammatory, cancer-free lifestyle plan includes treatment in the form of exercise, education, and coaching.
- This personalized program incorporates therapy and support, assisting the person in achieving the maximum results possible.

You will find the Non-Inflammatory Cancer-Free Lifestyle Program outlined in this book. When you follow it carefully, you will see some results starting within weeks.

● *This rehabilitation plan will always offer health improvements.*

The worst outcome when using this plan will be that your health improves, but you still need to take some drugs if your health has been damaged irreparably by medication or cancer.

● *Start slowly and begin rehabilitation step-by-step.*

If you're not used to making major changes in your life, it may be difficult to adopt new healthy habits at first. But stick with it because...

● *Your health is invaluable...*

Robert Redfern, Your Health Coach

Email: robert@goodhealth.nu
www.MyGoodHealthClub.com
for step-by-step coaching and support.



Daily Cancer-Free Living Rehabilitation Plan

	TIME	ACTION	AMOUNT
OPTIONAL	Anytime in the day on an empty stomach	1st Line Kit	Take 1, unless you have a weak immune system and then take more, 1 day apart, as finances allow, up to a maximum of 7 times over 7 days.
	Anytime in the day	Graviola *Product type may vary by country.	Take 3-4 x 3 times per day, but lower to 1 capsule x 3 if you feel too sick from the rapid clearing of cancer cells.
BREAKFAST	30 minutes before breakfast	Nascent Iodine	Take 1-3 drops in half ounce of water
	30 minutes before breakfast	Serranol™	Take 2 capsules
	30 minutes before breakfast	Curcuminx4000™	Take 4 capsules
	15 minutes before breakfast	Essential Digestive Plus™	Take 3 capsules
	Just before breakfast	PrescriptBiotics™	Take 1 capsule
	After breakfast	CureC™	Take 1 teaspoon
	After breakfast	CANNA30	Take 4 drops
LUNCH	30 minutes before lunch	Nascent Iodine	Take 1-3 drops in half ounce of water
	30 minutes before lunch	Serranol™	Take 2 capsules
	30 minutes before lunch	Curcuminx4000™	Take 4 capsules
	15 minutes before lunch	Essential Digestive Plus™	Take 3 capsules
	After lunch	Active Life	Take 3 capsule
EVENING MEAL	30 minutes before evening meal	Serranol™	Take 2 capsules with water
	30 minutes before evening meal	Curcuminx4000™	Take 4 capsule
	Just before evening meal	PrescriptBiotics™	Take 1 capsules
	Before evening meal	Essential Digestive Plus™	Take 3 capsules
	After evening meal	Active Life	Take 3 capsules
	After evening meal	CANNA30	Take 4 drops

**All of the products you see in this book
can be obtained from the following links:**

Good Health Naturally UK (and Europe)

www.goodhealthnaturally.com

Tel: 03337 777 333

(Open Mon-Fri 9am-5pm)

Good Health USA

www.goodhealthusa.com

Tel: 1800 455 9155

(Open Mon-Fri 7am-3pm Pacific)

Good Health Canada

www.goodhealthcanada.com

Tel: 1 800 455 9155

(Open Mon-Fri 7am-3pm Pacific)

Good Health Australia

www.goodhealthoz.com

Tel: + 61 (0)7-3088-3201

From 9am to 5pm AEST

Good Health India

www.goodhealthnaturally.in

Tel: +91 9640428251

From 10am-6pm IST



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ABOUT THIS BOOK

My Good Health Club

Robert Redfern - Your Personal Health Coach
www.MyGoodHealthClub.com



Robert Redfern is a passionate health coach. He strives to offer you the best information and tools so that you can become a natural health expert to support you and your family's health.

This book combines all of Robert's work and research on cancer into a user-friendly Cancer-Free Rehabilitation Plan that can be used for naturally improved health.

For more information, you can consult the Naturally Healthy Publications website for dedicated Good Health Coaching from Robert Redfern.

Visit www.MyGoodHealthClub.com today to find more information on health conditions related to:

- Diabetes
- Lung health
- Digestive disorders
- Thyroid health
- Alzheimer's disease
- Heart disease
- Stroke
- Autoimmune disease

And much more!

"I recently gave Serrapeptase to a 70-year-old lady with breast cancer. She had a hard mass and inflammation in her right breast from working with chemicals for many years. She has been taking two Serrapeptase a day and is already seeing improvements. Thank you so much for your information and for answering my request."

- Florence S., Trinidad and Tobago

