

THE PROTOCOL

Using your Mind, Body and the Spirit to Treat Cancer

John Reiner

I write this so that you might know that your cancer may be cured. There is Hope!!!!

CANCER IS A REVERSIBLE CONDITION. Optimism is the best ally in the extension of your life. But your optimism must be tied to a program that leads you to a cure. Dr. Bernie Siegel says you have to become the “exceptional patient.” That is the one who recovers. YOU MUST BE THE ONE WHO EXERCIZES THIS TREATMENT. DO THE STEPS LISTED BELOW YOURSELF. IN OTHER WORDS, IF THIS DOCUMENT SAYS MAKE JUICE, YOU MUST MAKE IT IF POSSIBLE, NOT YOU SPOUSE, FRIEND, OR CARE PROVIDER. THERE IS A SIGNIFICANT CONNECTION BETWEEN THE ACTIONS THAT YOU TAKE AND THE TREATMENT. YOUR INVOLVEMENT AND PROACTIVE ACTIONS ARE DIRECTLY SIGNALING THE BODY THAT YOU ARE SERIOUS ABOUT BEING CURED. TAKE RESPONSIBILITY FOR THIS DISEASE AND MOVE TO CURE IT. PLEASE PRACTICE ALL THE STEPS OUTLINED IN BOLD TYPE. The information I am providing in this brief letter, I believe, will allow you to heal not only your body, but your spirit.

Having cancer may be one of the most profound and positive things that will happen to you in your life. I am not a doctor - this report is based on my personal experiences, readings and interviews with those who did not succumb. My first inclination, once I realized that my situation was hopeless, was to talk to those who have survived. I wished to know what they had done to live. The next thing was to set up the old chemistry class type of recurrence matrix. What did the

survivors all do that they all had in common? Just what was the common theme that allowed them to live when so many perished? It was surprising how so many of them had done the same thing. Actually it became almost predictable after awhile, because so many had done exactly the same thing with some modifications. This is the information I wish to share with you. I BELIEVE YOU CAN CURE YOURSELF FROM CANCER WITH SOME MEDICAL AND SELF HELP. This document will cover all faith groups and beliefs. I have elements from Protestant, Buddhist, Hindu and Catholic traditions, among others. Just as cancer slays all equally, we must not waver in our fight against this disease. I think that the information contained in here will not harm anyone of any particular faith that reads and practices it. I cannot spend any more time explaining why I am not dead. I have decided to write it down so that I might continue with my life without the constant phone calls and inquiries. Please believe me that I will help if you contact me, but I think this format is the best venue for presenting this information. Please read it carefully.

My name is John Reiner. I was diagnosed with Stage Four colon-liver cancer. Stage Five is a trip to the funeral home. Believe me when I say I understand your deepest fears and depression. I too, like you, know what it is like to wake up thinking about cancer. The situation seems hopeless. It is a lonely watch, your darkest hours. It is in the back of you mind 24/7, no matter the level of support that your spouse, family or friends may give. While your whole house sleeps, you wake; your mind is running over the possible cures. But you know the desperation that seeps into your soul from the consults at the various hospitals that say your cancer is terminal. You research and those close to you research, but there really seems to be no medical cure. The loneliness is immense. The fear for your spouse and family is huge. There is work and tasks lie unfinished. There are children not yet accomplished or set on a career path. The pain from the treatments may

be extraordinary. You may have, at times, wished that death might put you out of your misery. But you hope that God will only give you what you can take. Nevertheless, you cannot share this suffering with anyone else. It, like the psychological pain, must be endured.

You understand those you meet that experience similar circumstances. By now, you have become familiar with most of the terminal cancers. You exchange names and numbers at the chemo or radiation wards. They call you for support in the evenings. You meet at the Wellness Center and swap cure ideas after a qigong class. You come to love them. You give them all the hope you can muster, but they get sicker and sometimes die. You go to an endless cycle of funerals. Many you miss because you are a day late in finding out, or they are buried in another city. You realize that your clock is running and it's all a matter of time, based on what the doctors are telling you, but you, like your friends, refuse to believe.

Many people have asked me why I didn't die from colon-liver cancer after the Cleveland Clinic told me I might have between 0-1% chances of survival. I called any survivors of Stage Four cancers I could locate and recorded what they told me. I next read the stories of every survivor that I could find. I compiled the repetitions as one might with a chemistry experiment. It is the recurrence of commonality that I used to try to affect a cure. What follows is what I learned that might be of help to you if this disease plagues you. You must not say, "Hey Doc, cure me!" YOU MUST WORK TO HEAL YOURSELF!!! A doctor may assist you, but a medical team cannot support you 24/7.

The body has an amazing ability to heal itself of all disease, not just cancer, if you assist it. YOU MUST DO EVERYTHING IN YOUR POWER TO STIMULATE YOUR

IMMUNE SYSTEM AND PROVIDE THE CORRECT NUTRITION, WHILE AT THE SAME TIME INTERNALLY RESTING YOUR BODY SO IT CAN FIGHT THIS DISEASE. THE MEDICAL TEAM IS MERELY USED TO LESSENING THE TUMOR MASS TO HELP THE BODY FIGHT THE DISEASE. We must follow the correct steps to win this battle. **The following is what I believe to be the “must do” list. Here it is in short form with many details to follow:**

1) DRINK 7-8 GLASSES OF DISTILLED WATER EACH DAY. Buy these in the super market in the one-gallon size. They should cost you between \$.79 and \$.99 each. Do not drink water after 7:00 PM so you that you can sleep soundly and not have to get up and go to the bathroom. Keep a gallon by your bed, in your kitchen and in your car. Drink as much water as possible in the morning when you get up. This is a purification, cleaning and flushing technique. Water makes up 70% of our body. It is important while you’re ill to put only the purest items into your body. No other water will do in the healing stage. In other words, don’t weaken an already suffering body. If you live in the Columbus, Ohio area, there is a cautionary note on the water pamphlet regarding its use if you’re taking chemotherapy. Ref: *Cancer & Nutrition* by Dr. Charles B. Simone: Pages 193-196. There are too many books and articles to name on this subject.

2) EXERCISE EVERY DAY IF POSSIBLE. Start right after your operation. It has been learned that those who exercise have a much stronger immune system than those who don’t. Hello, we’re fighting for our lives here; this is no time to say we’re not going to break a sweat! Yoga is a wonderful exercise form when you are in a weakened state, and can be started early after your trip home from the hospital. Walk as soon as possible. Try to plan weekend walks in state parks that are

both scenic and restful. Enroll in a professional exercise organization associated with a hospital as soon as possible. If you are very ill, get up and walk towards the sun in the morning. This will boost your serotonin. Find the light and move towards it. Walking is the simplest form of exercise. **AS YOU GET STRONGER, EXERCISE EVERY OTHER DAY UNTIL YOU PERSPIRE.** .Again, this is a way of pushing the “gunk” out of your cells. This program occurs in a lot of German research on cancer. However, don’t overwork or exhaust your strength. Consult with a physician. Slowly work yourself up after taking the required stress and blood tests. The McConnel Health Center is a good choice in Columbus, Ohio. Reference *Getting Well Again* by O.Carl Simonton, M. D.: pages 220-227 and *God’s Way to Ultimate Health* by Dr. George Malkmus: pages 101-108.

3) SLEEP 7-9 HOURS EVERY NIGHT. GO TO BED BY 9 AND BE ASLEEP BY 10.

Research explains that your NK and T cells and the ability to create Interleukin-2, which hunts down and kill cancer cells, are most active in the hours before midnight. Get your body on the old sun rhythm that your ancestors used for all the millennium before the invention of the light bulb. Your body will thank you for this. Remember the old “early to bed, early to rise makes you healthy, wealthy, and wise.” When you’re asleep, you’re restoring and revitalizing your body. Do not read, watch television, eat, or use the telephone in bed. Use your bed for sleeping. Don’t sleep during the day unless you’re very ill. Reference *The Answer to Cancer is Never Giving It a Chance to Start*, By Dr. Hari Sharma.: pages 85-90 or *Return to Wholeness*, by David Simon, M.D.: pages 101-109.

4) MEDITATE. Do this twice a day if possible. Meditation is considered by many to be the most potent of all cancer fighting techniques. Spend 20 minutes in this practice. This is best done early in the morning before exercise or eating. It can also be done at lunch or in the evening around 6 PM. Do not wait until later in the evening or it will interfere with your sleep. Many believe that 20 minutes of good meditation seems to equal two to three hours of good sleep. Too bad we didn't know this when we were young. Maybe this is why it is so helpful to cancer patients. I believe it is the one time of the day when your mind can shut down and rest. It is well known that your mind operates even when you sleep. Strangely, most cancer survivors have learned the art of spontaneous meditation. It's not hard. But again, I was surprised how many survivors knew this relaxation technique and practiced it. Sometimes wonderful answers about life's problems come to you while you meditate. This is something I would never have learned without the "gift" of cancer. In the end, I hired Dr. Hari Sharma to teach me how to meditate. He first explained the physiology of why this would cure cancer and taught me the practice. Please read *The Answer To Cancer Is Never Giving It A Chance To Start* by Dr. Hari Sharma: pages 135-149 and *Return to Wholeness* by David Simon M. D.: pages 101-109.

5)

VISUALIZATION AND MENTAL IMAGERY. Use this technique to help your mind imagine yourself cured. You can practice this in a relaxed position after meditation or while you are receiving chemotherapy. In your mind's eye, you visualize that cancer cells are weak. As a matter of fact, they are rejects who have invaded your body. You see cancer cells being destroyed by an army of white blood cells. Many picture Pac -Man type figures racing through their bodies

eating up cancer cells. This was based on a famous case of a young boy. Others see everything from the Holy Spirit to angels, knights to cowboys kicking out cancer cells, driving them out of the body. You may prefer a gentler image such as gentle rain washing the cancer out of the body. Whatever works for you personally - the mind is very powerful. Don't discount it as a weapon to be used against your cancer. The best reference for this is *Getting Well Again* by Carl Simonton, M.D.: pages 136-174, and *Return to Wholeness* by Dr. David Simons: pages 110-11.

6) PRAYER ...is the foundation of all healing. All healing, even that which comes through medical means, is ultimately divine in nature. When you know there is no earthly cure for your condition, there is only one source for your healing. All who are cured mention prayer as a powerful aid in their battle with disease. Many have told me they have felt the power of prayer help them. If you have people willing to put you on their prayer chains and groups, regardless of their faith beliefs, do so. There is great power in knowing that people all over the world are praying for you. In itself, it can be healing. Pray daily. Thank God every day when you wake up, as you drive, and throughout the day. Pray for those who have afflictions or problems. Keep all those who suffer in this world in your prayers. During down times, pray. It is extraordinarily powerful. Offer up in prayer your suffering for others who suffer. If you thought you had a spiritual base before cancer, you will find it has grown exponentially with the disease. If you are a Catholic, I recommend the *Litany of the Hours*. It comprises four books and has morning and evening prayers and much more. . One of the best prayers I have found is the *Novena of the Divine Mercy*. This is very short and only requires a few minutes each night. A novena is a prayer that is repeated for nine days in a row. Decide on what is most meaningful for you.

7) **FORGIVENESS AND THE QUEST FOR INNER PEACE.** To conquer cancer, it is well to forgive all those who have hurt you. This is one of the keys to recovery. Life is full of people who have slandered, damaged, stolen from, betrayed or let you down in many ways. You must let these antagonisms go. Life is too short. Practice the art of not judging other people. Take it easy on yourself. Do you judge yourself against standards that are higher than those you use for others? Do you expect others to reach high standards that you set for yourself? Everyone is different and we have no right to expect others to meet our expectations. Practice non-judgmental behavior. Try to enjoy each moment as it unfolds. See things as they really are. Do not spend your mind's time rehashing the past or dwelling on the future. Focus on the now. Enjoy this moment. Make it as pleasant or as productive as you can for yourself and those around you. This second of time is all that we really have. We do not know if we have a future or how long it might be. Practice patience. Accept the fact that sometimes things have to unfold in their own time. In this hurried world, we try to schedule life on our terms. When this expectation is not met, we become angry. This anger causes us to blame someone or something - often ourselves. Blame is not conducive to healing. We must practice the art of peace and especially compassion. Practice love for humanity. Realize that the world and our acquaintances do not have to change for us to love them - we have to change to love them. The cure can be found in the heart where we can develop love without judgement or conditions. Let your life be known for its quantity of love, not its duration. We must never suspect or judge from appearances, but look for what is beautiful in our neighbor's soul and move to help humankind when we can. Refuse your heart and help to no one. You will know that you have

forgiven those who have brought pain into your life when you find yourself praying for them and visualizing good things happening to them. This is the apex of forgiveness. Please read *The Cancer Conqueror* by Greg Anderson. The prayers and novenas I mentioned earlier fit very well with the philosophy of *The Cancer Conqueror*.

8) JOIN A LOCAL CANCER WELLNESS GROUP. You will find more information from those who have cancer and are in treatment or have had cancer a number of times than you will from your doctor. There is in these groups a great camaraderie. It takes the loneliness out of cancer. These groups are great for getting updates on the latest treatments, learning more about vegetarian meals, holistic restaurants and much more information as well as comfort. They are just great for psychological support. Sign up for yoga, quigong, Reiki, exercise courses, vegetarian courses or whatever might help you. I know there is great and powerful spiritual friendship in these groups. The hug is the traditional greeting among those who have cancer. The love and care for each other is infectious. Try to stay with more active people that are positively trying to do something to cure their cancer.

9) SEEK A PROFESSIONAL PSYCHOLOGIST OR COUNSELOR WHO HAS SURVIVED CANCER. This cancer coach can be of immeasurable help. In my case, the psychologist had not only survived cancer but had a holistic bend. He had been through dozens of cases and had a real handle on the disease. He suggested many of the books I am recommending that you read. This gives you someone to try to bounce ideas from if your doctor, radiologist, or oncologist doesn't

have time or the broad experience in this field that you are seeking. Make a cancer psychologist part of your team. Such a person can provide fantastic information and direction.

10) REIKI Learn this healing procedure and relaxation skill as soon as possible. It cannot be learned from a book. My cancer psychologist recommended a treatment every week for a one-year minimum. Reiki is a method of energy healing using your hands. There is sometimes no actual touching. It is used in many Children's Hospitals and on those who are receiving chemo. When you wake up in the morning, you can use this on yourself in the areas where you have tumors. Most successful patients use Reiki or some form of energy healing on themselves before getting up in the morning. Some nurses learn Reiki for continuing education credits. One of the best people to learn this practice from is Sister Ann Winters at the Ursuline Collage in Cleveland, Ohio. Arrive Friday evening for a 6-9 PM course and continue on Saturday till 5pm. This good sister made a believer out of me, as I was not familiar with Reiki and initially considered it some "mumbo jumbo." The Cleveland Clinic wouldn't use it if it didn't have real value. There are over fifty hospitals in the U.S. who now use Reiki. Call 1-440-442-4160 ext 224 to reach Sister Ann Winters. The best local practitioner that I have found in Columbus is Debbie Weisenburger-Lipitz at (614) 878-1759. She has worked with hundreds of cancer patients. She has had cancer herself three times, and has a deep and sensitive knowledge of this disease and is extraordinarily talented in this healing form.

11) QIGONG This is a form of healing and relaxation used around the world, originating in China. The force of nature and all living things (chi) is used in this healing technique. Christians

call it the Holy Spirit and God's creation when using this healing art form. Learn this at your local wellness center and practice with a group and on your own. After Qigong, you will be more relaxed and can increase your ability to meditate. IT IS WELL KNOWN THAT MANY CANCER VICTIMS ARE HIGH STRUNG UNDER STRESS, OR TYPE "A" PERSONALITIES. MEDITATION, QIGONG AND REIKI ARE EXCELLENT IN REDUCING STRESS TO HEAL AND EFFECT A CURE.

12) CONDUCT YOUR LIFE AS IF YOU DON'T HAVE CANCER. It is important to get on with your life. No one knows the hour of his or her death. Except for following this program and your treatments, try to keep your life as calming as possible. I used to get my radiation at lunch and my chemo on Friday afternoon, so that I could have the weekend to recover and cancer would not impact my work. Sometimes it was reversed so that I would feel better on the weekend. I worked a day and a night job. If you are retired or not working, you will find this program much easier to do, because in many ways you can work on your cure throughout the day.

13) TRY NOT TO READ OR WATCH DEPRESSING NEWS THAT YOU CANNOT AFFECT. Cancer patients should not bother worrying about news events on the national and international level that they can't affect in a positive way. In other words, reduce your stress as much as possible by not assuming the world's problems. This is the time for you to heal yourself. DON'T WASTE TIME WATCHING THE TV WHEN YOU COULD BE READING BOOKS ON HOW TO TREAT YOURSELF AND RELATE TO FRIENDS THAT YOU LOVE.

14) SESAME OIL MESSAGE. This gives your body a wonderfully healthy feeling as if it has a coat of armor on. You will help the moisture level in your skin while protecting it with a non-chemical shield. Sesame oil has been found to have strong anti-cancer effects. Japanese studies have found that sesame oil has strong antioxidants. It also is a strong bacteria killer, based on its 40% linoleic acid, which just happens to be a fantastic anti-inflammatory agent, helping your joints work well. Many in the East believe that sesame oil has a special penetrating quality and goes to work internally to help fight your cancer. There is much more science to this than I have time to cover. Your skin is your largest organ and surely needs protection and help from all the environmental stresses heaped on it. Think of all the chemical bases in all the soaps, crèmes, shampoos, air pollution, chlorinated water, cleaning agents, news print and solvents that your skin comes into contact with each day. By the way, in reading of Michael Milliken, the junk bond king sentenced to prison, it was interesting to see that he also uses this sesame oil technique for his cancer. From my understanding, he has diverted his energies to helping cure cancer. He is a very clever and intelligent man who has also done some very extensive research and has, I believe, some very wise advisors in his quest to stay alive.

As with almost all of these treatments, this is very inexpensive. If you buy sesame oil from an Indian grocery store, it costs even less than it would be from a traditional grocery. Here's how to administer a sesame oil massage: Heat a ¼ cup of oil in a pan until it spits. By that, I mean until the oil makes a popping noise when you sprinkle a little water over it. Then put it into an appropriate container such as a glass bottle, and later when it cools, you can transfer it to a plastic squeeze bottle. To warm it for use later on, place it under hot water. The warm oil will penetrate

your body very quickly. The correct way to do this is to begin with the head and neck, working your way down the shoulders. Rub it on your shoulders and your torso in a circular motion. Apply it to your arms in a straight motion moving out towards your wrists. On your elbows and knees, rub the sesame oil in a circular motion. Follow the same procedure for your legs and calves. Use a straight up and down motion for the legs and a circular motion for your knees and joints. Don't forget your feet. Now let the oil soak in for ten minutes or so. Read or trim your nails. Try meditation. If you are in a rush and cannot rub the oil over your entire body, be sure to do your hands, forehead (especially between the eyes), ears and the soles of the feet. Now take a warm bath or shower to wash the oil off. You will feel refreshed and reinvigorated. Protect that skin; it may be one of the most important organs in your fight against cancer. See *The Answer To Cancer Is Never Giving It A Chance To Start* By Dr. Hari Sharma: pages 113-117 for more information on this wonderful addition to your anti-cancer arsenal.

15) PERSONAL HYGIENE

- USE TOOTHPASTE THAT IS NATURAL WITH NO ALUMINUM OR BAKING SODA
- USE PURE FORMS OF SOAP THAT ARE CHEMICAL FREE The Dublin Wellness Center, in Dublin, Ohio handles them as does Solomon Wickey - I will be speaking of him later.
- SHAMPOO SHOULD BE A NATURAL ONE WITHOUT COLOR ADDITIVES, CHEMICALS, etc.
- BUY A SHOWER FILTER FROM YOUR HEALTH FOOD STORE. Keep your showers short and not too hot, so as not to pick up chlorine in the airborne particles

- USE A NATURAL DEODORANT; BE SURE IT HAS NO ALUMINUM IN IT.

16) CHEWING AND DINING. Try chewing all your food a minimum of 25 times. Help an already taxed system digest your food. Also chewing thoroughly helps you alkalize your food. An alkalized body is essential for healing. Focus on each item in your meal. Enjoy your meal. Do not watch TV, discuss family business, politics or read while you eat. Sit down and relax. Do not eat in a hurried fashion. Focus on the food. Enjoy each bite.

DON'T DRINK LIQUIDS WITH YOUR MEAL. It dilutes your digestive juices. Don't drink cold drinks. Skip the ice - it's not healthy. It puts out the digestive fire. If you're having water, ask for a lemon to alkalize your water. Yes, folks, lemon is an alkalizing agent for most people once it hits you stomach.

TAKE DIGESTIVE ENZYMES WITH EACH MEAL

DON'T EAT AFTER 6 PM IF POSSIBLE

EAT A LARGE BREAKFAST

17) DIET. This is the kingpin or centerpiece for the treatment. After reading thousands of pages trying to find a cure, visiting three separate hospitals and sets of doctors, and trying chemo, radiation and other treatments, it would be great to find a cure that could be counted on. I read dozens of books that contradict each other on certain points from what herbs to take to what vitamins are most beneficial for you. I suggest that you read books by Andrew Weil or Deepak Chopra. These writers are the two leading gurus of the holistic lifestyle movement. What they say has great merit and I've enjoyed reading their work. But since we have cancer, we want the best

shot at a cure that can work. Here it is. Late one night desperately searching for a cure, I found a guy in Switzerland who thought that carrots, celery and beets could and did cure his cancer. This really didn't mean much to me until a year later when an internationally famous Amish healer, Solomon Wickey, recommended the following, which I followed to exacting standards

THIS IS WHAT I DID TO BEST CANCER:

FOR 4 MONTHS DO THE FOLLOWING:

MAKE JUICE FRESH DAILY—ONLY USE A CHAMPION JUICER

1QT OF CARROT & CELERY MIXED-----EXTREMELY IMPORTANT

(1pt. Carrot & 1pt. Celery)

DRINK IT FRESH IMMEDIATELY AFTER YOU MAKE IT— IF YOU DRINK IT AN HOUR OR SO LATER, YOU CAN TASTE HOW OXIDATION HAS CHANGED THE JUICE AND THE LOSS OF THE KEY ENZYMES.

DO NOT BUY STORE- BOUGHT JUICE. IT'S ALREADY DEAD AND A LOT OF IT HAS BEEN PASTEURIZED OR HAS CHEMICAL PERSERVATIVES.

You can add an apple, beet, raw parsley or a piece of ginger to the mix, but be sure to include the celery and carrots. Try to use organic vegetables if possible. Hint: Buy the carrots in a 25 lb bag. If you don't have an extra fridge, place an ice chest next to the fridge and keep the carrots and celery in the cooler to save your refrigerator space.

FOR 4 MONTHS: EAT ONLY FRESH FRUITS AND VEGETABLES, WHOLE GRAINS, NUTS (ESPECIALLY ALMONDS, LEGUMES (BEANS), UNSALTED REAL BUTTER AND UNSALTED LOW FAT COTTAGE CHEESE. USE PURE RAW HONEY AS YOUR SWEETNER, AND FOR SALT, USE BRAGG LIQUID AMINO ACIDS. PURCHASE THIS PRODUCT IN ANY HEALTH FOOD STORE. FOR BAKING, USE RUMFORD BAKING POWDER.

OMIT ALL: ANIMAL PROTEINS - NO MEAT, CHICKEN, FISH, EGGS, CHEESE, AND OTHER DAIRY PRODUCTS, SUGAR, SALT, WHITE FLOUR, PEANUTS. NO BLEACHED GRAINS. EAT WHOLE GRAINS. AVOID WHITE RICE AND EAT DARK RICE. NO SEA OR ROCK SALT.

-----**DO NOT USE A MICROWAVE**-----

USE ALUMINUM FREE ITEMS-----ONLY!

COOK YOUR FOOD IN SURGICAL-GRADE STAINLESS STEEL, IRON OR GLASS COOKWARE. ANTIPERSPIRANTS SHOULD BE CHECKED TO SEE IF THEY CONTAIN (AL) ALUMINUM IN ANY FORM. USE ANTIPERSPIRANTS MADE OF ROCK SALT OR ONES MADE WITH TEATREE OIL, GREEN TEA, SAGE OR ONE THAT CLEARLY SAYS “ALUMINUM FREE” ON THE LABEL

AVOID AT ALL COSTS:

SOURCES OF ALUMINUM EXPOSURE:

COOKWARE/UTENSILS/CANS MADE WITH ALUMINUM, ANTIPERSPIRANTS THAT CONTAIN ALUMINUM CHLORHYDRATE, ANTICAKING AGENTS IN TABLE SALTS AND SUGAR, BAKING POWDER, EMULSIFIERS IN SOME PROCESSED CHEESE, BLEACHING AGENTS USED TO WHITEN FLOUR, ALUMINUM FOIL WRAP, CIGARETTE FILTERS, ANTACIDS WITH ALUMINUM HYDROXIDE, SOME TOOTHPASTES AND COSMETICS. CHECK THE INGREDIENTS.

FOR 9 WEEKS TAKE THE FOLLOWING DAILY (Concurrent with the juicing program):

1TSP. RED CLOVER BLEND---SOURCE: PURE HERBS LTD. ON THE INTERNET

1TSP. WHOLE APRICOTS -- PURE HERBS LIMITED.

6 FOOD ENZYMES—TAKE 2 WITH EACH MEAL-SOURCE: NATURE’S SUNSHINE

6 PARSLEY CAPSULES-----2 WITH EACH MEAL

6 PAU DE ARCO-----2 WITH EACH MEAL

When I first read this, I thought this diet was impossible. I had eaten fast food almost every day for lunch. Become a vegan, are you kidding? At first I had some problems adjusting to this lifestyle. But I’m going to walk you through this so that you will not have spend the endless hours reading every label in the natural food stores trying to figure out what foods you might be able to eat. I literally read every box, can, and food product in a Wild Oats store, seeking out what was

edible. It took many evenings. In some areas of the grocery store there may be only two food items that meet this cure. But don't lose hope; this is easier than you think. This is a great diet, by the way, because you can eat all you want. This diet is brilliant nutritionally and scientifically. It would take an entire book to explain it. How it affects the human body is fantastic. First, the food enzymes help digest and break down the food. Two months into this diet, I read a report from England that cancer patients have in common the inability to digest food correctly. It was recommended that they should take food enzymes before eating. After you are cured, I think it is a good idea for cancer patients to continue to use enzymes. Next, this diet allows the body to rest while it is trying to heal. Juicing with the Champion juicer allows the body to get the enzymes without damaging them. Most juicers damage the enzymes by heating them in the process of extracting the juice. Some believe that the body, in its daily process of digestion, uses as much energy as a man laying bricks all day in the sun. The juicing is brilliant because it allows the body nutrients while not taxing it in the digestive process. The juice begins to throw the body into the alkaline state. Juicing allows the body to eat more healthy vegetables and fruits than you might normally be able to consume with the chewing process. It is in this alkaline state that many believe the body does its best healing. Remember, if you eat animal protein, milk or cheese, these become acidic in your system. That is one reason that parsley is so good for you in the natural and pill form.

JUICING

Carrot juice is one of the best sources of beta-carotene. It is an excellent anti-oxidant and fights the free radicals that can cause cancer. Beta-carotene is effective against the singlet oxygen,

a very destructive free radical. Unlike vitamin A, beta-carotene does not reach toxic levels in the body. The liver converts it into vitamin A only as needed. In *How to fight Cancer and Win*, William L. Fisher noted the following beneficial characteristics about beta-carotene: “As both a preventive and an active cancer treatment, beta- carotene has been shown to effectively destroy the cancer cell’s protective layer of mucus, opening it to the body’s natural defense mechanisms.” Proponents of beta- carotene predict reductions in the rate of certain forms of cancer for those who regularly include carrots in their diet - up to 80 percent of cancer in the lungs and bronchial, and up to 55 percent in cancer of the colon. Reference page 94, *A Cancer Battle Plan* by Anne and David Frahm.

When you practice this juicing and diet, you will feel a huge surge of energy after about six weeks to two months, even though you may be coming off chemo. It seems to draw out of you a lot of toxic stuff that may have been stored in your flesh or colon.

THE BUDWIG DIET

The next portion of the diet is based on the research and experiences of Dr Johanna Budwig. The flaxseed (linseed) oil diet was originally proposed by Dr. Budwig, a German biochemist and expert on fats and oils, in 1951 and recently re-examined by Dr. Dan C. Roehm, M.D., FACP, oncologist and cardiologist in 1990. Dr Roehm claims, “...this diet is far and away the most successful anti-cancer diet in the world.”

Budwig claims that the diet is both preventative and curative. She says the absence of linol- acids in the average western diet is responsible for the production of oxydase, which induces

cancer growth and is the cause of many other chronic disorders. She believes the best diet combination is cottage cheese and flax seed oil. Reference internet access "*Cancer Cure Dr. Budwig Diet/flaxseed oil and cottage cheese.*" So here's the short form. Read the thirteen pages on the Internet and the other eight books she has written if you wish. Some of them, however, are written in German. She has literally brought people back from their deathbeds and her body of work makes a great read. I am recommending two recipes featured in her work. These enfold well into the Wickey diet. For more information about Dr. Budwig's diet, read *How to Fight Cancer & Win*, by William L. Fisher: page 129-164.

BUDWIG RECIPE #1:

This dish makes an excellent dip with salt-free nacho chips. It goes like this:

PUT INTO A FOOD PROCESSOR:

1 CUP OF FRIENDSHIP LOW FAT, LOW SODIUM COTTAGE CHEESE

2-5 TBSP. OF FLAXSEED OIL

1-3 TBSP. OF FRESHLY GROUND FLAX SEED - USE A SMALL COFFEE GRINDER;

(\$15-\$20 WORKS FINE) ADD ENOUGH DISTILLED WATER TO MAKE IT SOFT

A DASH OF CAYENNE PEPPER TO TASTE

A DASH OF GARLIC TO TASTE

A DASH OF RED PEPPER TO TASTE

ADD A LITTLE WATER TO THIN THE MIXTURE

A DASH OF CUMIN AND BRAGG LIQUID AMINOS CAN BE ADDED FOR FLAVOR

BLEND IN THE PROCESSOR UNTIL CREAMY

THIS IS A GREAT DIP FOR CAULIFLOWER AND BROCCOLI. ALSO USE IT WITH UNSALTED NACHO- CHIPS OR MIX INTO A SPINACH-VEGETABLE ROLL-UP.

BUDWIG RECIPE #2:

MIX 8.5 OZ. FLAX SEED OIL IN A FOOD PROCESSOR OR MIXING BOWL

ADD 1LB. (16 OZ.). FRIENDSHIP DAIRY BRAND 1% LOW SODIUM COTTAGE CHEESE

ADD 4 TABLESPOONS OF RAW HONEY.

MIX IN PROCESSOR OR WITH MIXER AND ADD JUST ENOUGH WATER TO GET THE CONTENTS OF THE BOWL TO BLEND IN TOGETHER

IN 5 MINUTES YOU WILL HAVE A WONDERFUL CUSTARD-LIKE CONSISTENCY

WHEN YOU WISH TO DIVERSIFY, YOU CAN ADD VARIOUS FRUITS.

PUT IT IN THE FRIDGE IN A FOOD CONTAINER.

-----EAT SOME OF THIS EVERY DAY—IT MAKES A NICE BREAKFAST FOOD

These two simple food preparations are the only ones I used on a daily basis. The custards make a great breakfast. The “dip” is a good snack. This recipe gives you a good shot of protein but in this cure, you will come to realize that there is plenty of protein in a vegetarian diet.

TRY TO EAT 80% OF YOUR FOOD WHOLE OR UNCOOKED. THIS IS WHERE JUICING AND A HEALTHY BIG SALAD COMES IN. YOU EAT THESE SO THAT THE ENZYMES ARE NOT AFFECTED. ANYTHING HEATED OVER 107 DEGREES STARTS TO DAMAGE THE ENZYMES AND AGAIN THAT’S WHY YOU CAN’T USE A MICROWAVE. Remember that about 65% of the food at a grocery store has been processed and has no enzymes. Enzymes

are thought to be the work force of the body and vital to healing and recovery. This is why juicing is so important. It allows you the ability to eat a copious quantity of fresh vegetables without the prolonged agony of trying to digest and chew all that bulk while you are sick. For a great layman's introduction to enzymes, read Chapter 17, pages 142 to 151 of *God's Way to Ultimate Health* by George Malkmus.

DURING EACH DAY EAT SOME FRESH CRUCIFEROUS VEGETABLES. THIS IS BEST DONE ON YOUR EVENING OR LUNCH SALAD. Here is an excerpt of an article taken from the *American Journal of Epidemiology*, March 1, 2004: "Natural compounds in cruciferous vegetables like broccoli, cabbage, cauliflower and kale have the ability to interrupt the out-of-control reproduction of colon cancer cells in much the same way as some anti-cancer drugs, according to new laboratory research out of England. When colon cancer cells were exposed to allyl isothiocyanate, one of these compounds, cell reproduction was blocked within twenty-four hours, sabotaging cancer growth. This is the first study to show that these compounds work in ways similar to anti-cancer drugs. Unlike cancer drugs, however, they appear to selectively target cancer cells, leaving healthy cells alone. These natural compounds are released when the vegetables are chewed, chopped or cooked."

YOU DON'T NEED ANIMAL PROTEIN TO HELP CURE YOURSELF. IT IS, IN FACT, IMPORTANT THAT YOU DON'T EAT IT AT ALL. Read pages 58-67 of *The China Study* by T. Colin Campbell to realize how the eating of animal protein can stimulate the growth of cancer.

BECOME A TEMPORARY VEGAN TO TREAT YOUR CANCER. This is a standard law in most successful cures. Dr. Campbell has some of the most interesting research of this subject. His research with rats, which by the way have the same need and use of protein as humans, is most interesting. Dr. Cambell writes, "Furthermore, a pattern was beginning to emerge. Nutrients from animal-based foods increase tumor development while nutrients from plant-based foods decreased tumor development." What was most interesting was the way tumor growth could be turned on like a light switch or turned off by the addition or withdrawal of animal protein. But then he moves on to study this theory in China, which certainly doesn't have a shortage of subjects. This book will change your life. This is a must read book for anyone with degenerative diseases; pages 225-248 are must-read principles of food and health. Special attention should be paid to page 243 explaining what to eat. I found that this diet also helps with hay fever, allergies, ulcers and a whole host of other physical ailments.

DRINK A GREEN DRINK EVERY DAY. TAKE IT WITH YOU. A GREEN DRINK IS A POWDER PURCHASED IN A HEALTH FOOD STORE OR A GROCERY STORE ORIENTED TOWARDS A HEALTHY LIFE STYLE. One of the best is Kyo-green. But look for those that have chlorella in the mix. Put this in your coffee mug.

WHAT DOES ONE EAT IN A TYPICAL DAY?

BREAKFAST:

First, fire up your Champion juicer. Take a couple of food enzymes. Your herbs are explained later. Juice the 7-10 carrots it takes to get two pints of carrot juice. Next juice the celery to get two pints of celery juice. Use a Pyrex bowl with a handle with measurements up the side. Add a Granny Smith or Red Delicious apple. Every two or three days throw in a beet. Every few days you can add together the carrots, celery, apple, pear and beet and it will be very sweet. I like to add a piece of ginger and sometimes I'll add parsley. But during the cure period, make sure you consume the celery and carrot juice. Continue this for four months and add a month for every year you think you've had cancer. If your tumors start to shrink or not reappear, you will have enough support through success that you will juice voluntarily. The juice can be made in smaller amounts throughout the day for much better absorption and this is recommended. I didn't do it this way because of work requirements.

Eat McCann's Irish Quick 5-Minute Oats. This brand can be found in most grocery stores. This is one of the great foods for drawing out metals and toxic substances from your body. The recipe is on the box.. I use only about ¼ cup. When my oats are about done, I add some frozen blueberries to the mix. You probably know by now those blueberries are the best antioxidant around. I believe there is a strong connection between cancer and an impaired immune system. Add as much pure, all-natural honey as you like to the cereal. I sometimes add Ayurvedic herbs to this mix if I'm in a hurry. (Herbs to be discussed later.) At this time I also eat some of Dr. Budwig's custard mix.

Again, this is breakfast on the run:

Juice celery/carrots per diet

Eat McCanns 5 minute Oats - about a ¼ cup cooked in distilled water, of course. Add blueberries and use Westsoy unsweetened soy milk or I use a no-salt or sugar cereal or muesli with fruit and unsweetened soy milk with fruit. On weekends, a stir-fry with vegetables, garlic, turmeric, oil and Braggs and tofu is made instead of cereal.

LUNCH:

MAKE A LARGE SPINACH, PEPPERS, SHITAKI OR MITAKI MUSHROOMS, BROCCOLI, CABBAGE, CAULIFLOWER, ONION, GARLIC, YELLOW SQUASH, CUCUMBER SALAD. SPREAD SOME GROUND FLAX SEED OVER THE TOP. DO NOT USE HEAD LETTICE IN YOUR SALAD AS IT HAS VERY LITTLE NUTRITIONAL VALUE. SPINACH HAS A LOT OF PROTEIN. USE APPLE CIDER VINEGAR AND VIRGIN OLIVE OIL AS A DRESSING. A NICE CHANGE IS TO LOAD THE ABOVE ON A SALT FREE WHOLE WHEAT SHELL AND EAT ONE OR TWO AS A ROLL UP. I also add the Budwig dip mix to this roll-up every once in a while. Also a nice lentil soup with a turmeric base or any other soup with no sodium is great with this lunch. Use vegetable broth instead of chicken broth and Bragg amino acids instead of salt.

DINNER:

There are endless varieties for healthful dinners. Many are stir fries with tofu, beans and rice variations, potatoes baked with different fillings, whole grain pastas with sauces, grains you've never heard of, vegetarian pizza made with whole wheat flour, etc. You have to thank cancer for getting you out of the old American meat and potatoes rut. What a blessing! What I thought was

impossible turned out to be a new and wonderful experience. The door opened to Indian, Chinese and vegetarian cooking. Were you not getting tired of the same old steak, chicken, pizza, shrimp, and hamburger dishes? Go to Half Price Books or other book stores and stock up on some vegetarian cookbooks. Visit an Indian food store to find a very healthful variety of lentils. Snack on organic almonds, dried apricots and Brazil nuts. **EAT AT LEAST FOUR BRAZIL NUTS A DAY FOR YOUR SELENIUM.** Also eat almonds and dried apricots.

What about meat? Your body is able to produce all the protein you need on a vegetarian diet. The building blocks for protein and the amino acids to build what the body needs can easily come from the following foods: bananas, beans, Brussels sprouts, cabbage, carrots, cauliflower, corn, cucumbers, eggplant, kale, nuts, okra, peas, potatoes, sesame seeds, yellow squash, sunflower seeds, sweet potatoes and tomatoes. Read chapter 15 entitled “Protein and Propaganda” in *God’s Way to Ultimate Health*. Please also read Chapter 3, “Turning Off Cancer” in *The China Study*.

FOOD COMBINING

Certain foods require certain kinds of enzymes and digestive juices. So it is very important to eat foods that are digested the same way. If your body is under stress or if you have a degenerative disease, you need every trick in the book and this is a great one. I suggest you read up if you do not have an informed opinion on this or have not done a great deal of research. I also believe the food enzymes allow you to ‘cheat’ a little on this technique.

BASIC LAWS OF FOOD COMBINING:

EAT YOUR PROTEINS AND VEGETABLES AT THE SAME MEAL

- EAT YOUR STARCHES AND VEGETABLES TOGETHER

- EAT FRUITS ALONE AND SEPARATE FROM OTHER FOODS

If you don't know your starches from your proteins, as I didn't, please read *Food Combining Simplified* by Dennis Nelson. One of the best sources showing the different foods and what to eat with what are pages 94-95 in *God's Way to Ultimate Health*.

SUPPLEMENTS AND HERBS:

After reading dozens of books on nutrition and cancer, it's hard to get an A list, but like this treatment, there is much repetition. Here it is:

- RED CLOVER BLENDED, 1TSP. EACH DAY FOR 9 WEEKS - USE WITH CARROTS AND CELERY JUICE DIET – SOURCE - PURE HERBS, LTD.
- WHOLE APRICOTS, 1TSP. EACH. DAY FOR 9 WEEKS AS ABOVE SOURCE - PURE HERBS, LTD.
- FOOD ENZYMES, 2 EACH WITH EVERY MEAL - SOURCE - NATURE'S SUNSHINE
- PARSLEY, 2 WITH EACH MEAL - SOURCE- NATURE'S SUNSHINE
- PAU DE ARCO 2 WITH EACH MEAL
- KYOLIC GARLIC EVERY DAY

- VITAMIN E - 400 IU EACH DAY
- VITAMIN D – A MUST IF YOU ARE A VEGETARIAN AND GET LESS THAN THREE HOURS OF SUN EVERY OTHER DAY
- VITAMIN B12—ALSO A MUST IF YOU ARE ON A VEGGIE DIET.
- COQ10
- SELENIUM 400 MCG
- THISILYN MAXIMUM 2 TIMES A DAY – SOURCE – NATURE’S WAY - IF YOUR LIVER ISN’T WORKING WELL, YOUR HEALING PROCESS MAY NOT BE WORKING WELL EITHER.
- GRAPE SEED EXTRACT
- A MULTIPLE VITAMIN SOMETIMES, BUT I FOUND THAT THEY ALMOST MADE ME FEEL ILL BECAUSE I BELIEVE I WAS GETTING PLENTY OF VITAMINS FROM THE FOOD AND JUICING
- ORGANIC DANDELION 1-2 TIMES A WEEK- PILL FORM
- POTASSIUM L-GLUTAMIN ONCE EVERY TWO WEEKS
- TURMERIC THE HERB – 2 TIMES A DAY ½ TSP. I MIX THIS IN WITH JUICE, SOUPS, MORNING OATS, OR ORANGE JUICE. IF YOU WISH TO SAVE MONEY, BUY THIS AT AN INDIAN FOOD STORE. YOU WILL BE SURPRISED HOW INEXPENSIVE THIS IS COMPARED TO THOSE SMALL BOTTLES YOU BUY OFF OF THE SPICE RACK AT THE GROCERY STORE.

AN EARLY SURVIVOR OF CANCER TOLD ME TO SEE AN AYURVEDIC DOCTOR. THIS SURVIVOR SAID THAT SHE RECEIVED GREAT HELP FROM THIS DOCTOR. THE RECOMMENDATION HE GAVE ME WAS TO TAKE **AMRIT NECTAR** IN THE PASTE FORM - 1 TSP 2TIMES A DAY—THIS, FROM WHAT I READ, IS AN EXPECIALLY STRONG ANTI- OXIDANT. IN ONE RESEARCH PAPER, IT WAS STATED THAT AMRIT NECTAR HAS 1000 TIMES MORE ANTIOXIDANT POWER THAN VITAMIN C OR E. MANY CONSIDER IT A GREAT AID WHEN TAKING CHEMO. PLEASE READ *The Answer to Cancer Is Never Giving It A Chance to Start* by Dr. HARI SHARMA. TO ORDER, PLEASE CALL 1-800-255-8332

I ALSO TOOK BLOOD CLEANER, TRIPHALA, ASHWAGANDHA, AND GUDUCHI STEM AT DIFFERENT TIMES DURING THE LAST YEAR AND A HALF. THESE CAN BE PURCHASED FROM BANYAN BOTANICALS: 1-800-953-6424. ALTHOUGH ONE RARELY DIES FROM EATING HERBS, I THINK YOU SHOULD CONSULT A MEDICAL DOCTOR WHO IS TRAINED IN AYURVEDIC MEDICINE BEFORE USING ANY OF THESE HERBS. I WOULD HIGHLY RECOMMEND DR. HARI SHARMA WHO IS AFFLIATED WITH THE OHIO STATE UNIVERSITY AT 1-614- 879-7898 OR 1-614- 595-4509.

WHAT TO READ THAT MAY HELP YOU BATTLE CANCER:

MUST-READS FOR THE PSYCHOLOGY OF CANCER AND CANCER RECOVERY:

The Cancer Conqueror, an incredible journey to wellness by Greg Anderson. Keep it by your bed and refer to it often. It will give you the hope you need and help you get straight for the battle with cancer. Everyone must-read this book.

Getting Well Again by O. Carl Simonton, M.D. This book can take you on the road to wellness that first must begin in you head. Dr. Simonton has researched cancer as few do. A must-read book for everyone with cancer

THE TOTAL TREATMENT BOOKS:

Returning to Wholeness - Embracing Body, Mind, and Spirit in the Face of Cancer by David Simon, M.D. This comprehensive book will cover much of the cancer spectrum. Again, a book that is a must-read.

The Answer to Cancer Is Never Giving It A Chance to Start by Dr. Hari Sharma.

This book will take you on the journey of healing and, like the one above by Dr. Simon, will introduce you into practices that are extraordinarily healing. This book, as the previous one, introduces you to Ayurvedic medicine, which has its own five-thousand-year-old history. This book treats cancer as a rather droll topic; it is very funny and quite a treat if you've spent all your free time reading research papers and cancer books. A must-read that is full of very important information.

The China Study by T. Colin Chambell, Ph.D. This book may be the most important read in America today. This researcher will explain why the diet outlined above may help you not only

with cancer, but other degenerative diseases. The science in this book supports all the rest of the books you might read on nutrition and cancer. I have met this author as I have met many of the authors of these books. This is a very intelligent gentleman who has taught at MIT and Cornell.

Cancer – Fifty Things to Do by Greg Anderson. A great quick read to get you on the road to curing your cancer. When I first read it, I said “I’m not going to do this stuff.” Nine months later I picked up this book and found myself doing almost all of what was recommended. Another must-read.

A Cancer Battle Plan - Six Strategies for Beating Cancer From a Recovered Hopeless Case by Anne E. Frahm. Excellent advice on winning your war with cancer. She covers it all. A fantastic book, a must-read also.

God’s Way to Ultimate Health, A Common Sense Guide For The Eliminating Sickness Through Nutrition by Dr. George H. Malkmus. This Reverend had cancer and has created an industry in trying to cure it. He gives some of the clearest layman’s terms on how you will cure your cancer and how your body works. He gives step by step the reasons why diet and the proper care of your body will win the day. I think he does the best job on explaining why this diet will work. Chapters 15- 20 are must-reads. This book has recipes in the back.

Immune Restoration Handbook by Mark Konlee. No other book does such a great job telling you how to restore your immune system. Let's face it; it's your body's ability to fight off the cancer that will heal you. Read this book. Underline what you didn't know. It teaches you the most fantastic and interesting things about your body in very short, easy to read paragraphs. A must-read for anyone serious about beating cancer.

Cancer and Nutrition, A Ten Point Plan To Reduce Your Risk of Getting Cancer by Charles B. Simone, M.D. Well, it's no secret that America is one of the sickest societies in the advanced world. This book takes you through the whole story. A read that reinforces every thing else we covered. Well-done and documented. Originally published in 1992, revised in 1994.

How To Fight Cancer and Win by William L. Fischer. This book has the best information on the Dr. Budwig part of the diet that I'm recommending. Chapters 6-7 cover the importance of flaxseed oil, called "linseed oil" in this book.

Fighting Cancer - A Step by Step Guide to Helping Yourself Fight Cancer by Annette and Richard Block. This book comes free if you call 1-800-433-0464. We owe these two people a great deal in their effort to use their fortune to fight cancer. This book does not delve into diet or other important issues, but does a fantastic job explaining how to deal with your doctors and many other related skills.

Eat To Beat Cancer by J. Robert Hatherill, PH.D. A research scientist explains how to avoid up to 90% of all cancers. A wonderful book that takes you through the nutrition of how to stop cancer. It also has recipes in the back.

A Dietitian's Cancer Story by Diana Dyer, MS, Rd. Information and inspiration for recovery and healing from a three-time cancer survivor. Covers the cancer spectrum, especially diet. Great info.

The Oil Protein Diet Cookbook by Dr. Johanna Budwig. A practical guide for healthy food preparation. Contains over 500 possible recipes. One of the few books you can get on this remarkable person who has literally raised cancer victims off of their deathbeds and restored them to health. Basically it is a cook book that has led many to health. Pages 176-177 are very interesting.

The What To Eat If You Have Cancer Cookbook by Maureen Keane, M.S. and Daniella Chase, M.S. Over 100 easy to prepare recipes for patients, their families, and caregivers. This is a great cook book. Especially use the hummus recipe.

Alkalize or Die by Dr. Baroody. This book, as its title says, lays it out. One of the best books on getting you to jump-start on a healthy diet. His 80/20 alkaline acid chart is absolutely fantastic. A little pricey at \$14.95, but worth it. His web site is *Holographichealth.com*

BEST SPIRITUAL TRACKS THAT I READ:

The Litany of the Hours. This is a four-volume series that covers the entire year. If you are tired of the light weight, self help, new age stuff and some fluff prayers, try this on for size. This is the book that priests read three to four times a day. It is loaded with great prayers from the *Old* and *New Testament* and stories of saints. There is an evening read and a morning that I followed. It contains some very strengthening prayers for whatever God may deal to you.

The Novenas of the Divine Mercy This little book of Catholic prayer contains four nine-day prayers when time is very short. I found it very helpful when the constant bad news arrives from the doctors. This is a great strengthening book during good and bad times.

OTHER BOOKS YOU MIGHT ENJOY READING BUT NOT ON THE “A” LIST:

Freedom From Disease by Hari Sharma D.

Healing From Cancer by Antonia G. Milo, Ph.D.

Natural Cures They Don’t Want You to Know About by Kevin Trudeau.

A BRIEF STORY ABOUT MY ILLNESS:

I write this so you might find some similarities in your cancer condition. In early 2003, I received word that my routine colonoscopy had some problems and that I would need an operation to remove a polyp. During a pre-op checkup my surgeon tore a fissure in my colon trying to reach up to feel for the polyp. It would be a continuous pain to plague me for more than a year. We didn’t have time to wait for this to heal, as he felt that the problem might be more worrisome than it originally appeared. Unfortunately after the operation I was informed that the polyp was

cancerous and had spread to one of seven lymph nodes - Stage 3 cancer. The doctor thought he may have gotten it all, but recommended chemo and radiation to be sure.

I left the hospital after a week but had to return after being home two days. My gut began to swell up as if I was pregnant and I was gasping for air in excruciating pain. Death was looking pretty good. God love my surgeon, he drove to my house, picked me up, put a receptacle under my chin and said, 'Don't vomit in my BMW.' The doctor told me on the way to the hospital that I was in trouble and it turned out that I had suffered an **Illius**. My internal organs were shutting down. He was unable to push a tube down my one nostril, so he tried jamming it down the other. It slid with such force and was so painful that it caused me to projectile vomit in the face of the nurses and doctor who were working on me. (I felt so bad; I bought the doc a case of wine when I got out.) I spent another week having my stomach pumped and x-rayed every day. The doc said he was glad that he played golf on Sunday because if he had read my chart, he may have opened me back up. Another painful week went by.

I started walking as soon as I got home. I went to chemo for six months up until October. I tried taking it late on Friday so I could work my day and night job, and it would give me time to recover over the weekend. I became friends with many people in the oncology ward, but as time moved on, most of the more serious cases like mine died. My doc friends told me to eat four to five meals a day to maintain my strength to get through the chemo, but I will tell you this was probably both bad and good advice. It would have been great advice if I had been eating healthy food. But to keep my strength up for work, I was eating at fast food places. I would drive through the Dairy Queen and pick up a treat and stop in Taco Bell, McDonalds, or Wendy's at 2:00 P.M. for an

additional meal. This was an especially bad idea as cancer seems to love sugar, and preserved, processed foods are the last thing a cancer patient should be eating.

Chemo kills the good and the bad cells together. Yes, I went through many of the bad effects of chemo but I did not lose my hair. One bad side of chemo, excluding the obvious, is that it damages your immune system and kills a lot of your normal cells. Pretty soon logic tells you this just isn't going to get it. I tried visualization and everything else to improve the effects of the chemo. Two friends sent me Lance Armstrong books, and I thought that if it could work for him, it might work for me. Another annoyance is the needles bursting through your veins so that you get that wonderful golf ball swelling that lasts a couple of days. But you want to believe that in six months, if you suck it up, it can be over.

The six weeks of radiation at first seemed like a piece of cake. I scheduled it at lunch so as not to miss work. As it continued, I was shocked at the amount of pain. Remember the fissure? If I even walked by a bathroom, saw a bowl of water for an animal or a birdbath, I would break out into a sweat just imagining how painful going to the bathroom might be. I scheduled a visit with a colon specialist at the height of this treatment when the pain was so extraordinary; I believed it had to be brought on by the fissure. His nurse told me to give myself a saline cleaning before I showed up for the appointment. Oh, my God--- but it was nothing compared with what I was already going through. The doctor and his resident looked up me and said that they couldn't see the fissure because everything was already burnt and couldn't recognize it until some healing took place. Two hundred years from now they are going to look back in awe at the suffering and pain and, think that cancer treatments of the 21st century were very primitive because the medical world just didn't

have a cure for the more advanced cancers. Wow, what a first year. If you're reading this, get your colonoscopy when you turn fifty.

In October the chemo doctor said he thought I was cured and that I should come back in four to five months for a CAT scan. When I did, I could see his lower lip quivering as he told me I had some very large tumors in my liver. He said I needed an operation immediately; that one of the tumors was as large as a silver dollar, and the cancer might soon move to my lungs or brain. It sounded like curtains for me. I asked him how I went from "I think you're ok" to "I think you're in big trouble" all in a few months! He told me that he thought that this was a fast growing cancer.

I saw a surgeon immediately who said he would cut me from armpit to armpit He would pull up on my rib cage and cut the liver from the supporting tissues. He would cut my liver out, remove the upper lobe, discard it and cut the remaining two tumors out of the remaining portion of the organ. At this point I asked him, "How much liver do you need to stay alive?" and he responded, "About 35%. You should still have that amount, and the liver can recuperate some of its strength through cell expansion." The surgeon also informed me that this was the only true cure for liver cancer and that I would have a 5% chance of dying during surgery. He suggested an operation the following Tuesday.

It was now time to take an interest in cancer. Up till now I had trusted the doctors, but I could see that I had very little chance of survival. I heard of a more or less experimental surgical procedure called ablation from a friend who was at the Cleveland Clinic. The trouble was that this procedure had not as yet produced a cure, but prolongs the patient's life. Metal probes are inserted inside the patient. They are then opened up like an umbrella and are superheated to burn out the tumor. I was the perfect candidate. My surgeon told me that three tumors was the maximum for

surgery and a fourth was considered too late. I opted for the oblation because I could go home the next day if all went well. I felt that the previous colon surgery just the last year, with all the chemo and radiation that followed, had weakened me and my immune system. I needed a less invasive procedure.. I met with Dr. Siperstein and had the surgery done.

I immediately began reading every book by cancer survivors and talking to anyone who survived Stage 4 cancer. It was now time to do everything in my power to assist in this battle both spiritually and physically. I believed in reducing the tumor mass through surgery and then doing everything in my power to stimulate the immune system. I needed a complete change in life style and diet. I sought out the help of Dr. McFadden, Sister Anne Winters, The Wellness Center, and Debbie Weisenburger- Lipetz. I slowly began to put together a program that I believed could help me stay alive. I visited OSU hospital and imposed on a friend who recommended a colleague. I was told that they might keep me alive for three to six months if I were so ill that I arrived in a wheelchair. If I came walking in the door and if they injected me with three kinds chemo, I could make it for two to three years. I had watched too many serious cancer cases by now die with chemo, so this program was rejected. At the Cleveland clinic when I went up for post op, the chief oncologist who trained my oncologist here in Columbus said I had a 0-1% chance of making it even with the chemo. He recommended it anyway. I started chemo, but decided to quit after a couple of months because I felt that it was destroying my immune system.

A very close friend called me up right after my oblation to tell me of an old Amish healer from Indiana, Solomon Wickey. My friend had me call a lawyer whose daughter had experienced a miracle cure there from a supposedly incurable disease. I was very doubtful of this, but knowing the credibility of the two people suggesting I see the old healer, I wrote him a letter. It wasn't until

four months later that my wife and I went to visit this man - and the rest is history. He gave me the recipe that I am sharing with you. The readings that I had done fitted exactly into everything he said. Before I got there, I already had a champion juicer. When we walked out of his office, I looked at my wife and we both said, “What do you think?” simultaneously to each other. I called to cancel our tickets to New York where I was scheduled to visit the Sloan Kettering Hospital to meet the foremost oncologist in colon liver cancer. I read enough of her research to know that the pumps she was putting into people were not very effective and that the Cleveland Clinic was pulling them out. What did I get from Solomon Wickey that day? I got clarification of a lot of competing holistic ideas. When I asked him if he could cure me, he said, “John, when you’re cured, it’s the Lord that does it, not me. But you might want to follow this recipe.”

It is September 2006, the end of my story so far. It has been three years since I was first diagnosed with colon cancer. My most recent CAT scan shows no cancer growth and my blood tests show that there is no active cancer in my body right now. I will continue getting CAT scans – they have been moved to every six months instead of every three months. I hope this paper will help you in you fight against this terrible disease.

If you are reading this and you have recently been diagnosed with cancer - seek the best medical help you can find. Don’t believe that only your local hospital or doctor is the best for your type of cancer. Be assertive!!! Ask what the percentage of cure rate really is. Get on the Internet. Ask survivors how they were treated and where? Seek a second opinion, or even a third for serious cancers. Find out how often your cancer might reoccur. Find the right treatment for your particular cancer. Call 816-932-8453 for a free book called *Fighting Cancer* by Annette and Richard Block. It is a light and a quick read.

NAMES OF PEOPLE THAT COULD BE OF HELP:

FIRST SEEK THE MOST COMPETENT DOCTOR AND HOSPITAL FOR YOUR CANCER.

Dr. Allen Siperstein at the Cleveland Clinic is the oblation specialist if you need this service. I believe he is the best in the world. 1-216 444-5665

Dr. Dennis Mc Fadden - A cancer psychologist, a man of great energy and knowledge who has had cancer and can get you on the right track for fighting it 1-614-.8851604

Dr. Hari Sharma - A doctor who is trained in both Ayurvedic and Western medicine. He has the total grasp on both Western and Eastern medicine and is considered one of the best Ayurvedic doctors in the West. 614-8797898 and 614-595-4509

Sister Anne Winters, Reiki instructor 1-440-4424160 ext.224 - A very wonderful woman who spent most of her life teaching Latin and will now teach you Reiki. I believe her first colon liver patient lived nine years from being diagnosed.

Debra Weisenburger-Lipitz - 1-614- 878-1759 - One of the best Reiki practitioners. She is a wonderful, caring person who has had cancer three times and knows a great deal about this disease.

The Wellness Group of Dublin, Ohio - A wide range of free services provided to cancer patients and their families.791-9510

Solomon Wickey - an old no-charge, humble, wise and wonderful Amish herbalist and healer. You must write him for an appointment or show up and wait in line on Mondays. His address: 6308 County 43 Road; Auburn, Indiana 46706

Have hope. Be positive!!!!!!! Believe you can be cured even though your doctor says you may not make it. There is much you will learn about yourself during this journey. You will become a better person because of this ordeal. Don't be a victim!!! Cancer is a reversible disease. Believe in yourself and trust in God. CANCER IS A MESSAGE TO CHANGE!! - AND WE'RE TALKING DIET, LIFESTYLE, AND PSYCHOLOGY. If you master these issues, you can beat this disease.

****NOTE - THE INFORMATION IN THIS ARTICE IS ONLY FOR EDUCATIONAL PURPOSES. JOHN REINER DOES NOT PRESCRIBE, TREAT, DIAGNOSE, OR RECOMMEND ON ANY HEALTH CONDITIONS AND ASSUMES NO RESPONSIBILITY FOR YOUR CURE OR CHOICE OF TREATMENT. IN NO WAY SHOULD THIS INFORMATION BE CONSIDERED A SUBSTITUTION FOR COMPETENT HEALTH CARE.***

