



Getting
Started
on
Getting Well

A workbook to accompany the videos

Lorraine Day, M.D.

GETTING STARTED ON GETTING WELL

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Getting Started on Getting Well

Dr. Day, an internationally acclaimed orthopedic surgeon, lecturer and best-selling author was for 15 years on the faculty of the University of California, San Francisco School of Medicine as Associate Professor and Vice Chairman of the Department of Orthopedic Surgery. She was also Chief of Orthopedic Surgery at San Francisco General Hospital.

She has impressive credentials and vast experience in the public media and has been invited to lecture extensively throughout the U.S. and the world, appeared on more than 600 radio and television shows including 60 MINUTES, NIGHTLINE, CNN CROSSFIRE, OPRAH WINFREY, LARRY KING LIVE, and hosted her own nationally syndicated radio program entitled TRUTH SERUM. She is the author of the best selling book, AIDS: WHAT THE GOVERNMENT ISN'T TELLING YOU.



Dr. Day developed severe advanced cancer, biopsy proven at two major U.S. medical centers. But she refused chemotherapy, radiation and mutilating surgery, all the methods she was taught during her medical training, because of their destructive side effects. She chose instead to rebuild her immune system using the natural, simple inexpensive therapies designed by God and available to everyone, so her body could heal.

This workbook is designed to accompany Dr. Day's health videos. It is not to be used by itself, as only the combination of the workbook and the videos provides adequate information for rebuilding the immune system so the body can then effectively fight the disease and heal itself as God designed.



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You have the God-given and legal right to treat yourself, but if you do, you must assume the responsibility. Lorraine Day, M.D. and Rockford Press assume no responsibility.



*Disease
is
Spiritual*

Disease is Spiritual

Disease begins in the heart, in the disposition and in the attitudes. So **that** is where it must be addressed. Only later, often much later, will these attitudes and dispositions result in actual symptoms that affect the physical body, the cells, tissues and organs.

Cancer is often present in the body for ten years or more before it can be detected by even the most modern scientific methods. So, how do we realize later that it's been there for such a long time? Because by looking back, we can see minor symptoms that were overlooked, small problems that we disregarded and discomforts we covered up by taking pain pills or other drugs. By disregarding or covering up the symptoms, we allow a problem to grow worse until it eventually can become life-threatening.

Disease does NOT begin initially in the physical body. It begins with anger, stress, anxiety, selfishness, self-centeredness, over-ambitiousness, covetousness of another's possessions or position, a critical attitude, hatred, unthoughtfulness. These are ALL spiritual problems. THIS is where disease begins.

You may not want to admit that any of these are YOUR problems, but these are the problems of EVERY human being on the face of the earth - NO EXCEPTIONS! If you are unwilling to believe that any of these problems can be yours, you have NO chance of getting well.

The difficulty is that none of us can really know ourselves. Our friends and family can see our faults much better than we can, but even they don't know what's deep down inside us. There is only One who knows, and that is God. He created you and He knows you to the depths of your being, including your subconscious which no human individual can understand.

It is only God who can bring to our mind the problems in our attitudes and disposition that we must deal with. That is why, during my struggle to get well, I repeated this Bible passage to the Lord regularly:

Search me, O God, and know my heart:
Try me, and know my thoughts:
And see if there is any wicked way in me,
And lead me in the way everlasting.
Psalm 139:23,24

God **will** respond to your prayer. But remember, it can be troubling, and even devastating, for us to find out what we're REALLY like. Often we prefer not to know the truth about ourselves. But it's imperative to discover what needs to be changed in our spiritual nature, in our attitudes and disposition, so healing of the body can take place. Without these changes, everything else is just a short-term solution, a Band-Aid.

We must enroll in the school of severe discipline, guided by God's Word. This requires heart-searching, great patience and a return to greater simplicity in our way of life and our way of relating to God. We must learn to submit to His guidance, to walk in His way.

Happiness is a Choice!

**“A merry heart doeth good like a medicine:
But a broken spirit drieth up the bones”
Proverbs 17:22**

“Pent-up anger is probably the leading cause of death!” according to Frank B. Minirth, M.D. and Paul D. Meier, M.D., two psychiatrists who have been senior officers of the Minirth-Meier Mental Health Clinics. Fifty per cent of heart attacks occur after an episode of anger. One minute of anger has been found to suppress the immune system for six hours, whereas one minute of unrestrained laughter can boost the immune system for 24 hours.

“Laughter IS the best Medicine.” Scientists have found that children laugh **400 times** per day. Adults, at best, laugh only a few times a day, many don't laugh at all. What happened to all the laughs of childhood? We become burdened down with the cares of life. But if we truly trust in our heavenly Father as He asks us to, why can't we be happy and laugh?

Laughter relaxes tension, decreases stress, aids digestion, calms the nervous system and boosts the immune system. Norman Cousins, author of the book *Anatomy of an Illness*, revealed how he reversed his ankylosing spondylitis, a severe, supposedly incurable autoimmune disease, by checking himself out of the hospital, checking himself into a comfortable hotel, and occupying himself with books, videotapes, and audiotapes that lifted his spirits and made him laugh.

Depression and anxiety seriously suppress the immune system and can lead to illnesses of many different types.

Stop living by your feelings and emotions!

You can't control your feelings—but you **CAN** control your thoughts and your actions! As you control your thoughts and your actions, your feelings will follow. And your whole life and outlook will improve dramatically!

Two audio tapes by Christian psychologist Dr. Richard Nies were **VERY** helpful to me in conquering anxiety and depression during my recovery from cancer.

1. Myths about emotions
2. Going with feelings - on track or derailed?

They can be ordered from Study Tapes, 1341 Pine Knoll, Redlands, CA 92373, Phone: 909-792-0111.

If you have bookshelves in your bathroom, you'll probably die of cancer

Constipation

What is it? And how do I know if I have it?

No, bookshelves don't cause cancer. But constipation does! And constipation contributes not only to cancer but to every other disease as well. People read in the bathroom because they're constipated. If your elimination processes are working properly, you won't have time to read.

The American Cancer Society says that a danger sign for cancer is any "change" in bowel habits, but this is very misleading. Every mother knows that a young baby has a bowel movement after every meal. This is the way it is meant to be. We are born with a normal reflex, the gastro-colic reflex, that triggers the bowel to empty when the stomach is filled with food. If you eat three meals a day, ideally you should have three bowel movements a day, one after each meal. But certainly at least two per day. The absolute minimum should be one bowel movement every day. If a person is not having a bowel movement every day, he is constipated. Or, if a person is having a bowel movement every day but it is very dense or hard or sinks to the bottom of the toilet bowl (meaning it is too concentrated), this is also designated as constipation.

A normal bowel movement should be approximately 1 to 1-1/2 inches in diameter, it should be approximately 10 inches long and it should float, demonstrating that it contains adequate fiber and water.

The number one over-the-counter selling drugs in America are laxatives, because most Americans are constipated. Why? Because of the following factors:

Nutrition. Everyone is eating flesh food at almost every meal. Meat, fish and poultry contain no fiber. They all are approximately 40% fat, very high in protein and take about three days to travel through the intestine. The meat, fish and poultry then putrefy in the intestine and the individual absorbs the toxins. In addition, everyone is eating too much sugar, which slows down the digestive process and encourages the overgrowth of harmful bacteria, such as candida, in the colon.

The average American is eating huge amounts of processed food containing no fiber but lots of chemicals. Many "foods" also contain refined flour products which form paste (flour and water) in the intestine. These "foods" decrease the peristaltic action of the intestine, cause constipation and lead to reabsorption of putrefying toxins. The diet that will cure constipation is high in fiber from natural fruits, grains and vegetables, especially when eaten raw. Increased fiber, above and beyond whole foods, can be obtained by taking psyllium seed or psyllium seed combined with certain herbs.

Dehydration. Nearly everyone is drinking coffee and caffeinated soda. Caffeine is a dehydrating chemical, a diuretic that causes the loss of more water from the body than comes in with the drink. Alcoholic drinks also cause dehydration inside the body, just as alcohol causes drying of the skin when it is rubbed on the hands.

And few people are drinking water in any significant amount. The body loses 10 glasses of water every day just by living, as I document on my video "**You Can't Improve On God,**" and it is imperative to drink at least 10 glasses of water daily to replace these losses. The more dehydrated a person is, the more constipated he or she will be.

Lack of Exercise. Lack of exercise causes a sluggish colon and constipation. Exercise, particularly in the sun and in fresh air, relaxes the body, decreases stress, and causes an increase in intestinal peristalsis, thus decreasing the possibility of constipation.

Drug medications. The majority of drug medications, whether for high blood pressure or any other disease or disorder, cause constipation. Drug medications eventually can be eliminated in almost every case as the person rebuilds the immune system by following the natural plan on my video "**You Can't Improve On God.**" But do not stop medications abruptly. Make sure you are adequately monitored by a healthcare practitioner as you decrease your medications, and do so only as your need for them decreases as you rebuild your immune system naturally.

Watching television. Television watching results in the "couch potato" syndrome, including the induction of a hypnotic-like trance. Eating junk food snacks while watching television increases the problem of constipation, as well.

Stress. Stress causes dehydration, decreases intestinal peristalsis and can cause cramping, spasticity and irritable bowel syndrome. One must learn to decrease stress by slowing down the pace of living, drinking more water, eliminating caffeine, sugar and other harmful substances and by spending time every morning with the Lord in Bible study and prayer. Exercise, fresh air, sunlight and plenty of sleep with early bedtimes also decrease stress.

Antibiotics. Antibiotics destroy the "good bacteria" in the colon and encourage the overgrowth of the "bad bacteria," such as candida. This causes gas, constipation and can encourage disease formation.

Constipation allows the reabsorption of toxins back into the body instead of eliminating them rapidly from the body. Suppose all garbage pickup in your neighborhood had been canceled and the garbage just kept piling up in your kitchen. It wouldn't take long for you to collect a huge rotting garbage pile producing a terrible stench and attracting all sorts of insects and vermin. This is exactly what happens in your body when you do not have regular, daily, normal bowel movements.

If a cancer patient is not having at least two normal bowel movements a day, water enemas are necessary. If a "healthy" person is not having at least one normal bowel movement a day, water enemas are necessary while following the ten-step plan on my video "**You Can't Improve On God.**" The situation may take many months to several years to normalize, even when the plan is followed with total commitment, because it took many years of lack of adherence to these rules of health to develop the problem. Turning it around WILL take time.

Colonics are similar to enemas except a larger volume of water is used and the water fills more of the colon rather than just the last 1/3 as it does in an enema. Colonics can be helpful in detoxification but should not be done too often or too regularly as they can sometimes interrupt the growth of the normal beneficial bacteria in the colon.

A cleansing program using a three-day (homemade) juice fast, followed by a diet of raw food, allows the gastrointestinal tract to rest and spend its energy cleaning the toxins out of the body, especially the liver which is the most important detoxifying organ in the body. This can give a sick patient a "jump start" on getting well. But I do not advocate fasting for any longer than three days because the detoxifying process can become so effective that toxins are thrown into the blood stream so rapidly, and in such large quantities, that the patient cannot eliminate them fast enough. Then, he or she can become dangerously ill.

It has often been said by natural health advocates that "**Cancer begins in the colon**" because the toxins that are meant to be eliminated are instead reabsorbed, leading to disease and tumor formation anywhere in the body.

To enjoy optimum health, it is essential to have a properly functioning, healthy colon.

Getting to Sleep

Be aware that insomnia, difficulty sleeping, is one of the early signs of disease. In order to reverse it completely you must diligently follow the ten-step plan and make permanent changes in every aspect of your lifestyle. In the meantime, here are some tips that may help.

1. Have your evening meal no later than 6:00 P.M. Make the evening meal a light meal as it takes a lot of energy for the body to digest food. Because the body cannot repair itself when it is expending energy, you do not want a lot of heavy food in your stomach when you are going to bed. Better yet, don't eat anything after 2:00 PM to make sure your stomach is empty by bedtime.

It has been said that about 80% of ALL the food eaten in the U.S. is eaten AFTER 8:00 P.M. What a disaster that is! The body is expending huge amounts of energy all night long trying to digest the food. That's one reason why so many people feel like "chopped liver" when they get up in the morning.

2. Try to go to bed by 9:00 P.M., 9:30 at the latest. The body's normal rhythm is disrupted when we stay up late, even if we try to compensate by sleeping late in the morning. All of our body systems are affected by the light-dark cycle. We are supposed to be up when it is light, and asleep or winding down and resting when it is dark.

3. If you go to bed and you cannot sleep, sit up in bed and read something that is calming such as the Bible (especially the Gospels—Matthew, Mark, Luke and John) or a religious book. Do not read something that will make you upset or angry. Don't watch commercial T.V.

4. Start winding down about 7:00 P.M. If you are working or playing hard right up until bedtime, you are all wound up and it takes awhile to "come down."

5. There are two main patterns of insomnia: one in which you are unable to get to sleep in the first place, and the other, in which you get to sleep quite rapidly but you wake up at 3:00 or 4:00 A.M. and can't go back to sleep. These sleep patterns are part of your whole complex of symptoms of not being well. Inability to sleep is the result of the same problems that have caused your cancer or any other disease you may have. As you rebuild your immune system by the total Ten-Step Plan, including a lot of water drinking, your sleep patterns will improve. But it sometimes takes a number of months.

6. Sometimes a warm bath or a massage before bedtime will help calm you down. Warm fomentations or a hot water bottle to the spine can increase relaxation.

7. Make sure you take a walk outdoors every day. The outside fresh air is very important in re-establishing proper sleep patterns.

8. A cup of peppermint herbal tea before bedtime is a natural relaxer. Peppermint herbal tea bags are available at your health food store. Make sure it does not contain caffeine.

9. Another little trick I found useful is to stick the tip of the tongue into a little bit of sea salt, then leave the salt on the tip of your tongue for a minute or two without letting it touch any other part of your mouth, so the salt will dissolve very slowly. Do this right before you are ready to go to sleep. This seems to trigger something in the brain (through the taste buds on the tip of the tongue) to help induce sleep. I realize it sounds a little strange—but it worked for me quite often when I was having trouble sleeping.

10. Because you are drinking so much liquid during the day, you will have to get up to go to the bathroom during the night. Before I go to bed, I still put several glasses of water on my bedside stand plus my little spoon with salt in it. Every time I get up to go to the bathroom (which is usually 2 or 3 times per night) I drink more water and take in a few granules of salt. If you are able to drink several glasses of water by morning, this helps a great deal toward your goal of 14-16 glasses of total fluid per 24 hours (juice plus water). In addition, I have found that when I drink during the night, I feel a lot better in the morning.

As your sleep patterns improve, you will be able to get up to go to the bathroom and then go right back to sleep.

11. Another tip for improving sleep is to sit back in a lounge chair or rest on the sofa during the middle of the day for 30-45 minutes and try to completely relax. This allows your nervous system to slow down, otherwise you may become more and more stressed during the day and into the evening, and your body gets all "revved up," causing too much tension when you try to go to sleep.

12. If it is safe to do so, sleep with your windows open so you can get fresh air. If you can't leave them open all night for safety reasons, then open the window in your bedroom for at least 30-60 minutes before you go to bed to allow fresh air into the room.

13. Listen to soft, relaxing, high-quality Christian music or other audio tapes through earphones until you fall off to sleep. **Do not buy commercial meditation tapes or "sleep-inducing" tapes.** They can be hypnotic, or even subliminally programmed, and dangerous to your mental well-being.

14. If you try all these things and you still can't sleep, silently talk to the Lord—pray. When I was very sick and had great difficulty sleeping, I spent many hours during the night just talking silently to Him. He'll impress a lot of things on your mind during this time. You'll see! This is not wasted time.

As you begin to get well, your sleeping patterns will slowly and progressively become more normal and peaceful.

Hypothyroidism

More and more people are being told that they are suffering from a low thyroid condition, hypothyroidism, and must take thyroid hormone replacement pills. If a person's thyroid gland is not working correctly, it is NOT an indication to begin taking medication, but instead it is a signal that major diet and lifestyle changes are necessary so the body WILL work properly and increase its natural production of thyroid hormone.

If you take thyroid medication instead of changing the factors that are CAUSING your low thyroid condition, those factors that caused your problem will continue to operate in your body, and sooner or later you will end up with an even more serious disease. In addition, ALL medications have adverse side effects.

The thyroid gland is located in the front, lower part of your neck. It is an endocrine gland, meaning that it secretes its hormone, thyroid hormone, internally in the body, directly into the blood stream. The endocrine glands in the body are controlled by the pituitary gland, the master gland control center in the brain. The pituitary gland, in turn, is controlled by a portion of the brain called the hypothalamus. In addition to controlling the hormone balance, the hypothalamus controls hunger and satiety, sleep and waking cycles, emotions, and our biological clocks.

If something is not working properly in the pituitary gland, or the hypothalamus, it will affect the thyroid gland. The thyroid gland, as well as the pituitary gland and the hypothalamus, must receive proper nourishment, proper water, and have freedom from toxins, in order to work efficiently.

Nutrition:

If the body does not receive the proper nutrition, it cannot make healthy cells. Instead, it makes unhealthy cells which do not function adequately. A car will not run well if it does not have the proper fuel. A human body will not work right if it is not fed good food that is high in nutrition. The very best diet is a totally vegetarian diet of fruits, grains, and vegetables, a vegan diet, meaning no animal products whatsoever.

Monosodium glutamate (MSG), a non-nutritious flavor enhancer, is found in virtually ALL restaurant food and in over a thousand processed foods. It has serious negative effects on the endocrine glands, including the thyroid gland.

In studies on both male and female mice, exposure to MSG early in life caused severe delayed abnormalities of reproduction in adulthood. The females had fewer pregnancies and smaller litters and the males were significantly less fertile than normal mice. In addition, the mice exposed to MSG were obese and had shrunken pituitary glands as well as shrunken reproductive glands (testicles and ovaries). Remember, the pituitary gland is the master gland of the body and controls the thyroid gland.

Animals fed large doses of glutamate, the amino acid found in MSG, have lower thyroid hormone levels and higher cortisone levels than normal. Cortisone suppresses the immune system, lowering resistance to ALL diseases.

Glutamate (as in MSG) encourages the onset of diabetes. And MSG can destroy brain cells when given during critical periods of brain development without there being overt signs of brain damage to an outside observer. This damage can be manifested in the maturing individual as abnormal behavior and problems with endocrine function, including thyroid function.

High levels of glutamate (MSG) cause extensive destruction of important groups of neurons in the hypothalamus. The worst damage occurs in an area that controls important endocrine functions, such as control of thyroid hormone production.

Repeated exposure to MSG and other "excitotoxins," such as Nutrasweet (aspartame), over many years can continue to kill brain cells. MSG is often "hidden" on labels by the use of terms such as hydrolyzed vegetable protein or natural flavorings.

Soy: Chemicals called isoflavones, found in soy, have been reported to cause thyroid disorders, including hypothyroidism.

Nutrasweet (Aspartame), contained in diet soft drinks, and thousands of other products, both diet and non-diet, produces many of the same disorders as does MSG. It should be totally avoided.

Cow's milk contains many hormones and growth factors that upset a person's endocrine function, including the function of the thyroid gland.

Iodine: The thyroid cells are unable to do their job without sufficient **iodine**, a component of thyroid hormone. The best source of natural iodine is kelp.

Water:

The body is 75% water and the brain is 85% water. No gland in the body, including the thyroid gland, can function properly if the body is dehydrated. Ten glasses (8 oz each) of water daily are necessary just to replace the body's daily water losses caused by the routine activities of living.

Fluoride, present in almost all public water supplies, has an inhibitory effect on thyroid activity. In fact, in the past, fluoride was deliberately used to suppress thyroid activity. The public water supply contains approximately **one part per million** (ppm) fluoride, an amount that can depress thyroid function. The answer is to drink distilled water or purified drinking water that contains no fluoride or other chemicals.

Fluoridated toothpaste may contain as much as **1500 ppm** of fluoride! Toothpaste manufacturers are now mandated by law to place warnings on the toothpaste tube. Children have died from swallowing just the normal amount of toothpaste on a brush, so it's important to use toothpaste that contains no fluoride. This is available at health food stores, but be sure to read the label.

Fluoride treatments applied by the dentist or dental hygienist contain as much as **10,000 ppm** of fluoride! And it comes in **flavors** making it more tempting for children and adults to swallow. There are reports of children dying in the dental chair during these treatments.

Both **chlorine and fluoride** block the iodine receptors in the thyroid gland, resulting in the reduction of iodine containing hormone production and finally in hypothyroidism.

Sunlight:

Experimental animals that receive sunlight treatments lose weight when compared to animals given the same diet but not the sunlight treatments. The weight loss is thought to be a result of the sun's stimulation of the thyroid gland. Recent experimental evidence makes it clear that sunlight does stimulate the thyroid gland to increase thyroid hormone production.

When sunlight strikes the skin, it also increases the tone of the muscles under the exposed skin. This, in turn, burns more calories and will increase weight loss.

Stimulation of the thyroid gland increases the body's basal metabolism rate, burning up more calories.

Exercise:

Exercise improves blood flow to every cell in the body, including the cells of the thyroid gland. Without adequate oxygen from adequate blood flow, no cell can do its work properly. Regular daily exercise is critical for total body health, including optimal thyroid hormone production.

Sleep:

Adequate sleep at the right time of night allows the body to produce the major body-regulating hormones, including thyroid hormone. The healing hormones are produced between 10:00 PM and 2:00 AM. But you must be asleep for the maximum benefit.

Stress:

Stress, whether domestic stress, job stress or the stress of improper nutrition and inadequate water drinking, is very detrimental to every part of the body, particularly the endocrine glands, a category that includes the thyroid gland. When the body is stressed, cortisone is produced by the adrenal glands, causing suppression of the immune system, which lowers the body's ability to resist disease and increases the body's ultimate level of fatigue.

What about drugs for Hypothyroidism?

Armour Thyroid Tablets are made from either cow or pig thyroid. Virtually all animals are now dangerously full of disease, pesticides, antibiotics and hormones. Therefore, hormones harvested from these animals carry all the same risks.

Synthroid, another drug commonly used to treat hypothyroidism, can cause a loss of as much as 13 percent of bone mass.

Medication should never be stopped abruptly. After one is following the totally natural health plan for rebuilding the body's immune system and endocrine system, the thyroid medication can be decreased very, very slowly, under the care of a health practitioner. Remember, long term thyroid medication replacement causes the thyroid gland to decrease and nearly stop its production of thyroid hormone. It takes time for it to start functioning again.

If you have had your thyroid gland totally removed surgically or inactivated by radiation, and you have no cells left to produce the thyroid hormone naturally, you must either depend on thyroid medication for the rest of your life or ask God to heal you miraculously. Remember, Jesus NEVER refused ANYONE who came to Him asking for healing. The ONLY requirement for healing was that the person BELIEVE! and follow all the specific directions Jesus gave him.

God has promised that He'll heal ALL our diseases. (Ps 103:1-4, Deut 7:11-15)

So what is the answer to Hypothyroidism?

When the total body is working properly, the thyroid gland will function properly as well. Following the ten laws of health as detailed on my video "**You Can't Improve on God!**" is the best and safest way to prevent and reverse hypothyroidism. All ten parts of the plan are necessary to restore and rebuild the immune system to its optimum functioning ability.

Urinary Incontinence

Urinary incontinence is becoming an epidemic problem, especially in women as they grow older. As the condition progresses, a woman often will decrease her water intake to avoid potential accidents and embarrassment. But one of the main CAUSES of urinary incontinence in women is **dehydration**—lack of water drinking.

The body is 75% water and the brain is 85% water. We lose 10 glasses of water from our body every day just by living. We lose it from 1) perspiration even when it's not hot, 2) from breathing—our breath is moist, it will fog up a mirror, and 3) because our body has to take huge amounts of water from our cells to put into the stomach to make digestive juices for every meal. All of this water is lost through our kidneys and the colon every day. So, for every day you don't drink 10 glasses of water to replace those losses, you are behind. When your cells become dehydrated they become sick and are not able to function properly.

Few people are drinking adequate amounts of water these days, and everybody is drinking coffee, caffeinated beverages, and alcohol. Caffeine and alcohol are both diuretics. They take more water out of your body than comes in with the drink. Caffeine is also a bladder irritant and contributes to bladder cancer. Many medications, including high blood pressure medications such as diuretics, are dehydrating agents as well and, again, dehydrate the body even more.

As women get older and become more incontinent because of their dehydration, they then resist drinking water because they are concerned about having more episodes of incontinence. However, the downhill spiral has to stop somewhere. And the only way to stop it is to start drinking more water, at least 10 glasses every day, even more when the weather is hot.

One word of caution: If you are suffering from congestive heart failure or are on fluid restriction for some other medical cause, your fluid intake must be increased very slowly and under the care of a health practitioner.

As you start drinking more water, your problem with incontinence will seem almost intolerable. But you must remember that you are just reaping what you have sown from your many years of **not** drinking adequate water, from drinking caffeine or alcohol or from taking drug medications. And remember the Bible says, "God will not be mocked. Whatever a man (or woman) sows, that shall he (or she) also reap." Galatians 6:7

When you start increasing your water intake you will almost have to "live" in the bathroom for a while. But there are helpful aids such as feminine pads or "Depends" to give you some protection from embarrassing episodes. When your total body is dehydrated, your bladder cells have also been suffering from dehydration for a long, long time. The bladder cells are not functioning at their optimum ability, so you are unable to hold your urine. As you rehydrate your entire body and improve your nutrition, eventually the bladder cells will also become rehydrated and nourished and then they will improve their ability to perform their normal function of holding urine. Then your incontinence will begin to improve.

But this is not a "quick fix." It can take many, many months. But your only alternative is to continue to get worse or take drugs, which will only treat your symptoms, not the underlying

cause of your problem, which is dehydration. With drugs, you may get short-term relief but you will not solve the problem, and the drugs will eventually make you worse.

In addition to a major increase in water drinking, it is necessary to improve your body's immune system by following the Ten Steps of God's Natural Health Plan, especially exercise. Sit-ups and other abdominal strengthening exercises will also help decrease incontinence.

A "must read" for anybody with urinary incontinence is the book **"Your Body's Many Cries for Water"** written by F. Batmanghelidj, M.D., available from Rockford Press by calling 1-800-574-2437 or by accessing the web site at www.drday.com. Also, my videos **"You Can't Improve on God"** and **"Diseases Don't Just Happen"** give lots of information on water as well.

Vaccinations

Do they work? Are they safe?

Vaccines are injections of material that contain weakened amounts of the disease germ that they are meant to protect against. They are said to work by causing the formation of antibodies, which are proteins that defend the body from an invasion by harmful germs. Orthodox medicine contends that we can only be absolved from the peril of infection by vaccination, which involves injecting into the system infectious material that is supposed to confer lifelong immunity, hence the term "immunization."

Vaccinations are now mandatory before a student can enter school. Any child who is not vaccinated is not allowed into school with the reason given that that child will put all the other children at risk for disease. However, it is important to ask this question. "If all the other children are vaccinated and vaccination gives immunity to the disease, how could an unvaccinated child put any of these other children at risk?" Only the child himself could be at risk for the disease, and that should be the business of that particular child and his or her parents. It should be virtually impossible, if vaccinations actually work, for an unvaccinated child who may get a particular disease, to give it to other children who have been vaccinated.

But, in fact, vaccinations don't work! They are not effective! They do not give immunity! In addition, they are very dangerous!

An alarming observation comes from a London practitioner of excellent reputation and long experience. Dr. Hurbert Snow, Senior Surgeon at the Cancer Hospital of London, voiced his concern, "In recent years many men and women in the prime of life dropped dead suddenly, often after attending a feast or a banquet. I am convinced that some 80% of these deaths are caused by the vaccinations they have undergone. They are well known to cause grave and permanent disease to the heart. The coroner always hushes it up as 'natural causes.'"

Another practitioner, Dr. W. B. Clark of Indiana, says that "Cancer was practically unknown until compulsory vaccination with (smallpox) cowpox vaccine began to be introduced. I have had to deal with at least two hundred cases of cancer, and I never saw a case of cancer in an unvaccinated person."

Yet the U.S. government has mandated compulsory vaccinations!

Most people trust vaccines to be safe and effective. The government is mandating children to be vaccinated at earlier and earlier ages, when they are very fragile and far more vulnerable to the introduction of dangerous, foreign materials into their tiny bodies.

The public and the medical profession have been totally convinced that it was the introduction of vaccinations that caused the decrease in the incidence of polio. Polio is virtually non-existent in the United States today. However, there is no credible scientific evidence that the vaccine caused polio to disappear. Before the Salk polio vaccine was introduced in 1953, the polio death rate in the United States had **already** declined by 47% as a result of the institution of **better**

sanitation measures, etc. It had also declined by 55% in England. Other European countries showed a similar decline. When the vaccine did become available, many European countries questioned its effectiveness and refused to inoculate their citizens. **Yet polio epidemics also ended in those countries.**

The number of reported cases of polio **after** mass inoculations with the vaccine was significantly greater than **before** mass inoculations. And in many states the incidence of polio more than doubled **after** inoculations were introduced. In Rhode Island there was a 450 % increase, and in Massachusetts almost a 650 % increase in polio cases **after** the introduction of polio vaccinations.

After the vaccine was introduced, cases of polio were often reported under another name, aseptic meningitis, rather than as polio, even though they were counted as "polio" before the vaccine was introduced.

In 1976 Dr. Jonas Salk, creator of the "killed" virus vaccine that was used throughout the 1950s, testified that the "live" virus vaccine produced by Dr. Sabin, and which was used almost exclusively in the United States since the early 1960s, was the "principle if not sole cause" of all reported cases of polio in the United States since 1961. According to the Centers for Disease Control figures, 87% of all cases of polio in the United States between 1973 and 1983 were **caused** by the vaccine. It is now admitted that since 1979 virtually **every** case of polio in the United States has been **CAUSED** by the vaccine.

The same situation holds true for nearly all other diseases including diphtheria, measles, rubella, mumps and whooping cough. In virtually all of these diseases, the incidence was dropping dramatically **before** the introduction of the vaccine. And since the introduction of the vaccine, close to 100% of all cases of the disease are in individuals who have been vaccinated for that particular disease, proving clearly, that **vaccinations are not effective** and they often cause the very disease they are supposed to prevent.

It is not a mystery as to why vaccinations are not effective. First, the natural immunity mechanism in the human body is designed to work when the disease develops in its natural way. When the normal route of immune system stimulation is bypassed by injection of the microorganism (bacteria or virus) through the skin, then effective immunity against the disease does not develop. One obvious factor proving that vaccinations are not effective is that an individual has to keep getting booster shots. If a person develops polio, measles, mumps, whooping cough or any other contagious disease, he has virtual lifelong immunity from one episode of the disease. But when an individual is vaccinated, he must keep getting "booster" shots at regular intervals. The "booster" shots are "necessary" because—vaccinations **DON'T WORK!** They are **not** effective! And neither are the "boosters." And the individual often succumbs to the very disease that he has been vaccinated to prevent, most often as a direct result of being vaccinated.

Now how about the safety of vaccines? Vaccines are grown in the laboratory in monkey kidney cells, in human cells which may be cancerous, in chick embryo and in guinea pig cells. The cells are nourished with the blood serum from calves, which may be contaminated with numerous diseases such as bovine leukemia virus, bovine AIDS virus, or other diseases that the animals may have including mad cow disease. Chemicals such as aluminum, formaldehyde (a human carcinogen) and MSG are used in processing of the vaccines, and thiomerosal, a derivative of mercury and a deadly poison, is used as a preservative. These chemicals and potential diseases are all injected into your child's body or your body as part of the vaccine.

One of the earliest vaccines introduced for general use in the United States was the pertussis vaccine for whooping cough, which was put into general use during the 1940s. Autism, a form of childhood schizophrenia, characterized by mental retardation, muteness (an inability to speak) and lack of responsiveness to human contact, was not known or described until 1943, about the same time that vaccinations were introduced.

In addition, monitors placed on infants who have been vaccinated show severe alterations in breathing patterns after the DPT (Diphtheria/Pertussis/Tetanus) shot. A precise breathing monitor called Cotwatch was used in a special study of **SIDS, Sudden Infant Death Syndrome**, and the children's breathing patterns were measured before and after DPT vaccination. The data clearly demonstrate that vaccination caused an extraordinary increase in episodes where breathing nearly ceased or actually stopped completely! Dr. Viera Scheibner, the author of the study, concluded that "**Vaccination is the single most prevalent and most preventable cause of infant deaths.**"

The government of the State of California now demands that children have 33 different vaccines before entering the first grade!

Developmental disabilities have increased dramatically since the introduction of vaccinations. And this not a mystery since post-vaccinal encephalitis, inflammation of the brain, occurs after vaccinations and can cause serious injury to the brain and nervous system. Suppression of the immune system, causing an increased susceptibility to all diseases, is another effect of vaccination.

In the 1950's another disorder rapidly spread among school children and became prominent in medical science and health literature: **Hyperactivity/Minimal Brain Dysfunction** (ADD—Attention Deficit Disorder or ADHD—Attention Deficit Hyperactive Disorder). These children usually exhibit symptoms of neurological damage, frequently associated with vaccinations.

Genetic mutation is also a possibility because, for example, the polio vaccine contains monkey kidney cells and calf serum. The combination of measles, mumps and rubella vaccine is prepared in chick embryo. Monkey kidney, calf serum and chick embryo are all foreign proteins to the human being. This is biological matter composed of animal cells. Because they are injected directly into the bloodstream they are able to change our genetic structure.

During the 1950s and 1960s millions of people were injected with polio vaccines that were contaminated with the SV 40 virus found in monkey kidney cells, a powerful immunosuppressor and **trigger for HIV**, the virus that causes AIDS.

How about flu shots? Flu vaccine is made from LAST year's flu virus so it is totally ineffective against THIS year's flu virus, even if vaccinations did work. No one knows what virus will be causing the flu this year, but it is almost never the same virus as last year. All of the hazards of the other vaccines are true for flu shots as well. "In 1976 more than 500 people who received their flu shots were paralyzed with **Guillain Barre Syndrome**, a sudden-onset paralysis that can be fatal. Thirty of these people died. During the same year, the incidence of Guillain Barre among flu-vaccinated U.S. Army personnel was 50% greater than among unvaccinated civilians." The Risk of Immunizations and How to Avoid Them, by Robert Mendelsohn, Ph.D. There is also a suspicious correlation between seasonal outbreaks of **Legionnaire's disease** and the inoculation with flu vaccines.

Dr. John Seale of the National Institute of Allergy and Infectious Disease says, "Any and all flu vaccines are capable of causing Guillain Barre." I personally would NEVER get a flu shot nor would I ever advise anyone else to get one.

The bottom line is that the best way to develop natural immunity is to build a healthy immune system by the proper diet and lifestyle. Eating a diet of fruits, grains and vegetables that are organically grown, preservative-free and in a natural unprocessed state as close to nature as possible, with at least 75% of your food eaten raw, is optimum. Eliminate all refined sugar, all animal products including meat, poultry, fish, eggs and dairy products (including milk, cheese, yogurt, cottage cheese, butter, etc.). Fresh air, exercise, plenty of rest and relief of stress by trusting in God, as well as all of the other steps outlined on my video "**You Can't Improve On God**" are essential for health. This is the only effective way to remain free from disease. It is **impossible** to get sick if your immune system is functioning properly. Bacteria and viruses do NOT attack a healthy body, just as insects and disease do NOT attack healthy plants.

This is startling information for a population brought up to believe that vaccinations are not only safe but life-saving. Vaccinations are considered by most of the population as "American as apple pie." How we have been deluded! But there is hope. Waivers for vaccinations are still available, and you can investigate them by calling your public health department or, if that is unsuccessful, educate yourself by ordering a pamphlet called "**Vaccine State Laws and Vaccine Exemptions**" available from New Atlantean Press. Call 505-983-1856. Here are some additional books if you are interested in learning more on this subject.

An excellent primer on vaccinations is entitled

Vaccines: Are they Really Safe and Effective? by Neil Z. Miller

New Atlantean Press

P.O. Box 9638,

Santa Fe, NM 87504

www.new-atlantean.com/global or 505-983-1856

You can also order it through your book store.

Another informative book is:

Murder By Injection, by Eustace Mullens

The National Council for Medical Research

P.O. Box 1105

Staunton, VA 24401

A video documenting the dangers of vaccination entitled

Dangers and Ineffectiveness of Vaccinations, Including Scientific Correlations to Sudden Infant Death Syndrome, by Viera Scheibner, Ph.D.

New Atlantean Press

P.O. Box 9638

Santa Fe, NM 87504

505-983-1856

Though it is somewhat difficult to follow because of the presenter's heavy accent, this two-hour video contains much astounding and well-documented information.

Vaccination, by Viera Scheibner, Ph.D. (book)

New Atlantean Press

P.O. Box 9638

Santa Fe, NM 87504

505-983-1856

According to Viera Scheibner, Ph.D., medical preventive measures are not credible. In this book she compiles scientific studies from throughout the world showing how vaccines are often ineffective and can damage the immune system, and she gives numerous examples from 1950 to 1992.

Vaccination Condemned, book one, by Elben

Better Life Research

P.O. Box 42002

Los Angeles, CA 90042

The intention of this book is to present enough authentic incriminating evidence against vaccination to prove that vaccination has already condemned itself. If we wait for the medical establishment, or the vaccine labs, or health departments, schools, press or government to condemn it, the wait will be fruitless, as vaccination has been killing and disabling people by the thousands for close to 200 years, and those in authority have not stopped it yet, and do not intend to.

The Amazing Truth About Osteoporosis

More women die from osteoporosis-related fractures than from cancer of the breast, cervix and uterus combined. Hip fractures are the cause of over 200,000 deaths annually in the U.S., which is about one-tenth of all deaths. "In the year 1996 osteoporosis cost the U.S. health care system \$18 billion. By the new millennium, the cost is expected to rise to \$40 billion. Some authorities estimate that increase alone will be **enough to bankrupt Medicare**," according to Dr. Susan Brown, Director of the Osteoporosis Education Project, Syracuse, New York.

What is causing this epidemic? The popular media would have Americans believe that lack of dietary calcium is the chief reason for osteoporosis, and that calcium supplementation is the answer to the problem. But serious researchers now know that this is not true.

For example, many indigenous populations in nutritionally disadvantaged countries such as Africa exhibit little if any evidence of osteoporosis, in spite of their low calcium intake.

Here in the U.S. calcium literally abounds in foods such as milk, cheese, whole grains, fish, eggs, green leafy vegetables, ice cream and processed baked goods, yet the osteoporosis crisis grows exponentially greater, year after year—even as Americans strive to add more and more calcium to their diets!

Because most women who develop osteoporosis have gone through menopause, orthodox medical researchers have long suspected that the natural decrease in the body's estrogen levels at menopause may well be connected to osteoporosis. But hormone replacement therapy has dangerous implications including an increased cancer risk, of both breast and uterus. The side effects of estrogen therapy, besides the increased cancer risk, are listed in the Physician's Desk Reference (PDR) and include phlebitis, high blood pressure, jaundice, hair loss, nausea, vomiting, skin rashes, cyst formation and more.

Birth control pills have a known tendency to cause folic acid deficiency. Folic acid is involved in the breakdown of homocysteine. A high level of homocysteine has been strongly linked to the development of osteoporosis in post-menopausal women.

Fosamax (alendronate) is the first non-hormonal osteoporosis drug to be approved by the FDA for use in the United States. It arrived with glowing reports, but the side effects are numerous and can be serious. They include abdominal pain and nausea, gastritis, musculoskeletal pain, taste perversion, esophageal ulcer, erosion, bleeding and ultimate esophageal stricture, some cases so severe they require hospitalization.

Calcitonin, brand name Miacalcin, a hormonal drug available in nasal spray form, has its problems as well. The side effects, as reported in the PDR include flu-like symptoms, fatigue, periorbital edema (edema around the eyes), fever, hair loss, severe muscle pain, arthritis, high blood pressure, heart attack, hepatitis, vertigo, migraine, blood clots, and stroke.

But the real problem with these drugs is that **NONE** of them address the **CAUSE** of the problem, they **ONLY** treat symptoms. Headaches are **not** caused by a deficiency of aspirin and osteoporosis is **not** caused by a deficiency of Calcitonin, nor a deficiency of Fosamax, nor a deficiency of estrogen, and not even a deficiency of calcium, per se.

Let's look at the REAL causes of osteoporosis, and then we will deduce the perfect plan for prevention and treatment.

It has been known for over 70 years that one of the most important causes of osteoporosis is too much dietary protein, particularly animal protein in the form of meat, chicken, fish, milk and dairy products as well as eggs.

The first study showing that animal protein could cause calcium loss was **published in 1930!**¹ Why is it that almost **70 years later** most people, particularly doctors, still don't know that?

Protein causes an excess of hydrogen ions in the blood, elevating blood acid to dangerous levels. The blood acid levels are neutralized by drawing calcium from the bones. This calcium is then excreted in the urine.^{2,3,4}

Increasing daily protein intake by 50 grams causes an extra 60 mg. of calcium to be excreted in the urine and therefore lost permanently.⁵

In fact, women who consume higher amounts of animal protein during both their teenage and adult years, increase their risk of forearm fracture by 44%.⁵

The Milk and Dairy Council would have the public believe that the consumption of milk and dairy products is the clear answer to the prevention of osteoporosis, but nothing could be further from the truth. The reality is that the more milk a woman drinks, the more osteoporotic she can become, since milk is high in animal protein. And cheese is just concentrated milk! In fact, osteoporosis is most common in countries where the largest amounts of dairy products are consumed.^{7,8}

And, as we have seen, calcium deficiency per se is not the primary problem. Even when eating 1,400 mg of calcium daily, one can lose up to 4% of his or her bone mass each year while consuming a high-protein diet.⁹

Too much dietary protein, not too little calcium, is a major cause of osteoporosis.^{11,12,13,14} The RDA (Recommended Daily Allowance) of protein for adults is just 0.8 g/kg of body weight,¹⁵ and that includes a very generous built-in safety margin of 25% to account for individual variation. Some studies have shown that protein levels of just 0.5 g/kg are sufficient to meet the needs of most adults. For a 174-lb man, the RDA requirements for protein would be between 40 and 64 grams of protein per day.

Yet, recent surveys show that the average American consumes between 110 and 130 gm. of protein per day,¹⁶ at least **double** the amount of the Recommended Daily Allowance. And the major source of that protein is animal products. **The higher the intake of animal protein, the more calcium is leached from the bones.** This is only **one** of the many dangers of eating a high protein diet.

Increasing one's protein intake by 100% can cause calcium loss to double.¹⁴ Such a statement is VERY important because, as we have just seen, the average American consumes about twice as much protein as his or her body needs!

In addition, dietary factors (mainly high fat and animal protein intake) appear to be the most important risk determinants for colon cancer¹⁷ and are significant contributors to cancer of the prostate, breast,^{18,19} pancreas, lung, and ovaries.²⁰

Other factors that contribute to osteoporosis, besides a meat-based diet and dairy consumption, are lack of exercise, caffeine consumption, sugar consumption, lack of sunlight, fluoride in the

water, in toothpaste and in numerous medications prescribed by doctors. And if you add to the above causes of calcium loss from the bones such things as smoking, alcohol, steroids such as cortisone and prednisone (even if used as skin creams), thyroid supplementation, high salt use, antacids containing aluminum (such as Amphogel, Digel, Mylanta, Roloids etc) and tetracycline type antibiotics, you have very powerful factors causing osteoporosis.

So now that we know the causes of osteoporosis, the prevention and treatment are obvious. **And the answer is NOT drugs.** All we need to do is REVERSE the factors that CAUSE osteoporosis! Amazingly, the prevention and treatment are essentially free.

1. A vegetarian diet, free of all animal products.

" But how can I get enough protein?"

"Plant sources of protein alone can provide adequate amounts of the essential and nonessential amino acids...Conscious combining of these foods within a given meal, as the complementary protein dictum suggests, is unnecessary."²¹

And as far as calcium goes, a vegan vegetarian diet will stop abnormal calcium losses. And sources for calcium that are far better than cow's milk are found in almonds and green leafy vegetables, such as broccoli, collards and kale.

2. Start exercising. Impact loading exercise builds and maintains healthy bones.

3. Stop drinking coffee and other caffeinated drinks. One innocent-looking cup of coffee taken daily causes 1.4% loss of bone calcium per year in women past the age of 50 years. That's 14% per decade!

4. Stop eating sugar. In one study healthy volunteers who were given high doses of sugar experienced significant loss of calcium.

5. Stop eating fast foods, many of which are loaded with phosphates. As phosphates go up, calcium goes down in the blood. Soft drinks, red meat, processed meat, cheese, instant soups and french fries all contain large quantities of phosphates.

6. Get out in the sunlight daily to facilitate formation of Vitamin D, which is essential to absorption and transport of calcium so necessary for healthy bone.

7. Drink unfluoridated water and use toothpaste without fluoride. Orthopedic Clinics of North America recently warned, "Agents such as fluoride can produce abnormal bone, actually increasing the risk of fracture of the hip."

As one begins changing to this healthy lifestyle, all of the patient's other problems will begin improving and the doctor will be able to begin lowering the doses of medication prescribed for other illnesses.

The most striking fact about osteoporosis is that it is a **needless disorder**. It is a disease, in fact, which barely exists in much of the rest of the world, yet is so rampant in the U.S. it is on the

verge of bankrupting the entire health care system. It is a disease we have created, and one we can eliminate.

And look at this ideal plan of prevention and treatment. It is totally natural, has absolutely NO adverse side-effects, and the entire treatment plan is TOTALLY free, except for food, and you have to buy that anyway!

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Reversing Cancer and Other Diseases Naturally?

Show Me the Scientific Studies!

In my struggle to get well from near-terminal cancer by Natural Methods, how shocked and amazed I was to find that the causes of, and natural cures for, Cancer and virtually all other diseases have been well documented in the medical literature for many decades. But this information is never taught to doctors.

The answer clearly is **NOT** drugs! Even though that is all doctors are taught.

The information to support the **prevention and reversal by natural methods** of numerous diseases, including cancer, heart disease, diabetes, ulcers, asthma, allergies, arthritis, neurologic disorders and many other diseases is well documented in the orthodox medical literature. Below are many examples.

Why aren't we doctors taught this in our medical training?

Drugs Don't Cure Disease!

The Fourth Leading Cause of Death in America

Adverse drug reactions to drugs prescribed by doctors are the fourth leading cause of death in America.

Journal of the American Medical Association
JAMA Health Care State Rankings, 1996

Nutrition

The Standard American Diet (S.A.D.) Causes Disease

The Best Way to Prevent Cancer, According to the American Cancer Society: A Vegetarian Diet and Exercise!

Approximately one third of all cancers could be avoided by a vegetarian diet, exercise and avoidance of excessive alcohol consumption.

Journal of the American Cancer Society; Nov/Dec1999;49:347

Cancer

Cancer and Milk

Whole milk is a leading source of cholesterol in the U.S. diet, and dietary cholesterol has been associated with **cancers of the breast, lung, and colon.**

American Journal of Clinical Nutrition 1983;37(2):192-193

American Journal of Epidemiology 1987;125(3):351-3 63

Dietary Fat and Cancer Prog. in Clin and Bio Research 1986;22:435-459

International Journal of Cancer 1989;43:608-611

Cancer and Fat Consumption

Animal fat, cholesterol, and saturated fat were positively correlated with **pancreatic cancer** mortality.

Revista de Sanidad e Higiene Publica 1994;68(3):361-376

A "significant dose-response relationship" was found between animal fat intake and **ovarian cancer** risk.

British Journal of Cancer 1989;59(1):92-96

Nations with the highest dietary fat consumption also have the highest rates of prostate and breast cancer.

Advances in Cancer Research 1980;32:237-345

Cancer Research 1975;35(11 Pt.2):3374-3383

Cancer and Protein Consumption

A report from the National Academy of Sciences states: "Evidences from both epidemiological and laboratory studies suggests that **high protein intake** may be associated with an **increased risk of cancers** at certain sites.

Committee on Diet, Nutrition, and Cancer of the National Research Council 1982

"Dietary factors (mainly high fat and animal protein intake) appear to be the most important risk determinants for **colon cancer**."

Regulatory Toxicology and Pharmacology 1986;6(1):24-54

Americans Overdose on Protein

The average man in the U.S. eats **175% more protein than the recommended** daily allowance (RDA) and the average woman eats 144% more!

Surgeon General's Report on Nutrition and Health, 1988, p.69

Fat, Protein and Cancer

These data suggest that during adult life, a reduction in dietary intake of fat and proteins of animal origin may contribute to a substantial reduction in the incidence of breast cancer...in population subgroups with high intake of animal products.

Journal of National Cancer Institute 1989;81(4):278-286

Osteoporosis

Protein and Calcium Loss

The first study showing that animal protein could cause calcium loss was **published in 1930!** Why is it that almost **70 years later** most people, **including doctors**, still don't know?

Journal of Biological Chemistry 1930;87:669

Recent surveys of Americans show that between 14% and 18% of their calories come from protein (about 110 grams per day), far more than the recommended daily allowance (RDA)! And the major source of that protein is animal products. The higher the intake of animal protein, **the more calcium is leached from the bones.**

U.S. Department of Agriculture. Nationwide Food Consumption Survey 1977-1978

Increasing one's protein intake by 100% may cause calcium loss to double. *

Journal of Nutrition 1981;111(3):553-562

***Note:** such a statement is very important because the average American consumes about twice as much protein as his or her body needs!

For the most part, meat-based diets are more acid-producing than plant-based diets. Not surprisingly, lacto-ovo vegetarian diets are more acid-producing than vegan diets. Hence, diets containing animal foods will tend to cause more calcium loss and a greater osteoporosis risk.

Journal of Nutrition 1990 Jan;120(1):134-136

Generally, for every excess gram of protein consumed, calcium loss increases by about 1 mg. One study reported that increasing animal protein consumption caused a fivefold increase in blood acid levels! And that means calcium loss from the bones and teeth.

American Journal of Clinical Nutrition 1994 June;59(6):1356-1361

Dairy and Osteoporosis

Osteoporosis is most common in countries where the largest amount of dairy products are consumed.

American Journal of Clinical Nutrition 1972;25:518

Clinical Orthopaedics 1980;152:35

FAQ Production Yearbook 1984;37:263

While daily calcium intake is important, numerous studies have clearly demonstrated that too much dietary protein, not too little calcium, is a major cause of osteoporosis. Why?

Too much protein causes an excess of hydrogen ions in the blood, which elevates blood acid levels. Because high acid levels can be dangerous, the body "buffers," or neutralizes the blood acid levels by drawing calcium from the bones. The resulting waste products, including calcium, are excreted in the urine.

American Journal of Clinical Nutrition 1987;46:685-687

American Journal of Clinical Nutrition 1991;53:132-142

Journal of Nutrition 1981;111:545,553

Journal of Nutrition 1974;104(6):695-700

Journal of the American Dietetic Association 1980;76:148-151

Hospital Practice 1994 Nov 15;68

Dairy and Calcium, Protein

Fruits, vegetables and nuts, are good sources of boron, which helps stop calcium loss in the body. Because milk is low in boron and high in phosphorus and protein, it is not a good osteoporosis-fighting food.

Dr. Forrest H. Nielsen, USDA, in Nutrition Today Jan/Feb 1988;4-7

FSAEB Journal 1987;1:394-397

Protein, Calcium and Osteoporosis

Osteoporosis is caused by a number of things, one of the most important being too much dietary protein!

American Journal of Clinical Nutrition 1974;27(9):916-925

Journal of Nutrition 1981;111(3):545-552; 553-562

Science 1986;233(4763):519-520

Dietary protein increases production of acid (in the blood) which can be neutralized by calcium mobilized from the skeleton.

American Journal of Clinical Nutrition 1995;61(4):909

When the body metabolizes more of these (animal) proteins than it needs, sulfur-based acids are produced. To neutralize these acids, the body draws on its stores of calcium. Instead of being used to build bone, the calcium spills into the urine.

Health 1993 Sept 28

Excessive protein intake could account for the 1.0% to 1.5% loss in bone mass each year typically seen in post-menopausal women.

Journal of Laboratory and Clinical Medicine 1982;99(1):46-55

Sulfur amino acids in animal products seem to be primarily responsible for the increased calcium loss.

Calcified Tissue International 1989;44(5):335-338

Meat-based diets are more acid producing than lacto-ovo vegetarian (LOV) diets; and LOV diets are more acid producing than vegan diets.

Journal of the American Dietetic Association 1985;85(7):841-845

Increasing protein intake by 50 grams caused an extra 60 mg of calcium to be excreted in the urine.

Journal of Nutrition 1990;120(1):134-136

Study subjects had a negative calcium balance eating 142 g/day of protein and 1,400 mg/day of calcium: a positive calcium balance resulted when subjects got 50 g/day of protein and 500 mg of calcium.

Federation Proceedings 1981;40(9):2429-2433

Under controlled conditions the level of dietary protein has a profound and sustained effect on urinary calcium levels.

Federation Proceedings 1981;40(9):2429-2433

Protein, Calcium and Fractures in Women

In the study, women consuming **95 or more grams of protein daily** had an age-adjusted **increased forearm-fracture risk** of 1.23 times, compared to women who consumed less than 68 grams per day.

The researchers also found that for women who consumed higher amounts of animal protein during both their adult and teenage years, the risk of forearm fracture was **“significantly increased by 44%.”**

Such increases in fracture rates were observed for protein derived from animal sources, **but no increased risk was found with higher consumption of vegetable protein.**

The American Journal of Clinical Nutrition 1995 April;61(4):909

Allergies, Asthma, Insomnia, Migraine

Dairy products may play a major role in the development of allergies, asthma, sleep difficulties, and migraine headaches.

Israel Journal of Medical Sciences 1983;19(9):806-809

Pediatrics 1989;84(4):595-603

Disorders Cow's Milk Causes or Contributes To:

Digestion Trouble	Lactose intolerance
Higher cholesterol	Bacterial disorders
Allergies	Low blood levels of: Calcium Manganese Zinc Iron Copper

Proceedings of the Society for Exp. Biol and Med 1990;193:143

Babies and Cow's Milk

According to the American Academy of Pediatrics, cow's milk is not the best food for infants because it contains too much sodium, potassium, and protein, too little iron and linoleic acid, and not enough vitamins C and E.

Pediatrics 1992;89(6):1105-1109

American Journal of Clinical Nutrition 1993;58:343-348

Journal of Pediatric Gastroenterology and Nutrition 1993;16(1):1-3

Milk and Susceptibility to Infection

Drinking cow's milk may weaken immune function in children and lead to problems with recurring infections.

Nature 1978;272(5654):632

Diabetes

Diabetes. and Milk

Introduction of dairy products at a young age and high milk consumption during childhood may increase the child's risk of developing juvenile diabetes.

Diabetologia 1994;37(4):381-387

Many respected researchers believe that the **protein in cow's milk** is able to trigger the human body to permanently destroy its own insulin-producing beta cells in the pancreas.

Diabetes Care 1994 Jan;17(1):13-19

Nutrition Abstracts and Review 1995 Jan;65(1):107

New England Journal of Medicine 1992 July;327(5):302-307

Medical Tribune 1992 Aug;33(16):2

A recent Canadian study reported a strong relationship between early exposure to cow's milk and the development of insulin-dependent diabetes.

Diabetes Care 1994 Jan;17(1):13-19

In another study, 142 children with IDDM (Insulin Dependent Diabetes Mellitus) all had highly elevated serum concentrations of antibodies against the bovine whey protein. That means their bodies had "seen" the whey **protein of the cow as a "foreign" invader and had begun to manufacture antibodies to fight against it.**

How can the body make such a disastrous mistake? There is a 17-amino acid peptide chain commonly found in the insulin-producing beta cells of the pancreas that is almost identical to a 17-amino acid peptide chain found in cow's milk. Antibodies made to fight the "foreign" whey protein of the cow, turn instead and **destroy the child's own insulin-forming pancreatic cells.**

New England Journal of Medicine 1992 July;327(5):302-307

Diabetes does not occur in diabetes-prone rodents reared on a diet free of cow's milk for the first two to three months of life, indicating that **cow's milk protein can trigger the disease.**

New England Journal of Medicine 1992 July;327(5):302-307

Epidemiologic and serologic data in humans suggests a **relationship between cow's milk and diabetes.**

New England Journal of Medicine 1992 July;327(5):302-307

In the largest population studied thus far, the **introduction of dairy products during early infancy was associated with an increased risk of IDDM.**

In several countries, a high positive correlation was found between the per capita consumption of dairy products and the risk of...IDDM.

Diabetes 1993;42:1786-1789

Cow's milk protein may play a fundamental role in the development of...IDDM.

Diabetes 1996;45(2):178-182

We infer that the **proteins of cow's milk** may trigger the autoimmune process of IDDM.

Diabetes Care 1993;16(7):984-989

Bovine serum albumin (protein) detected in infant formula is a possible trigger for IDDM.

Journal of American Dietetic Association 1994;94(3):314-31

Milk and Fat

The carton says whole milk is 3.5% fat. Sounds good! But that's 3.5% fat by WEIGHT! How many of milk's calories come from fat? Add it up for yourself:

Serving size	8 ounces
Calories per serving	160
Fat per serving	9 grams
9 gm fat x 9 cal/gm*	81 calories

*fat always contains 9 calories per gram

Simple math shows that more than 50% (81 of 160 calories) of milk's calories come from fat — and that's way too high! Don't be fooled by deceptive statistics.

Milk and Cataracts

Adults who consume large quantities of milk, who have high lactase activity...suffer repeated small galactose challenges, accumulation of galactitol in the lens, and a greater likelihood of developing senile cataracts.

Digestive Diseases and Sciences 1982;27(3):257-264

Heart Disease

Milk, Dairy and Cholesterol

Adult milk drinkers who drink a large amount of milk daily have higher total cholesterol levels, higher low-density lipoprotein cholesterol ("bad" cholesterol) levels, and higher triglyceride levels than those who drink less than 60 ml per day.

Journal of Clinical Biochemistry and Nutrition 1990;9(1):61-66

Heart Disease and Milk

Milk and many components of milk (butterfat, milk protein, calcium from milk, and riboflavin)...were positively related to coronary heart disease mortality for all 40 countries studied.

Circulation 1993;88(6):2771-2779

The PROPER Diet Prevents and Reverses Disease

A Vegetarian Diet

Plant sources of protein alone can provide adequate amounts of the essential and nonessential amino acids, assuming that dietary protein sources from plants are reasonably varied and that caloric intake is sufficient to meet energy needs...Conscious combining of these foods within a given meal as the complementary protein dictum suggests is unnecessary.

Journal of the American Dietetic Association 1993;93(11):1317-1319

In 1972, author Frances Moore Lappe claimed that animal foods are superior protein, while plant foods are inferior. If eating plant proteins, she wrote, a complicated method of combining "complementary protein" foods had to be followed. Ten years later, she realized her error and wrote: "In combating the myth that meat is the only way to get high-quality protein, I reinforced another myth. I gave the impression that in order to get enough protein without meats, considerable care was needed in choosing foods."

Nutrition Action Newsletter, Oct 1982, p. 10

Vegetable Protein ALONE is Sufficient

The **ability of vegetable protein alone to meet protein needs was demonstrated** in the Michigan State Bread Study. For 50 days, university students, aged 19 to 27, ate diets that provided 70 g of protein daily, 90% to 95% of which came from the wheat flour in bread. The other 5% to 10% of their protein came from fruits and vegetables. They didn't consume any animal protein. Test results showed that, on the average, subjects had a proper nitrogen balance, revealing adequate protein intake.

American Journal of Clinical Nutrition 1971;24(3)518-528

Vegetarians Live Longer

In a study of over 34,000 California Seventh-Day Adventists, the combination of a vegetarian diet, exercise, and absence of smoking accounted for an increase in life expectancy up to 10 years, perhaps the highest life expectancy of any formally described population.

Arch Intern Med. 2001;161:1645-1652

Less Calories Means Longer Life

Only one intervention has been proven to extend both the average and maximum lifespan of all animal species tested: reducing the consumption of dietary calories, or caloric restriction (CR). Caloric Restriction not only extends the lifespan of laboratory animals, but also reduces the incidence of virtually ALL diseases of aging such as cancer, heart disease, diabetes, osteoporosis, autoimmune disorders, Alzheimer's and Parkinson's.

Nutrition Reviews, Feb:43(2):61-3

Journal of the American Medical Association, Jan 16;257(3):353-8

New England Journal of Medicine, Sept 14;333(11):677-85

U.S. Fruit and Veggie Consumption Levels Are Bleak

Consuming a diet rich in fruits, vegetables and grains significantly reduces a person's risk of developing heart disease and cancer. A survey of residents in a Minnesota county found that only 16% of adults have five or more servings of fruits and/or vegetables each day and get no more than 30% of their calories from fat.

Mayo Clinic Proceedings 2003;78:161-166

Protein

Some studies have shown that protein levels of just 0.5 g/kg to 0.6 g/kg are sufficient to meet the needs of adults.

Messina M and J, The Dietician's Guide to Vegetarian Diets,

Aspen Publishers, Gaithersburg, MD, 1996, p.83

<u>Food/Serving Size</u>	<u>Protein (%)</u>	<u>Protein (g)</u>
Brown rice (1 cup)	8.5	4.9
Barley, pearled (1 cup)	9.4	16.4
Lentils (1 cup)	31.0	17.9
Lima beans (1 cup)	27.1	14.7
Broccoli, raw (1 med.)	43.3	1.3
Carrots, raw (1 med.)	9.0	0.7
Whole wheat bread (1 sl.)	15.7	2.4
Green beans, boiled (1 cup)	21.8	1.2
Apple, raw w/skin (med.)	1.5	0.3
Banana, raw (med.)	4.6	1.2

Source: Bowes and Church's Food Values of Portions Commonly Used, 16th Edition, 1994.

Note: While protein derived from a mix of the above foods is sufficient to meet daily protein needs, it will not exert the same calcium-leaching effect on the bones that a high intake of animal protein will.

Calcium From Vegetarian Sources

Many are surprised to learn how much calcium they can get from other sources. Take a look!

<u>Sources</u>	<u>Calcium Content (mg/Cup)</u>
Roasted almonds	369
Cow's milk	291
Mustard greens, cooked	284
Collards, cooked	220
Kale, cooked	206
Broccoli, cooked	136
Raisins (packed)	102

Nutrition Almanac, McGraw Hill, pages 200-230
Product package nutrition information

Calcium

Greens such as kale, broccoli, and bok choy are as good as milk in terms of their calcium absorbability.

Environmental Nutrition, January 1994, p. 3
The American Journal of Clinical Nutrition 1990;51:656-657

Sunlight

Sunlight Helps Prevent Internal Cancers

As the amount of available sunlight increases, the incidence of internal cancer decreases.

Cancer Res 1:191,1941

Fifty percent less malignant cancer growths develop when experimental animals are given sunlight treatments.

Vestn Akad Med Nauk 1975;3:23

The incidence of breast cancer in mice has been cut in half by exposing them to ultraviolet light

American Journal of Medical Science 1937;194:326

Sunlight Does NOT Cause Skin Cancer

Two groups of experimental animals were given **ultraviolet light treatments**. One group was given a standard diet, while the other was given a highly nutritious diet. At the end of 24 weeks, 24% of the animals on the standard diet developed skin cancer while **NO skin cancer was found on the animals that received the highly nutritious diet.**

Res Comm Chem Path Pharmacol 1941;7:783

Water

Water is Necessary for Heart Health

Not drinking enough water can be as harmful to a person's heart as smoking. Sufficient water is as important to heart health as other factors such as diet and exercise. Water thins the blood, thus lowering the risk of blood clots. Fruit juice, milk, or soda do not give the same protection. Healthy men who drank five or more glasses of water every day had a 54% decrease in the risk of fatal coronary heart disease.

Am J Epidemiol 2002;155(9):827-833

Water and the Treatment of Ulcers

3000 cases of ulcer pain have been treated successfully by water drinking alone.

J. Clinical Gastroenterology 1983;Editorial:June issue

Fresh Air

Outdoor air contains negatively charged ions, indoor air contains mostly positive ions. Negatively charged air has an inhibitory effect on the growth of cancer in experimental animals. After one month, the cancer in the animals breathing the indoor air was twice the size of the cancer in the animals breathing the negatively charged outdoor air.

Cancer Research 1951:11:245

Positively charged air (indoor air) depresses the adrenal glands and their ability to secrete hormones that protect the body against stress.

Proc Soc Exp Biol Med 1954:86:753

Sleep

Long Work Hours, Scant Sleep Are Linked to Heart Attack

Chronic overwork and sleep deprivation cause an increased risk of acute myocardial infarction, and recent lack of rest and sleep deprivation further enhances the risk.

Occupational and Environmental Medicine 2002:59:447-451

Skimping on Sleep Results in Disease and Aging

Reducing sleep to 6.5 or fewer hours for successive nights causes potentially harmful metabolic, hormonal, and immune changes, changes identical to those found in aging. Sleep deprivation causes cravings for sweets and starchy and fatty foods leading to obesity, it can accelerate the onset of diabetes, it causes inflammatory reactions and increases the risk of heart disease.

Occupational and Environmental Medicine 59(July): 447-451

Journal of Neuroendocrinology 14(May):397-402

Lancet 255(Oct23):1435-1439

Archives of General Psychiatry 59(Feb):131-136

Stress and Anger

Stress and the Risk of Fatal Heart Attack

Psychological stress, such as anger, may triple the risk of death in heart patients.

Circulation 2002;105

Anger Causes Irregular Heartbeat

In 240 people studied over a 3-year period, feelings of anger increased by five times the risk of needing a shock to restore normal heart rhythm.

Circulation 2002;106

HRT Increases Heart Attack Risk in Women

Hormone replacement therapy (HRT) significantly increases the risk of heart attack in women during the first year after beginning the drug. Among women with high blood pressure, those taking HRT are almost 11 times more likely to have a heart attack than women who are not taking hormones.

Journal of the American Medical Association 2001;285:906-913

Attitude

Hostile Women Risk Heart Problems

Hostile women with heart disease are twice as likely to have a heart attack or die from heart problems than their more mild-mannered peers. In fact, they appear to be at **greater risk from a bad attitude** than from known cardiovascular risk factors such as smoking, high blood pressure and high cholesterol.

American Journal of Epidemiology 2002;156:1092-1099

Forgiveness Boosts Health

Persons who forgive experience significant physical and mental health benefits. Forgiveness of one's self and others were associated with decreased psychological distress, including feelings of restlessness, hopelessness and nervousness. Attendance at religious services was associated with decreased psychological distress and increased life satisfaction among young and old adults, and higher self-rated health among all age groups.

Journal of Adult Development 2001;8:249-257

Elderly Can Think Themselves Into the Grave

How a person feels about getting old is more important even than having low blood pressure, low cholesterol, abstinence from smoking or lower body weight. People who said they had more positive views about aging lived an average 7.6 years longer than those with negative perceptions.

Journal of Personality and Social Psychology 2002;Aug

Mental Difficulties Can Persist LONG After Chemotherapy

Years after receiving chemotherapy, survivors of breast cancer and lymphoma score worse on some tests of mental ability than those who had only surgery or radiation therapy. An analysis an average of 10 years after treatment, showed that 24% to 50% of those treated with chemotherapy were in the low performance range, compared with 5% to 23% of those who did not get chemotherapy.

Journal of Clinical Oncology 2002;20:485-493



*Lets
Get
Specific*

WARNING

If you begin here rather than Section I,
you will NOT get well!

Before We Begin . . .

Here is a sample letter from the husband of a woman with cancer. Read it carefully, then read my response that follows.

This real-life illustration is typical of what occurs after conventional cancer treatment. The patient is terribly sick during the treatment. When the treatment is over the patient recovers somewhat and feels better since she is no longer being poisoned by the treatment, and the tumor appears to shrink. The conclusion is that the treatment has "worked," it has been "successful."

But that is a delusion! The "treatment," while destroying **some** tumor cells, has to a major degree, destroyed the patient's immune system, the only system in the body that can fight the cancer. So when the tumor returns, which it ALWAYS does to some degree, that patient has little or no immune system left to fight the cancer.

The patient's demise or survival is directly related to how much damage was done to his or her immune system by the "treatment."

October, 19 - -

Dear Dr. Day:

Approximately two weeks ago, I spoke with your assistant regarding my wife. She is now in fourth-stage breast cancer, with numerous lesions, particularly in her ribs, vertebrae and hips. Her history is as follows:

My wife is 61 years old:

- * Dec 1985, lumpectomy, rt. breast; treated by radiation implants and chemo.
- * Oct 1987, lumpectomy, left breast, treated by radiation.
- * Feb 1997, bone cancer discovered in thoracic vertebrae, rt. femur, rt. humerus. Tamoxifen (4 mos.); Arimidex (4 mos.) No effect.
- * Attended Kushi Institute 8/97 and began macrobiotics to a limited extent.
- * Oct 97, crossing a crosswalk and struck to the pavement by auto hitting right hip, elbow and shoulder. Severe contusion to shoulder and possible hairline fracture.
- * Dec 97- Feb 98, received taxol and Adriamycin at _____ Medical Center.
- * Mar 98 - chemo-infusion port removed due to clot. Blood clot developed in left arm. Received 3 months treatment with coumadin. No further medical treatment.
- * Aug 98 - received treatment by _____, energy healer.

- * Aug 98 - due to incapacitated rt. arm and deteriorating rt. leg, received orthopedic surgery to implant titanium rod in upper right arm and partial rt. hip replacement.
- * Oct 98 - The bone scan of 10/26/98 compared favorably with the 7/24/98 bonescan with the exception of the left upper arm which exhibited some uptake. There is reduced usage of the left arm.
- * Semi-monthly visits for treatment by _____, energy healer were started in Oct 98.
- * Nov 98 - Three colonic treatments were given during the week of 11-9-98. The colon continues to be very sluggish owing to the pain medication (dilaudid - 4 mg, 3X daily, or oxycontin - 2X daily). Weekly treatments are planned.
- * Novelbein was recommended by _____ and was started 11/16/98, weekly for 3 weeks, 1 week off. Aredia was given prior to the Novelbein.
- * Radiation of the upper left arm was started 11/17/98 for 10 days to stop tumor growth.

Because of the pain due to tumors in the lower back and hips, walking is painful. Consequently, my wife is confined to a wheelchair at the present time.

Having purchased your video on your personal experiences, I would much appreciate your comments regarding the questions below:

- 1) Did you take any supplements to assist in your recovery? If so, please indicate which ones you found helpful. If not, would you suggest the use of any?
- 2) In view of my wife's condition, what steps would you deem appropriate at this time?
- 3) If possible, please indicate the steps from most important in effect to least.

Thank you.

Name withheld

Dr. Day's Response

October, 19 - -

Dear Mr. _____:

First, let me tell you that there is hope. It is possible for your wife actually to be well. You need to understand that before you read through what I'm going to tell you in this letter.

I'm going to go through the sequence of events since your wife's first diagnosis in 1985 and show you what has gone on. However, as you read this, it will be quite discouraging to you, that's why I want to tell you right up front that there is hope. But it's necessary for

you to understand what has happened in relation to her treatment, so you can understand what she needs to do to get well.

“December, 1985: my wife had a lumpectomy in the right breast.” Most people do not realize that one must have a severely suppressed immune system BEFORE cancer can develop. Your wife’s immune system was severely suppressed in 1985, that’s why she developed cancer. Then the treatment that she underwent—radiation implants and chemotherapy—severely suppressed her immune system EVEN MORE and decreased dramatically her ability to reverse her cancer.

“October, 1987 - lumpectomy in the left breast.” The reason she developed a lump in the left breast is that she did not reverse the factors that caused the cancer in her right breast in the first place. In addition, because of her previous radiation and chemotherapy, she now had an immune system that was functioning significantly worse than it was in 1985. Again, she was treated with radiation, which further destroyed her immune system. Because of the tremendous immune suppression she already had from the treatment, the cancer was now allowed to spread everywhere in her body because her body had no ability to resist anymore. In addition, she had done nothing to reverse the factors that had allowed her to develop the cancer in the first place. So. . .

“In February, 1997 bone cancer is discovered in the thoracic vertebra, right femur and right humerus.” **This is absolutely predictable** because now her immune system is becoming progressively suppressed from the continuing “treatment.”

Now Tamoxifen is introduced. I am enclosing information on Tamoxifen showing that it is a poison that suppresses the immune system even more and also causes uterine cancer and liver cancer. The liver is the main detoxifying organ in the body, so Tamoxifen severely damages the liver’s ability to get rid of disease and toxins. She was also given Arimidex, which has numerous destructive side effects and has not even been tested to see if it causes cancer. But it is certainly known that it causes high blood pressure, excessive blood clotting, anemia, low white blood cell count, muscle pain, joint pain, pathological fractures, confusion, insomnia, anxiety, nervousness, urinary tract infection, breast pain and numerous other side effects, according to the Physician’s Desk Reference, the “Bible” of drug medications for physicians. Arimidex is poisonous just as Tamoxifen is.

“She attended Kushi Institute in August of 1997 and began the macrobiotic diet to a limited extent.” A macrobiotic diet contains very small amounts of fresh fruit or fresh vegetables and it is too heavy in protein from grains, legumes and soy. A high protein diet is detrimental for a cancer patient because protein is very difficult to digest and it requires a lot of water for digestion thus causing dehydration of the body. This suppresses the immune system even more. I tried the macrobiotic diet early on in my attempts at recovery and it did not make me better, in fact, my tumor continued to grow.

“In December of 1997 to February 1998 she received Taxol and Adriamycin.” Taxol is so poisonous that there are documented cases of fatal reactions from the drug, admitted to by the pharmaceutical company that makes it. It also causes suppression of the bone marrow, suppression of the platelet cell count (the cells responsible for normal clotting) causing bleeding, it causes anemia and susceptibility to infections. Anaphylactic reactions

(sudden collapse and death) have occurred, and peripheral neuropathies have been reported (damage to the nerves of the arms, hands, feet and legs). In addition, it causes joint pains, muscle pains, nausea, vomiting, diarrhea, hair loss, slowed heart rate, pathologically low blood pressure and elevation of the liver enzymes resulting from damage to the liver.

Adriamycin has severe myocardial (heart) toxicity and can cause fatal congestive heart failure either during therapy or months to years AFTER termination of therapy, according to the material published by the pharmaceutical company that makes it. Besides cardiac toxicity, Adriamycin also causes acute nausea and vomiting, esophagitis and stomatitis (severe ulceration and inflammatory reaction of the mouth and esophagus) and ulceration and necrosis of the colon (death of portions of the colon), especially the cecum leading to bleeding and severe infections which can be fatal. It can also cause Leukemia and many other lesser symptoms. Clearly, it is poison.

"In March of 1998, she developed a blood clot in her left arm" which is not unusual since you can see that some of the drugs that she has been taking would cause an increase in blood clots. In addition, her immune system is now severely depleted and she is now terribly dehydrated. Dehydration causes thick blood and a tendency to form blood clots. She was then given Coumadin, a blood thinner, which has numerous potentially fatal side effects including fatal hemorrhage from any tissue or organ and fatal hemorrhage into the brain. It also can cause necrosis (destruction) of the skin and other tissues, and hypersensitivity/allergic reactions, hepatitis, injury to the liver with elevated liver enzymes, jaundice, vasculitis (inflammation of the blood vessels), edema, fever, rash, dermatitis, fatigue, lethargy, malaise, vomiting, diarrhea and hair loss. And that's just a start!

In August 1998, she received treatment by an "energy healer" in New York City. It is not surprising that this appears not to have changed anything, since her cancer was NOT caused by a specific lack of "energy," it was caused by diet and lifestyle factors.

In August 1998 she had a titanium implant in the upper right arm and a partial right hip replacement, which would easily be predictable when viewing her continual deterioration.

In October 1998, a bone scan showed uptake in the left upper arm and she started semi-monthly visits again with the "energy healer."

In November, 1998, she began colonics, and as you say, the colon continues to be very sluggish owing to the pain medications, which is not surprising. One of the main causes of cancer is constipation because the body's waste material cannot be eliminated fast enough. The individual then reabsorbs the toxins that are meant to go out of the body. Anyone not having two normal bowel movements per day must take water enemas to rid their body of the toxins. Taking colonics will not necessarily decrease the sluggishness of her colon. The treatment necessary for a sluggish colon is to drink a lot of water and fresh vegetable juice, eat a diet that is high in fiber, which means fruits, grains and vegetables, and eliminate all meat, poultry, fish, dairy products and eggs, eliminate all sugar and processed food, and begin exercising, if strength permits. Of course, I realize she cannot exercise at the present time because she is too weak and too sick. She also may not be able to tolerate much, if any, raw food right now. But she certainly should be able to tolerate fresh vegetable juices and water. Of course, her pain medication is also contributing

to her sluggish colon, but since she is obviously in significant pain now, it would be difficult to stop it.

You say that a doctor has recommended Navelbine, which is another poison and can cause severe lowering of the white blood cell count and susceptibility to overwhelming infection. It has additional side effects, including damage to the nerves, severe nausea, vomiting, diarrhea, sloughing of the mucous membranes of the mouth, chest pain, and shortness of breath. In addition, this drug has not even been studied to see if it causes cancer, which it well may as so many other chemotherapy drugs do.

You say that the drug Aredia was given prior to the Navelbine. Aredia is also a poison that has numerous side effects including abdominal pain, gastrointestinal hemorrhage, sloughing of the mucous membranes of the mouth, nausea, diarrhea, nervousness, psychosis, convulsions, anxiety, atrial fibrillation, cardiac failure, high blood pressure, fainting, anemia, low platelet count, low blood cell count, and the list goes on and on.

On November 17, 1998, radiation of the upper arm was started to "stop tumor growth." Unfortunately radiation and chemotherapy don't stop tumor growth permanently. They do destroy some cancerous cells and tissues but they also destroy the immune system as well, the ONLY system in the body designed to get us well and keep us well. Radiation and chemotherapy destroy good tissue as well as bad and they NEVER destroy all the tumor cells.

In conclusion, you can now see that virtually every "treatment" that has been given to your wife, even though it may have seemed to have some short-term benefit, has been a long-term catastrophe. Radiation and chemotherapy both destroy the immune system and both cause cancer and both eliminate the body's ability to resist cancer, infection and all other diseases.

You see, the medical profession and the public look at cancer in the wrong way. It is treated as though it is a tarantula that has attached itself to the body and is slowly eating us up. Nothing could be further from the truth. We give ourselves cancer slowly, one day at a time by the way we eat and the way we live. Cancer is the result of long-term malnutrition, dehydration and stress. We cannot get rid of cancer by destroying our immune system even more and eliminating all the barriers we have to the spread of cancer. What we must do is reverse the factors that caused the cancer in the first place. That means we have to feed our bodies properly, get huge amounts of nutrition into the body very rapidly, hydrate the body and eliminate stress. Every single treatment that your wife has had, has destroyed her immune system even more.

The question now is, can she get well? The answer is, Yes, it's possible. She has had such enormous damage done to her body by the many "treatments" she has received by the doctors that have added to the suppression of her immune system, that it's going to take a Herculean effort to bring her out of the "pit" she is in. Her only hope is to follow the natural health plan on my video, "**You Can't Improve On God**," the plan that I used to get well. This plan must be followed with "marine training" commitment. She will have to have all of her thirteen juices freshly made in a juicer daily and she must drink them within five minutes of the time they are made. No corners can be cut! No compromises can be made! She must have whole natural foods, organically grown. And she must follow all

other points of the plan with equal commitment. The proper diet is critical, but it is only ten percent of the plan. **All the other parts of the plan are just as important and must be followed with 100% commitment** (except exercise, right now because of her weakened condition.)

In answer to your question about supplements, supplements will not save her. Not only that, I started taking supplements early on in my attempts to recover, but the **supplements made my tumor grow**. Supplements are unnatural. We need to get our vitamins and minerals from fresh whole foods or fresh vegetable juices the way God made them. I do not recommend any vitamin and mineral supplements.

In answer to your question number two: As I just stated, in view of your wife's condition, the steps I would take now would be to try to help her dig out of the deep pit she is in, by following with 100% commitment the plan on my video "**You Can't Improve On God.**"

In answer to your question number three: All of the ten steps on my video are absolutely mandatory if she is to have any chance for recovery.

Your wife has NO chance for recovery with orthodox medicine. They will just give her more and more poisons until she has no life left. The ONLY chance she has for survival and health is to reverse the enormous damage that has been done to her already, by rebuilding her immune system by natural methods.

I don't know if you have watched any of my videos, but the videos that would be helpful to your wife right away are: "**Cancer Doesn't Scare Me Anymore,**" "**You Can't Improve on God**" and "**Diseases Don't Just Happen.**" You need to watch them over and over again, particularly "**You Can't Improve on God,**" taking notes as you watch. Then eventually she can watch the others, one at a time.

I realize that this letter contains a strong dose of reality, but I have talked as straight as I can. The picture is grim, but there is hope! There are NO incurable diseases. God says He "forgives all our sins and heals **ALL** our diseases" Psalm 103:3.

I do not know if you are Christians, but God is the Healer. He just heals through His natural Health Plan, which is on my video. I would suggest that, if you have never prayed before, you start praying now and ask God to open your mind so you and your wife can understand how she can rebuild her immune system. It will take a lot of Bible study and prayer as well as total commitment to the plan for her to get well, but she CAN do it.

Sincerely,

Lorraine Day, M.D.

Fill in the Answers as You Watch the Video

Cancer Doesn't Scare Me Anymore

These questions are a note-taking guide to **some** of the specific points in this video. This video contains **far more information** than just the answers to these questions. You must watch the videos repeatedly.

Questions

1. What is the Garden of Eden diet?
2. What does the word "pharmacy" mean?
3. What does the word "pharmacist" or "druggist" mean?
4. Is cancer genetic?
5. If cancer is "transmitted" from one generation to another, how is that done?
6. Why do the elderly women in Japan have a very low incidence of breast cancer?
7. What happens when those same women move to America and change over to the American diet and lifestyle?
8. Cancer and virtually all diseases are caused by a combination of three factors. What are they?
9. How could Americans possibly be suffering from malnutrition? Aren't they eating enough calories?
10. What percentage of the body is composed of water?
11. What percentage of the brain is composed of water?
12. What percentage of cancers does the American Cancer Society admit could be prevented by a change in diet and lifestyle?

13. What percentage of cancers could be prevented by a change in diet and lifestyle, according to the Harvard School of Public Health?
14. Are all cancers different, or are they basically the same?
15. All cancer is the result of an _____ that's not working properly.
16. What must you do so your body can fight cancer?
17. Do some treatments work better for some people than others, because "everybody is different?"
18. Briefly name the ten steps in the natural health plan.
19. Is it okay to get your vegetable juice from a grocery store?
20. What is the percentage decrease in the incidence of cancer of the breast in women if they exercise four hours per week?
21. How many glasses of water does your body lose every day just by living?
22. Is it okay to get your water intake each day by drinking coffee and alcoholic beverages?
23. How does sunlight affect the size of internal cancerous tumors?
24. Which causes cancerous tumors to grow faster, breathing indoor air or breathing outdoor air?
25. What time should you be in bed each evening?
26. What is the best way to relieve stress?
27. Does your attitude affect your healing?
28. Is it good to selfishly focus on yourself most of the time while you are sick?

29. Can you get well if you watch regular entertainment television?
30. Is cancer caused by a deficiency of chemotherapy?
31. Is cancer caused by a deficiency of radiation?
32. What is the only way you can really cure cancer or any other disease?
33. What do you need to know in order to cure it?
34. Why do medical schools teach only about drugs and surgery in the training of doctors?
35. Do chemotherapy and radiation actually cause cancer?
36. How does chemotherapy work?
37. What does it do to the cells?
38. What do chemotherapy and radiation do to a person's immune system?
39. What is the only system your body has to keep you well and get you well if you're sick?
40. Name five cells or organs that are part of the immune system.
41. Is it possible to develop cancer if your immune system is working properly?
42. Name the three common, immediate, generalized toxicities (side effects) of chemotherapy.
43. Name four specific additional toxicities (side effects) of chemotherapy.
44. Do chemotherapy and radiation both CAUSE cancer?

45. Name ten side effects of radiation.
46. Why do hospitals and the medical establishment promote chemotherapy, radiation and major surgery for the treatment of cancer?
47. Why do women with breast cancer in one breast have a relatively high incidence of developing cancer in the other breast?
48. Can this problem be eliminated?
49. In a study from the University of Illinois, what were found to be the chances of a cancerous tumor growing as a result of just undergoing a major surgical procedure?
50. What's the difference between an excisional biopsy and a needle biopsy?
51. Name five side effects of the hormonal therapy, Lupron.
52. Interleukins are in the category of Biologic Response Modifier drugs. Give five side effects of interleukins.
53. What four organizations are the major controllers of the Cancer Industry?
54. Nitrogen Mustard is a poisonous gas, a chemical warfare killing agent and the grandfather of chemotherapy agents. Name three chemotherapy drugs that are used regularly today that are in the Nitrogen Mustard family.
55. What was Nitrogen Mustard developed to do?
56. Does America have a free press or is it controlled?
57. The American Cancer Society was originally founded by whom?
58. From the start, what was to be the role of the American Cancer Society?

59. The majority of the money collected by the American Cancer Society goes to pay for what?
60. The American Cancer Society collects hundreds of millions of dollars a year from the American public. What does their charter say they must do the day a cancer cure is found?
61. The National Cancer Institute is a government research agency that takes taxpayer dollars to fund research in support of scientists at various institutions. Is the National Cancer Institute working for you or working for the pharmaceutical industry?
62. The FDA is supposed to protect the public and police the pharmaceutical industry. Is that happening?
63. Are the cancer "survival" statistics filled with deceit and fraud?
64. Have conventional cancer treatments been able to stop the rise in the cancer death rate?
65. The FDA regularly approves dangerous, often lethal drugs. Do they or anyone else in the medical profession ever get raided, arrested, or jailed when either one person or thousands of people die from their dangerous drugs?
66. Has the government and medical establishment's "war on cancer" been a total failure?
67. Cancer is big business. What was the estimated cost of care for Americans with cancer over the last twenty years?
68. A mammogram is an X-ray. X-ray is radiation. What does radiation cause?
69. Over a ten-year period, if a woman has a mammogram every six months, what is the percentage increase in her risk of developing breast cancer just from the radiation from the mammogram?
70. Since a mammogram is an X-ray and X-rays cause cancer, what is the safe alternative for finding a lump in the breast?
71. Is a diagnosis based on a frozen section as accurate as a diagnosis based on a regularly prepared biopsy specimen?
72. What are the only treatment options that a doctor will present to you for treatment of cancer?

73. Radiation to the chest causes damage to the heart and can increase your chances of having a _____.
74. Estrogen in birth control pills and hormone replacement therapy increases your risk of breast cancer. What is another factor, a frequently well kept secret, that is an even bigger risk factor for breast cancer?
75. Before a bone marrow transplant can be done, doctors must give you massive doses of _____ before the transplanted cells can be placed into your body.
76. Is it normal to have benign breast lumps?
77. A man with prostate cancer will have an elevated PSA. Radiation or chemotherapy can bring it down. Does that mean the cancer is being cured?
78. If you have cancer, does the doctor know how long you are going to live?
79. If he gives you a specific period of time, what does that do to your psyche?
80. Does disease begin in the physical body or are our physical symptoms at least in part the result of our attitudes and our selfish nature?
81. Is it possible to get well while you are harboring anger, greed, worry or anxiety?
82. There is only one person who lived a perfect life on earth, and He is the only life that we should use as a model. Who is that?
83. The wisdom of man is _____ with God.
84. Name nine factors we must cultivate in our attitudes in order to change our cell structure and bring life and health to a sick and dying body.
85. Who is the only One who has the knowledge and ability to heal your body?
86. Must you wait for a miracle, or is there a plan you can follow that God guarantees will make you well?

How to Proceed

My advice on how to proceed if one has just been diagnosed with cancer or some other life threatening disease.

1. If you are a Christian, get down on your knees and pray. Give the problem to the Lord. Recognize that the Lord did NOT give you this disease, you gave it to yourself just as I did, one day at a time, by the way we have been eating and living and handling (or NOT handling) our stress.

If you are not a Christian, pray anyway. God is the Healer. He just does it through His natural health plan. If you have never prayed, and don't know how to pray, and feel uncomfortable praying, do it anyway.

Just say a silent prayer to God something like this: "God, I don't even know if you exist." (He knows that you feel that way anyway, so you might as well be honest about it.) "But, if you do exist and you are interested in me, I am willing to follow YOUR natural health plan to get well. Please help me."

I can assure you, from personal experience, and from what the Bible promises, that God is VERY interested in you. He is just waiting to help you get well and to give you peace and comfort. All you have to do is give the problem to Him, and follow His plan. There will be times when you will be discouraged and the road will be rocky, but He will always be there to pick you up again, if you will only let Him. That means, of course that you must follow **only** God's totally natural health plan, rather than following the plans of man's devising.

2. Watch my videos **repeatedly**, until you understand the concepts regarding the factors that cause disease. All the videos are important as each one has different information. You must have your **own** videos, rather than borrowing them, because you will need to refer to them again and again. Schoolteachers know that a student, whether a child or an adult, **must hear something at least eight times before they really understand it**. That's why you must watch the videos repeatedly.

A good plan is to watch "**You Can't Improve on God**" (which contains the **EXACT** plan I used to get well) every other day for three weeks, then once a week for an additional four weeks. You'll pick up something new each time. Then watch it again once a month until you are well, just to keep on track.

3. Take notes as you watch, as though you were going to take a test on the material. The video question sheets in this workbook will help you.

4. Write down the 10 steps of the health plan and specifically write down what is involved in each step and what you have to do.
5. Make out a juicing schedule.
6. Write down the specific recipes for the carrot/apple juice and the green leafy vegetable/apple juice.
7. Make out a daily schedule incorporating ALL ten steps of the plan.
8. THEN START IN!
9. And do it ALL! That's the ONLY way to achieve success.
10. If you have questions later, watch the videos again, as often as necessary.
11. Start, one by one, ordering, reading and viewing the reference books and videos listed in the "Curriculum" section of this workbook and those listed at the end of the videos "**You Can't Improve on God**" and "**Diseases Don't Just Happen**" and my other videos. Educate yourself. This will increase your commitment to getting well. You can't get well unless you are totally involved. You MUST study! These additional books and videos will help you understand **why** the plan works.
12. The book "**Your Body's Many Cries for Water**" by F. Batmanghelidj, M.D., is a "must-read" for everyone who is ill with ANY disease. It's available from Rockford Press at 1-800-574-2437 or through the web site at www.drday.com.

What Kind of Water Should I Drink?

What's wrong with tap water?

Although most public health officials claim that your drinking water is safe, they don't really know if it is, or not. In fact, they can't even define the term "safe." Federal and state safety standards for drinking water cover only a small fraction of the toxic substances that may be in your water.

Fluoride is a poison, a waste product of aluminum production, and the evidence for its ability to decrease tooth decay is very flimsy.

There are known cancer-causing chemicals in virtually every public water supply in the country. Chlorine, added to water to kill bacteria and viruses, is a poisonous gas. Many thousands of Americans every year become ill, and many have died from tap water-borne infections, even though the water has been treated by approved federal and state safety methods.

Why doesn't the government make sure that tap water is safe?

It would cost a lot of money to make it safe, politicians support industries that pollute water, and water utility companies and other governmental agencies often don't really care about the safety of the public.

Is industry still polluting water. If so, why doesn't the government stop it?

It would cost a lot of money to find another dumping ground for industrial pollutants, and industry pressures the government to allow the pollution to continue.

Is Well Water Safe?

Well water must be tested to determine safety. Laboratory tests usually include testing for: metals, volatile organic compounds, inorganic chemicals, pesticides, herbicides, PCBs and microorganisms.

If I want to drink bottled water, what kind should I buy?

Buy a well-known, major brand from a store that sells a lot of it. On the label it should say "drinking water," "purified water," or "distilled water." Then call the company and ask them to send you information on the exact processes used to purify the water.

What about "spring water," or "mountain spring water"? Don't natural springs have the purest water?

Natural sources are sometimes contaminated by naturally occurring pollutants. Find out from the company if the water has been tested and/or purified in some manner.

Is vending machine water safe?

It can be some of the safest water. Make sure you choose a popular location where the machine gets a lot of business. Use clean containers. And check for a seal or label on the machine indicating that it is regularly inspected by your local health agency.

I don't want to buy bottled water. How can I best purify my water at home?

The main types of water purifiers for home use are: **filters, reverse osmosis, distillers and ultraviolet light.**

Types of Filters

There are several different kinds of filters. **Sediment filters** remove dirt and other particles from the water. **Carbon filters** remove a wide variety of chemical pollutants, particularly organic chemicals such as industrial chemicals and pesticides. Good quality carbon filters will remove 80-99 percent of the organic chemicals, chlorine and bad tastes and smells from the water. They will not remove microorganisms (bacteria and viruses). Specially designed **membrane and ceramic filters** can remove bacteria and parasites, but usually they cannot remove viruses, because of the small size of the virus. Another process, ozonation, has the ability to kill viruses and bacteria.

Reverse Osmosis Water Purifiers

In this process, a thin synthetic membrane is used with pores large enough to pass water molecules but too small to pass larger molecules. Reverse osmosis can remove organic chemicals, some microorganisms and toxic minerals, such as lead. But it can't remove chlorine or bad tastes and smells from the water.

Reverse osmosis units are rarely used alone, but rather in combination with other types of purifiers such as carbon filters, sediment filters and bacteria filters.

Distillers

Distillation works by boiling water to produce steam that is then cooled and condensed back into water. Distillation removes the widest variety of pollutants from water of any single purification method. It removes microorganisms, additives such as chlorine and fluoride, toxic minerals and bad tastes and smells. But it cannot remove organic chemicals.

Ultraviolet Purifiers

Ultraviolet (UV) is an effective killer of bacteria and other microorganisms, but it is ineffective against those with hard coverings, such as giardia cysts. Ultraviolet purifiers are made specifically for disinfecting water and will not remove other pollutants.

Natural Methods of Pain Control

Water is one of the very best pain relievers!

The best way to eliminate pain is to reverse the disease that is causing the pain. This is done by following the Ten-Step Plan. In the meantime, the methods listed below can be helpful for pain relief.

Water drinking, as directed on the videos, will:

A) help eliminate pain by:

1. increasing detoxification of the body's waste materials
2. decreasing congestion in the sinuses, lungs and vital organs
3. decreasing muscle spasm in the neck, back and other areas, allowing the muscles to relax
4. detoxifying and dissolving poisonous waste materials in the blood, aiding their elimination through the urine, feces, sweat and lungs (breath)

B) help decrease the propensity to form blood clots by naturally and safely thinning the blood

C) decrease constipation and greatly improve intestinal peristalsis

D) decrease and often eliminate ulcer-type pain. Drinking of two or three glasses over a 15-minute period of time will remarkably decrease this type of pain.

Drinking of charcoal (medical grade), 2 tablespoons in an 8 ounce glass of water, will help relieve gas or nausea.

Warm water bath:

A warm water bath will calm, soothe and relax, thereby decreasing tension and will help to relieve pain.

Massage:

Gentle massage of the body relaxes, soothes and relieves tension and pain. Do not massage cancerous tumors or tumorous areas.

Poultices:

Charcoal Poultice:

Pain is often produced by toxins. Charcoal poultices applied to the abdomen or other painful areas on the body, absorb the toxins and decrease pain. They also:

1. reduce inflammation
2. help reduce local infection, both internal and external
3. decrease diarrhea and gas
4. help detoxify and deodorize infected wounds and ulcers

To make a charcoal poultice:

1. Obtain medical-grade activated, powdered charcoal from a pharmacy. It may have to be ordered by the pharmacist.
2. Use enough activated charcoal powder to generously cover the area determined.
3. Add just enough water to make a charcoal paste. Cornstarch, ground flaxseed or arrowroot may be mixed with the paste to keep it from drying.
4. Spread the paste on half of a plain white paper towel (no colored dyes) and fold the other half over to cover the charcoal paste mixture.
5. Place the poultice directly on the problem area.
6. Cover the poultice with plastic wrap to keep it moist and to keep the charcoal from staining the clothes. (Usually the charcoal will wash out quite easily.)
7. The edges of the poultice and plastic may be taped in place if the surrounding skin is normal. Leave the poultice on as long as necessary. It can be in place for an hour, or several hours, or even all night. After a time, it may become messy and need to be removed.

Other poultices are made in basically the same way, just using different substances such as herbs, for instance:

- a) Charcoal and hops poultice: Good to relieve gallstone pain quickly.
- b) Slippery elm poultice is excellent for inflamed sores.
- c) Carrot poultice (grated raw carrots): Excellent for cleaning offensive sores.
- d) Bayberry poultice: Used in the treatment of foul ulcers, old sores and cancerous sores.

- e) Poke root poultice is good for an inflamed or sore breast.
- f) Sage poultice can help relieve breast inflammation and soreness.
- g) Poultices of wintergreen, fenugreek, mullein or nettle have been reported to be useful in helping to dissolve tumors.

Pain-relieving (analgesic) herbs:

- a) Drinking Pau d'Arco tea (also called Taheebo or Lapacho tea).

Warning: Pau d'Arco tea can occasionally cause nausea, especially if taken in large amounts. Three or four cups, even six cups a day is fine, if the tea does not cause you to be nauseated.

1. lessens pain, especially pain from cancer of the prostate, liver and breast
2. stimulates production of red blood cells in the bone marrow
3. inhibits free radicals
4. antibacterial and anti-viral, including inhibition of flu and cold viruses, herpes, and HIV viruses
5. antifungal, including inhibition of the *Candida albicans* fungus
6. anti-inflammatory

Safety data: Any side effects of Pau d'Arco appear to be self-limiting and reversible. It has a possible anti-vitamin K effect, and can increase the amount of toxins in the blood stream as it cleanses the toxins from the cells. Once the cells are "cleaned up," the toxicity disappears.

Sources for information: *Scientific Validation of Herbal Medicine*, by Daniel Mowrey, Ph.D., 1986, Keats Publishing, New Canaan, CT and *Herbal Tonic Therapies*, 1993, same author and publisher.

- b) **Passion Flower tea:** Acts as a gentle sedative. Helpful for anxiety, hyperactivity, insomnia and stress-related disorders. Do not use in high doses or regularly. *Nutritional Healing*, J and P Balch, Avery Publishing Pg. 75
- c) **White willowbark:** Its ability to reduce fever and alleviate pain has been known for centuries. *Back to Eden*, Jethro Kloss, pg. 231
- d) **Catnip, mullein, nettle, and chamomile** also have been known to relieve pain, either in capsules or teas. *Back to Eden*, Jethro Kloss, pg. 247

The Dangers of Microwave Ovens

Nearly every American home has a microwave oven. They are convenient and energy efficient and are used by many Americans every day, whether at home or at work. Most Americans don't even think to question the effects of the microwaves directly on their body or the effects on their body indirectly from eating the food that is heated in the microwave oven. They assume that if it is marketed to the public, it is safe.

Unfortunately, this is not true. Microwave cooking is not natural nor is it healthy and, in fact, it is far more dangerous to the human body than anyone could imagine. But these dangers, like many others, are being suppressed by the manufacturers as well as the politicians.

How do microwave ovens work? Their mechanism is completely different from a regular oven. Microwaves are a form of electromagnetic energy, like light waves or radio waves. The microwave oven produces microwave radiation, which interacts with the food by changing the polarity of the molecules in the food from positive to negative with each cycle of the wave. This change in polarity can occur as rapidly as a billion times per second. Food molecules, including the molecules of water which comprise a large percentage of food, have a positive and negative end, called a pole, in the same way that a magnet has a polarity, a negative or positive end, a north or south polarity.

Microwave ovens use alternating current (AC), which creates frictional heat. This is different from the microwaves from the sun, which are based on direct current (DC), which does not create frictional heat.

The Effects of Microwaves on Food

A number of warnings have been made public, including a warning about changes caused in milk when heated in a microwave oven. In infant formulas there may be a loss of some vitamins and a loss of immunoglobulins, which are important for a baby to maintain its resistance to disease. (Report from Young Families, Minnesota Extension Service, University of Minnesota, 1989.)

A study in the April 1992 issue of the medical journal *Pediatrics* reports that warming breast milk in a microwave oven at high heat (72° C to 98° C) destroys 98% of its immunoglobulin-A antibodies, which are necessary for the immunity that breast milk gives to the infant.

In the prestigious medical journal *Lancet*, December 9, 1989, Dr. Lita Lee of Hawaii reports that microwaving baby formulas can convert certain amino acids, the building blocks of protein, into biologically inactive substances, and some other amino acids are converted into forms that become **neurotoxic**, poisonous to the nervous system, or **nephrotoxic**, poisonous to the kidneys.

One short-term study found significant and damaging changes in the blood of individuals consuming microwaved milk and vegetables. Eight volunteers ate various combinations of the same foods, which were cooked different ways. But all the foods that were processed through the microwave ovens caused changes in the blood, including **decreased hemoglobin levels, increased white blood cell levels and increased cholesterol levels.**

Thorough research on the biologic effects of microwave ovens has been done by the Russians who **banned microwave ovens in 1976**. The Soviets issued an international warning on the health hazards, both biological and environmental, of microwave ovens and similar frequency electronic devices. Other eastern European scientists also reported the harmful effects of microwave radiation and set up strict environmental limits for their usage.

Following is a summary of the Russian investigations, which is published by the Atlantis Raising Educational Center in Portland, Oregon.

*Microwaving of prepared meats, milk and cereal grains, thawing frozen fruits, extremely short exposure of raw, cooked or frozen vegetables, all produced carcinogenic substances in the food.

*Decreased food value of 60% to 90% occurred in all foods tested, including decreased bioavailability (the ability to assimilate the substance) of vitamin B complex, vitamin C, vitamin E and essential minerals, and the degradation of nucleoproteins in meat.

In her book "Health Effects of Microwave Radiation—Microwave Ovens," Dr. Lita Lee states that changes were observed in the blood chemistries and the rates of certain diseases among consumers of microwaved foods. The following is a sample of these changes.

*An increased rate of cancer cell formation was observed in the blood.

*Increased rates of stomach and intestinal cancers.

*Higher rates of digestive disorders and a gradual breakdown of the systems of elimination.

*Lymphatic disorders, leading to a decreased ability to prevent certain types of cancer.

Biologic Effects of Microwave Exposure

Microwave ovens emit 60-Hz radiation like any other home appliances. The oven door is the most dangerous for microwave leakage, but 60-Hz fields can occur all around them, especially in the back. There is danger if one stands within three feet of the microwave while it is working. The biological effects include:

*Degeneration and destabilization of the cell membrane potentials in the body.

*Degeneration and breakdown of nerve electrical circuits in the body.

*Loss of bioelectric strength in the reticular activating system (the system which controls consciousness).

*Destabilization and interruption in the production of hormones and maintenance of hormone balance in both males and females.

*Markedly higher levels of brainwave disturbances leading to loss of memory, loss of ability to concentrate, interruption of sleep and slower intellectual processes.

Why isn't the public being told about these hazards?

1. The microwave industry is **big business**.

Microwave ovens are only a small part of a large network of corporations that are responsible for significant potential hazards of microwave radiation to the general public. Following World War II, most of the original long distance telephone cables were replaced with microwave links. New technology that is more efficient is now replacing those microwave links, but microwave usage by various service agencies, utilities, and commercial establishments is growing. But when questions of safety are raised over an existing or proposed microwave installation, the public is assured that the radiation is "not harmful."

2. The microwave industry is connected to powerful secret agencies.

"The Central Intelligence Agency funded research on electromagnetic mind control at least as early as 1960, when the notorious MK ULTRA program, mostly concerned with hypnosis and psychedelic drugs, included money for adapting bioelectric sensing methods (at that time primarily the electroencephalograms) to surveillance and interrogation, as well as for finding techniques of activation of the human organism by remote electronic means." *The Body Electric* by Robert O. Becker, M.D., pg. 320

3. Radar results in microwave emissions, as well.

"In 1964, a group of researchers studying Down's Syndrome at the Johns Hopkins School of Medicine, after linking the malady to excess X-rays given to pregnant women, found an unexpected further correlation with fathers working near radar...Higher than normal numbers of chromosome defects were found in the blood cells of radar men...By this time an Alabama Professor of Public Health, Dr. Peter Peacock, found an apparent surge in birth defects among children of radar-exposed Army helicopter pilots. He found the incidence of clubfoot deformity in the babies born to these pilots was 400% greater than expected.

Peacock and others tried for five years to follow up on the disturbing information but were constantly obstructed by federal agencies who refused to release work records, medical files and radar inspection records on grounds of "privacy" and "national security." *The Body Electric* by Robert O. Becker, pg. 301

The conclusions of these studies and the scientific studies in several other countries, including Russia, tell us clearly that we can no longer ignore the dangers of microwaves!

Recommended reading.

The Body Electric, by Robert O. Becker, M.D., and Gary Selden
published by Quill: William Morrow, NY.

Cross Currents: The Perils of Electro-Pollution, by Robert O. Becker, M.D., published by Jeremy P. Tarcher, Inc., Los Angeles.

Warning, The Electricity Around You May be Hazardous to Your Health, by Ellen Sugarman, published by Fireside, Simon & Schuster, NY.

Liver and Gall Bladder Cleanse

The liver is the main detoxifying organ in the body. If the liver is overloaded, it will not be able to perform its work of eliminating the poisonous waste that the blood brings to it.

Implementing the natural vegetarian diet this health plan promotes, drinking lots of fresh carrot and green leafy vegetable juice plus additional water, as well as exercise, sunlight, rest and fresh air will slowly and safely begin detoxifying the liver so it can perform its proper functions. **In most cases nothing more is necessary.**

If you feel you want to do something more, a water or vegetable juice fast for three days can help detoxify the liver and help purify the blood, but only if the intestines are eliminating the waste properly. If you are not having two normal bowel movements per day, then you must take water enemas to help eliminate the waste matter.

I do not recommend a juice or water fast for more than three days at a time. It can be dangerous, particularly for someone who has had chemotherapy. If the massive amount of toxins that are sequestered in the liver and other organs are suddenly dumped into the blood stream, the body can be overwhelmed and the person can become very sick, very rapidly.

A fruit diet for a week or ten days also can be helpful in cleansing the liver, but again the intestines must be capable of eliminating the waste matter. If you are constipated, the liver cleanse will not work.

Eliminating Gall Stones Naturally

Gall stones are caused primarily from eating too much fat, particularly animal fat, and too much cholesterol, which again is found in animal products such as meat, poultry, fish, milk, cheese and other dairy products, and eggs. Prevention of gall stones requires a diet low in fat and cholesterol, the diet that is required in the health plan promoted in the videos and in this workbook.

Even if you have had your gall bladder removed, gall stones can still develop in your liver.

Many have successfully eliminated their gall stones by following the natural method promoted by Jethro Kloss, author of the classic natural health book, *Back to Eden*:

1) **DAY ONE:** Sip a cup of hot tea made of equal parts of the following herbs: hyssop, gentian root, skullcap, and buckthorn bark. First, mix the dry herbs thoroughly, then use a heaping teaspoon to a cup of boiling water to make the tea. "Steep" the tea by mixing the herbs in the cup of boiling water, then cover the tea cup with a saucer for 5 minutes. The tea can then be strained to remove the remaining herbs, if you wish. *Back to Eden*, available at your local bookstore.

Take a cup of this tea every hour the first day. This will help liquefy the bile and improve the liver.

2) **DAY TWO:** Take one cup of the same tea four times a day, an hour before each meal and one upon retiring.

Be sure your diet is highly nourishing and alkaline. A diet of fruits, grains and vegetables as this health program promotes, is an alkaline diet. Fruit juice, such as orange juice and grapefruit juice, are alkaline foods, not acid, and are helpful with this condition.

Meats, poultry, fish, dairy products and eggs are acid producing and should be avoided permanently.

3) **DAY THREE:** Take the tea first thing in the morning on an empty stomach. One-half hour after taking the tea, take four ounces of olive oil and four ounces of lemon juice or grapefruit juice blended thoroughly together. After taking the lemon juice and olive oil, lie on your right side, with the hips elevated by placing two pillows beneath them. A thorough massage under the right ribs, rubbing towards the center of the body can facilitate the passage of the gallstones. Stay in this position for 20-30 minutes.

Drink the tea 3 more times during the day, one hour before each meal.

4) **DAYS FOUR AND FIVE:** Repeat the entire procedure noted in #3 above, for these two additional days. In other words, the olive oil mixed with lemon juice or grapefruit juice should be taken once a day for three days in a row, each time followed by positioning yourself on your right side with the hips elevated for 20-30 minutes. Drink the tea 3 more times daily, one hour before each meal on each of these three days that the olive oil/citrus juice combination is taken.

You may also take the olive oil and lemon juice separately as follows: two tablespoons of lemon juice, followed by two tablespoons of olive oil, or vice versa, on an empty stomach (except for the prior herbal tea).

If successful, the gall stones will pass into the intestines and be eliminated with the bowel movements.

If unsuccessful, the entire procedure can be repeated a month or so later.

Nutritional Implants and Hydration Through the Colon

Warning: If one has a perforation or obstruction of the colon or any other contraindication, then enemas or implants should not be done.

The implants can be done with carrot juice, wheat grass juice, or green leafy vegetable juice, or just water, preferably distilled or purified water.

1. Use a good enema bag which can be purchased at the drug store or, better yet, an enema bucket which can be purchased at a drug store or medical supply store. Fill the bag or bucket with warm water (body temperature).

2. A warm water enema should be taken one half hour before each implant. If a second implant is taken within two hours of the first, the water enema can be eliminated before the second implant.

3. Allow the water to fill the tube clear to the tip to eliminate any air in the tube that might cause discomfort. Lubricate the enema tip with olive oil. Lie on the left side so the water will go into the colon easily.

4. Insert the enema tube approximately 3 inches into the colon. Don't push if there is resistance. Release a small amount of water at a time by controlling the clamp on the enema tube, so the colon will not spontaneously contract and expel the water. Keep your hand on the tubing, so it stays in place and does not dislodge.

5. Allow all the water in the bag or bucket to drip into the colon slowly. Try to retain the water for 10 minutes, or as long as possible up to 10 minutes, before expelling the water into the toilet or into a bedpan.

6. If there is a sense of fullness while taking the enema, one can turn over on the back or onto the left side to complete the procedure. If the first enema does not clean the colon sufficiently, another enema can be taken before the nutritional implant.

7. Wait about a half hour after the enema before beginning the implant, whether it is to be just water for hydration, or juice for nutrition and hydration.

8. During this half hour, the juice can be made, whether wheat grass juice, carrot juice or green leafy vegetable juice. Begin with a third of a cup of juice undiluted (the juice should be at room temperature), gradually increasing to a cup over the first three days. Proceed with the

implant just as with an ordinary enema. Drip the water or juice in very slowly, so it will not be spontaneously expelled, but retain the fluid for twenty minutes or longer, but no longer than thirty minutes, or dissolved waste materials may be reabsorbed into the blood stream.

If there is difficulty holding the implant in the colon, the person can elevate the lower half of the body and press the rectum closed hard with their voluntary muscles. Enemas and implants seem difficult at first, but get easier with time. If one persists, he or she will eventually succeed.

Frequently Asked Questions

How Big is a Glass?

One question people frequently ask is "How big is a glass?"

ANSWER: When I refer to a "glass" of vegetable juice or a "glass" of water, I mean **8 ounces**. Look at a measuring cup in your kitchen, it says "8 ounces." Or maybe people aren't cooking at home anymore, instead it seems the whole world is eating out at fast-food restaurants! That is, of course, one big reason why so many are so sick.

You **MUST STOP** eating out!

For Those Recently Diagnosed With Cancer

Cancer is cancer! Whether it is prostate cancer, stomach cancer, brain cancer, breast cancer, lymphoma, melanoma, leukemia (cancer of the blood) or any other type of cancer. ALL cancer is the result of an immune system that is not working properly. Fortunately, ALL cancer responds to rebuilding the immune system by natural methods. The immune system **cannot** be rebuilt with drugs because ALL drugs have side effects that eventually suppress the immune system and damage the body even more.

Don't Be Afraid!

If you have just been diagnosed with cancer, or some other serious disease, **DO NOT BE AFRAID!** Yes, the situation is serious, but stay calm and don't let ANYONE pressure you into accepting a treatment if you have not had time to understand its potential side effects. Understand that there ARE options! Cancer is NOT something that suddenly drops out of the sky like a big tarantula that grabs on to your body and starts eating your flesh. It took years for cancer to develop, one day at a time. You have the time—and the right—to settle down and intelligently evaluate what you are going to do. Don't be unnecessarily pressured.

Can I Rebuild my Immune System if I have Already had Chemotherapy and Radiation?

Yes, it is still possible. There is **NO** way to get truly well other than to rebuild your immune system. But it must be done naturally, not with drugs. After having chemotherapy and/or radiation, you must "dig yourself out of a deeper hole" so it takes longer to get the immune system working properly. The **ONLY** way you can get well is by following God's natural health plan, by reversing the factors that allowed you to develop cancer in the first place, and by repairing the enormous damage that your "treatment" has done to your immune system. You have **NOWHERE ELSE** to turn but to God's natural health plan!

Should I Use Supplements?

When I first started trying to get well from cancer, I used a lot of supplements. **But my tumor GREW!** (See the pictures on my videos!) So I **stopped** ALL supplements and went completely natural—natural food, natural juice and pure water, plus all the other parts of the plan. You will notice on my video **“You Can’t Improve on God,”** I do NOT include any vitamin and mineral supplements. On the video **“Sorting Through the Maze of Alternative Medicine”** I tell you why I don’t!

The only “supplement” that I found helpful was a **whole food**, the dried juice of the young green barley plant, which contains the widest variety of important nutrients in the plant kingdom. The brand I recommend is on my website. But remember, it is a natural, whole food, not food that has been taken apart and concentrated into individual vitamins and mineral pills.

Not Just a Diet!

Also remember, the plan on my videos is **NOT just a diet!** The proper natural diet is absolutely **CRITICAL** for recovery from every disease, but it is **ONLY ONE** part of the ten-part plan. **ALL OTHER NINE PARTS** of the plan are **EQUALLY IMPORTANT!** I could not get well on the diet alone. I had to incorporate **ALL** ten parts of the plan in order to get completely well.

TRUST IN GOD was also essential for my complete recovery. It’s the only way to have true peace in your life. God is the Healer. He just does it through His natural health plan, the natural things He has created for our good. He is the **ONLY** one who knows exactly what is wrong with you and **EXACTLY** how to make you well. And He wants to have a daily relationship with you. He will give you the strength, courage, determination and self-discipline to follow the plan, if you ask Him daily. Spend time with Him every day, so you can get to know Him as your Father and Friend, then you can trust Him with your life. Remember, “I can do all things through Christ who strengthens me” Phil. 4:13. If you are having trouble in this area, watch my video **“Believing is Seeing!”**

Will I Gain Weight?

People with cancer sometimes write to tell me they have lost a lot of weight. They want to know what they should eat to gain weight. The foods that would help you gain weight will also cause your cancer to grow. The answer is to **STOP** worrying about intermediate end points such as gaining weight. You have lost weight because **YOU HAVE CANCER!** **STOP worrying about gaining weight** and focus instead on **GETTING WELL!** When you get well, your proper weight will return.

NO “Quick Fix!”

Remember, there is **NO “Quick Fix!”** We make ourselves sick one day at a time by the way we eat and the way we live. Fortunately, we can reverse those factors, but we must do it the same slow way—one day at a time! We are conditioned to want to take a pill or a shot, get it over with

right away and get on with our life, living and eating the same way we always have. But that way of eating and living is what has made us sick in the first place.

We **must change** just about everything in our life in order to get well. From the time I got the whole plan together as detailed on my video **"You Can't Improve on God"** and began implementing it with 100% dedication, **it was 18 months until I was totally well!**

Reasons for Failure!

Every so often I receive a letter from someone who says, "I've been following your plan for a certain number of months, and I'm not getting any better." When I send them a short standard set of questions (see "Questionnaire"), it becomes apparent that they really are NOT on the plan— at least NOT the ENTIRE plan! Please read the section in this workbook on "Reasons for Failure" and make sure you are NOT in any of these categories.

It **IS** possible to get well from cancer and other serious diseases, by rebuilding the immune system. **But the plan MUST be followed with 100% dedication, like "Marine Training!"** Cancer is serious business, and you can't just "play around" with the plan. **IT MUST BE DONE WITH YOUR WHOLE HEART AND SOUL!** Your ENTIRE focus must be on getting well. Just like David standing in front of Goliath, you can **NEVER** take your eyes off what is trying to kill you. And remember, it's not just a "diet"— it's a **WAY OF LIFE!**

For Those With Other Specific Diseases

For those who do not have cancer but have another disease or disorder, my video entitled **"Diseases Don't Just Happen"** covers virtually ALL types of diseases and disorders and at the end tells you how to get well without drugs. The video **"You Can't Improve on God"** gives, in detail, the entire plan necessary to rebuild the immune system. That's the ONE system in your body that gets you well and keeps you well from every disease!

If you are taking medications, **DO NOT STOP them abruptly!** That can be very dangerous. First, start rebuilding your immune system, and then, after awhile, with very few exceptions, you won't need them anymore. You can then start slowly weaning yourself from your medications under the observation of a knowledgeable health practitioner.

Organ Transplant Recipients

How do I rebuild my immune system if I have had an organ transplant?

God has designed our bodies with a fantastic immune system to get us well and keep us well. In addition, our immune system is designed to protect us from "foreign invaders," including other people's organs and tissues.

In order to successfully receive a donor organ, such as a kidney or liver or any other transplant, the recipient must have his or her **own** immune system severely suppressed by devastatingly powerful immune-suppressing drugs, in essence, chemotherapy. The patient then must continue on these drugs indefinitely, or else he or she may reject the donor organ.

But the drugs themselves continue to destroy the person's immune system, with the well-documented possibility of subsequent cancer or other serious disease, potentially leading to the death of the patient.

This is truly an insurmountable problem from the standpoint of human wisdom. A real NO-WIN situation!

Unfortunately, there are ALWAYS consequences of our actions, whether we understand the potential problems at the beginning, or not. Diseases are reversible by following God's natural health plan. How much better it is to handle disease that way, rather than removing one's own organ and replacing it with an organ from someone else, with all of the long-term problems that accompany that procedure.

But, fortunately, NO problem is too hard for the Lord. If I were in this situation, I would spend a lot of time on my knees praying to God for wisdom and direction. I would eat a healthful diet of natural foods, and follow all the rest of God's Health Plan that is not contra-indicated for a transplant patient. Then I would fervently pray to the Lord to help me be able to rebuild my immune system by natural methods and be able to reduce and eventually eliminate, my drug medication, under my health practitioner's direction, while still not rejecting my donor organ. This is what I would do. Everyone must make his own decision.

I do NOT advocate that anyone stop any medication abruptly. This can be very dangerous.

Other Specific Health Problems

Fluid Restriction

If you have **kidney failure**, or **congestive heart failure**, your fluids have probably been restricted by your physician. You must increase your fluids very slowly, under the care of your health practitioner. Follow the parts of the plan that you can, and as your health improves, you will be able progressively to incorporate more fluid.

Diabetes Type II

If you are a Type II **diabetic** (adult onset) you should concentrate on the green leafy vegetable juices more than the carrot juice, at first. But you can start with one carrot juice per day, diluted 50/50 with water, while carefully monitoring your sugar levels. As you change your diet and begin exercising, your diabetes will improve, and eventually it will be eliminated entirely, and you will be able to slowly increase your amount of carrot juice.

Mom Got Well! So Can You!

On my video "**You Can't Improve on God**," I interviewed my 85-year-old mother who was able—within 3 weeks—to get off ALL four high blood pressure medications that she had been taking for as long as 35 years, by following this program. Many others have accomplished the same thing.

Within four months her cholesterol dropped from 250 to 120, and her triglycerides (a measure of the fat in the blood) dropped from 565 to 160! And within 6 months she was well from her Polymyalgia Rheumatica (a severe autoimmune disease in the same category as Lupus and Rheumatoid Arthritis, and usually treated with high dose prednisone), and she got well WITHOUT ANY medication!

Is Freshly Made Wheatgrass Juice an Acceptable Alternative for Green Leafy Vegetable Juice?

Wheatgrass juice is an excellent healthful juice and has been very successful as part of a total program for cancer patients. It was promoted by the late Ann Wigmore, a highly acclaimed natural health educator, who extensively documented its benefits, both scientifically and clinically.

I tried wheatgrass juice for several months, but chose to use fresh green leafy vegetable juice instead, for the following reasons:

1. Wheatgrass juice can be taken only in small doses, one or two ounces at a time, otherwise it can cause nausea. One major cause of illness is dehydration, so the sick patient needs the extra fluid that comes with green leafy vegetable juice.

2. Wheatgrass juice usually requires a special type of juicer, different from the juicer used for carrot juice and green leafy vegetable juice. This means more expense and more juicer-cleaning time.

3. Fresh wheatgrass is not easily available in many areas, so you may have to grow your own, which adds more time and effort to an already intensive program.

4. Wheatgrass juice has a very strong taste, which is less acceptable to most people than green leafy vegetable juice.

If you wish to use wheatgrass juice in place of green leafy vegetable juice, that is acceptable. You can add it to your carrot juice. However, you must add an additional 4 glasses of water to compensate for the fluid you will miss by not drinking the 4 glasses of green leafy vegetable juice.

Wheatgrass juice can be taken orally, or by enema implant.

How About Double-Blind Studies?

For health practitioners and others who are asking for double-blind studies to prove the efficacy of this plan, remember double-blind studies can ONLY be done with man-made pills: drugs or supplement pills. They can never be done with things that are natural. There is no way you can hide from an experimental subject the fact that he is drinking carrot juice and eating good, healthy, natural food.

Also double-blind studies strive to isolate a single factor and test its efficacy, such as isolating the vitamin, beta carotene, in a pill and giving it to one group of experimental subjects versus an identical appearing placebo pill to the other group.

But ALL the factors the body needs to utilize beta carotene properly and efficiently are in the carrot or other food where it is found naturally—the enzymes, the co-factors and the other nutrients necessary for its proper digestion, assimilation and utilization. Separating out one isolated nutrient is foolishness and is contrary to nature. We're not supposed to take our food apart and put it into man-made supplements or drugs.

"What God has joined together let no man put asunder (take apart)." Matthew 19:6. This applies not only to marriage, but also to food

And finally, double-blind studies were NOT devised by God, because they require DECEPTION! One group MUST be lied to, to make them think they are getting something they're not!

God has made our nutrition the way it works best—in whole foods; fruit, vegetables, grains, nuts and seeds, in their most natural form. No matter how hard man tries, he can NEVER make it better. **You Can't Improve on God!**

What about Portions for Children?

Portions are decreased for children in the usual way. Children eat less food than adults because children have smaller bodies. That's just obvious. Decrease the portion size based on the child's body weight compared to an adult. If an average adult weights 145 pounds and the child weighs about 70 pounds, then the portions of vegetable juices should be cut in half.

One exception to this rule is that children need more protein per body weight than adults do. But be careful with this statement, as the average adult eats 3-4 times MORE protein than he or she needs.

Protein is needed for growth and repair. Children are still growing, adults are not. You will find, on the videos, the amount of protein needed by adult men and women. Adjust that for the weight of the child, then increase it a little to accommodate the increased protein needs for the child's growth. But keep in mind that too much protein in the diet "feeds" cancer.

Candida

A diagnosis of candidiasis is made if a person has an overgrowth of candida, a fungus, in his or her intestinal tract. The organism may also be found in other areas of the body, including the urine or the blood. But the candida is not the main problem, it is actually a **RESULT** of the way a person has been eating and living for many years. Frequent taking of antibiotics causes a suppression of the normal bacteria in the intestinal tract and allows overgrowth of other micro-organisms, including candida. When one eats the wrong diet composed of processed food, refined sugar, and flesh foods including meat, dairy, poultry and fish, these all contribute to a pathologic overgrowth of candida and other organisms in the intestine and in the body in general.

Candida overgrowth is the result of a suppressed immune system. The candida problem can only be reversed with certainty by following the ten natural laws of health, as detailed on my video "**You Can't Improve on God**" in order to rebuild the immune system. There is no "quick fix." And treating the candida organism with drugs is useless, foolhardy and dangerous. Drugs never cure disease and all drugs have side effects, which will ultimately intensify the candida problem.

Another video that is very helpful is "**Diseases Don't Just Happen.**" If you follow, with 100% commitment, the principles on these two videos just mentioned, you will be able to rebuild your immune system and thus eliminate the candida problem.

My Doctor has Prescribed a Blood Thinner Drug for Me and Tells Me that I Should NOT Eat Green Leafy Vegetables. What Should I Do?

Your doctor has you on blood thinners because your blood is too thick and is prone to clot. But your "thick blood" is NOT caused by a deficiency of blood thinning drugs. Thick blood is caused by two main factors: 1) too much animal fat in the diet, and 2) not drinking enough water.

The blood normally can be separated into two main components: a) the blood cells, both red and white blood cells, which comprise the "solid" portion of the blood, and b) the serum, the liquid portion of the blood. The serum is made primarily of water and proteins. It is normally quite clear and slightly yellow in color.

If a person is dehydrated by not replacing the ten glasses of water per day that are lost through the normal processes of living, there will be less water to make serum and the blood becomes thicker. If the diet is high in animal fat, the serum becomes very thick with fat globules and can turn almost white.

Thick blood is more prone to clot formation, so the doctor often prescribes coumadin (Warfarin) as a blood thinner.

Coumadin is a very dangerous drug with life-threatening side effects, the most serious of which is fatal or non-fatal hemorrhage in any tissue or organ in the body. These hemorrhages can cause paralysis, difficulty breathing, life-threatening low blood pressure and fatal shock. Other side effects of coumadin include allergic reactions, jaundice, fever, nausea, vomiting, diarrhea, dizziness, taste perversion, and alopecia (loss of hair).

Coumadin works by inhibiting vitamin K-dependent clotting factors. In other words, Vitamin K is necessary for normal clotting to occur when you cut yourself, have a nose-blood, or more seriously, if you're involved in a major accident. Vitamin K is also essential for bone formation and repair, and it may help prevent osteoporosis. It also plays an important role in promoting healthy liver function, may increase resistance to infection, helps prevent certain cancers and promotes longevity.

Vitamin K is NECESSARY for Good Health.

Many foods contain vitamin K, including asparagus, broccoli, Brussels sprouts, cabbage, cauliflower, dark green leafy vegetables, oatmeal, oats, rye, wheat, alfalfa, and kelp. These foods also contain many other vitamins, minerals and enzymes that are necessary for your health.

Your doctor may tell you to stop eating these healthful foods so you won't interfere with the blood-thinning effects of coumadin. But how much better it would be to keep the blood safely and naturally thin by eliminating animal fats from the diet (meat, poultry, fish, dairy and cheese, and eggs), drinking more water, learning to handle stress and following the other 10 steps in God's natural Health Plan, rather than taking dangerous drugs. Then, one could continue eating a healthful diet of fruit, grains and vegetables and not have to worry about any life-threatening side effects of dangerous drug medications.

Can Hepatitis, Herpes, and Other Viral Diseases be Cured?

Hepatitis A, hepatitis B, hepatitis C, herpes, shingles (herpes zoster), HIV/AIDS, (viral diseases) Lyme disease (a bacterial disease), and candida (a fungal disease) are ALL reversible. They cannot occur or persist in a person whose immune system is functioning properly. When the immune system is rebuilt by following the ten steps of God's natural health plan, then the immune system can overcome and reverse these diseases that the medical establishment claims are incurable.

NOTE: Some of the leading routes of hepatitis C infection in young people are **tattoos** from commercial tattoo parlors, and **body piercing**.

Juicing versus Blending Fruits and Vegetables?

Can't I just grind up my carrots and green leafy vegetables and eat the whole vegetable, rather than making them into juice? Wouldn't it be healthier to include the fiber?

There is nothing wrong with blended fruit or blended vegetables, however the reason that it's important to drink juice and not blended whole fruit or vegetables is that pure juice allows you to get large amounts of natural, concentrated nutrients into your body without your body having to digest food all day. During my recovery I drank an 8 oz glass of fresh homemade vegetable juice approximately every hour on the hour all day long, except when I was eating my meals. This spreads the nutrition out throughout the day so the body can absorb it but it does not demand that your stomach and intestines continue digesting food all day long, which depletes energy and does not give the intestinal tract any time to rest. I try not to drink anything 30 minutes before a meal, or an hour after a meal.

When you make juice, by removing the fiber, then you can drink large amounts of concentrated nutrients without your body having to do the work of digestion. The fiber you need is obtained by eating three meals a day of natural, nutritious food, just like anyone can do. The drinking of juice in between meals allows the body to bring in much needed nutrition without the body having to consume energy for continuous digestion.

While I was recovering, I drank the juice of 35 pounds of carrots a week. It would be impossible for someone to drink a "mush" of 35 pounds of carrots a week containing all the pulp, in addition to eating other food. That's why juicing is so important. If you blended 5 pounds of carrots per day and ate or "drank" it, you would get sick and tired of carrots rapidly, and you would be unable to eat anything else because you would be so full. That is why juicing is necessary, rather than blending up the entire fruit or vegetable, when you are getting well from cancer or some other serious disease.

Do not drink large amounts of juice at once. If you drink more than 8 ounces of juice at one time, your body will not be able to absorb all the nutrients. Much of the nutrition will be wasted by elimination through the urine.

Drinking large amounts of juice all at once is similar to eating all your food for the whole week on Monday. Your body can't absorb all that nutrition at once. **Drink your juice 8 ounces at a time, throughout the day.** (See sample Juicing Schedule in Section IV.)

Is it Important to Measure Your Body pH?

The body's acid or alkaline level is measured by the pH. Too much acid in the body is primarily a result of eating animal products, particularly meat, poultry, fish, eggs, milk, cheese and other dairy products. High protein diets are damaging to health because they produce large amounts of acid that promotes tumor growth and osteoporosis. Anger, stress and fear also contribute to an acid condition.

When all ten steps of God's health plan are followed, including a diet of fruit, grains and vegetables, the original diet God gave to mankind, and one learns to control anger and stress, the pH of the body will adjust automatically and perfectly to its proper value. So checking the pH is unnecessary.

Are There Any Incurable Diseases?

There are NO incurable diseases. EVERY disease can be cured by following God's totally natural ten-step health plan. God guarantees it. Psalm 103:3 says, "He forgives all our sins and heals ALL our diseases." God says, "If you obey My laws (including God's health laws), My commands and My decrees, I will keep you FREE from EVERY disease." Deuteronomy 7:11-15 God guarantees success, but we must follow the plan with 100% commitment.

Are Vegetarians Deficient in Vitamin B₁₂?

Doctors and nutritionists claim that Vitamin B₁₂ is only available from animal products, such as beef, therefore vegetarians, who don't eat animal products, must take supplemental Vitamin B₁₂ shots or pills in order to be healthy. But if beef and other animal products are the only sources of Vitamin B₁₂ then how do the cows, who eat grass, and other animals such as horses, deer, camels and elephants who are also total vegetarians, obtain their Vitamin B₁₂?

The answer is, the same place we humans get our vitamin B₁₂: from by-products of bacterial activity in our intestinal tract, as well as from greens, grains and vegetables.

When the body is healthy because one is eating and living right, the intestine is clean and populated with the type of bacteria that are necessary to maintain health. All doctors are aware that the intestine contains bacteria described as "normal intestinal flora." This normal bacterial flora can be altered dramatically by many different drug medications, particularly antibiotics, that destroy many of the "good" bacteria and allow others to overgrow, causing conditions such as candidiasis or "Candida."

The wrong diet and lifestyle also can significantly alter the bacterial flora in the intestine. A diet high in sugar, a diet high in animal fat, or fast food and processed food containing large amounts of chemicals such as preservatives, dyes and fillers will alter the normal flora of the intestine. Lack of sleep, lack of sunlight, dehydration, or stress can have the same effect. Under these conditions, the intestinal tract does not function properly in many different ways, including its normal production of Vitamin B₁₂.

Vitamin B₁₂ is Found in Vegetables

In the past, scientists claimed that Vitamin B₁₂ was not found in vegetable sources. The reason was that technology had not yet advanced sufficiently to detect the small amounts present. Vitamin B₁₂ has now been found in vegetables, such as spinach and alfalfa, sea vegetables such as dulse, kelp, kombu and nori, and grains such as barley. Vitamin B₁₂ is present in very tiny amounts in produce because only small amounts are needed to remain healthy. The amount of vitamin B₁₂ needed by a human being for his entire lifetime is less than one hundredth of an ounce, which is approximately the amount that would fit into the period at the end of this sentence.

Most people assume that if they are low in Vitamin B₁₂, they must take vitamin B₁₂ supplements. However, virtually all supplemental vitamin B₁₂ on the market is made from ground up toxic cow livers or activated sewage sludge, according to Dr. Richard Schulze, a nationally known herbologist who has investigated the problem in depth. Do you want to put this in your body?

The answer to the Vitamin B₁₂ problem is to clean up your diet and lifestyle by following the ten-step plan. Change the way you are living so your body can keep you healthy and produce the necessary Vitamin B₁₂ as it is designed to do, and eat the natural vegetables and grains that contain Vitamin B₁₂.

Are Liquid Aminos Safe to Use?

Liquid aminos, a salty-tasting liquid used for seasoning foods, contain isolated amino acids. Russell Blaylock, M.D., eminent neurosurgeon and author of the book, "Excitotoxins: The Taste That Kills," reveals that isolated amino acids are dangerous to your health. This has been confirmed both by clinical reports and research studies. Two of the most dangerous are Nutrasweet (that contains the amino acid aspartame), and the flavor enhancer MSG (monosodium: glutamate — glutamate is an isolated amino acid).

These excitotoxins, as isolated amino acids are called, are contributing causes of brain tumors and neurologic diseases, including Parkinson's disease, Lou Gehrig's disease, Grand Mal seizures, Alzheimer's, and serious vision problems, including blindness.

Amino acids are the building blocks of protein, but they are only safe to eat in the form in which God made them, combined in natural whole foods. When they are isolated and concentrated, they become dangerous toxins.

Is Colostrum Beneficial?

Colostrum, a substance normally present in mothers' milk that transmits immunity to the newborn, is being commercially promoted as an important immune builder. But the commercially available colostrum comes from animals and carries all the same dangers inherent in eating animal products such as meat, chicken, milk, dairy products, butter and eggs. These dangers include the possibility of transmission of the animal's diseases to humans, including E. Coli, tuberculosis and mad cow disease, all of which are potentially fatal diseases. Colostrum also can contain the hormones, antibiotics and pesticides (from the feed) given to the animal that suppress a human being's immune system and cause disease.

Please note: In order to CURE any disease, we must first understand the CAUSE of the disease and then reverse those factors.

But there is no human disease caused by a deficiency of **animal** colostrum.

Human colostrum is found in mother's milk during the first few days after the baby's birth. As the baby breast-feeds, colostrum transmits early immunity to the baby whose immune system is not yet completely developed.

If a person, an adult or child, has a suppressed immune system, the way to rebuild it is by adhering explicitly to God's ten natural health laws as documented in my video "**You Can't Improve on God,**" and by reversing the underlying problem, not by taking an animal product that only covers up the symptoms.

If one's symptoms decrease while taking colostrum, that does not mean it is good for you, or that it has no risk. Taking colostrum does have risk, and it never reverses the underlying problem you are trying to treat.

It is my opinion that colostrum is dangerous and should not be used. It is an animal product and carries with it all the risks of animal products, including contamination and disease.

God has provided a way for us to be well. It is a simple ten-step, totally natural, health plan that involves **NO** animal products, whatsoever.

God created the animals for man's companionship and pleasure, not for man to exploit for commercial profit by stealing the colostrum meant for the baby animals and then introducing "foreign" protein (animal products) into our human bodies.

Food Combining

There are those who promote rather extensive "rules" for combining foods, but these rules can become so burdensome that people throw up their hands in frustration. However, basic food combining can be kept quite simple:

Don't eat fruits and vegetables at the same meal, or fruit and nuts at the same meal. Fruit is digested rapidly but it must wait for the longer digestive time for vegetables. During that waiting time, the fruit may begin to ferment causing gas, bloating and intestinal discomfort.

This rule does not, however, hold true for juicing. Fruits and vegetables CAN be combined in juices, such as carrot and apple juice, because the pulp has been removed and the juice requires very little digestion.

Eating Between Meals

Snack Attack

"A study run at Loma Linda University some years ago revealed some startling facts. Students were given a normal breakfast of cereal, cream, bread, cooked fruit and an egg. Four and one-half hours later, their stomachs were x-rayed and found to be empty.

"A few days later, the same students were given the same type of breakfast and, after two hours, they were given such things as an ice cream cone, or a peanut butter sandwich, or a piece of pumpkin pie and a glass of milk. After six to nine hours, a part of breakfast was still in the stomach.

"One person, after having breakfast, was given a little chocolate candy twice in the morning and twice during the afternoon. Thirteen and one-half hours after breakfast, more than half of the breakfast was still in the stomach—still undigested." Recipes From The Weimar Kitchen

At least 4 - 5 hours should elapse between meals to allow the gastrointestinal tract to empty and rest. The evening meal should be a light meal and should be eaten early, between 5 and 6 PM so the stomach is empty by bedtime. If digestion is forced to continue at night during sleep, the body must use its energy for digestion, instead of for repair and regeneration. Also sleep will be difficult and restless.

Drinking vegetable juice between meals is different from eating solid foods. Juice contains very little fiber, so does not require significant digestion.

Is Apple Cider Vinegar Safe to Use?

Regular commercial vinegar is made from coal tar products and contains acetic acid which irritates nerves and breaks down mucus barriers. Apple cider vinegar is made from apples—so it's less problematic. But it's best to stay away from vinegar altogether.

Why Organically Grown Food?

Organically grown food is produce grown without pesticides. Food that is grown in more nutritious soil is healthier, and therefore more resistant to disease and insect pests, so pesticides are unnecessary. And the produce is usually significantly more nutritious and safer for you.

Organically grown food should be used whenever possible, especially for making the vegetable juices which are concentrated and would concentrate the pesticides as well.

If organically grown food cannot always be obtained, then peel what can be peeled, thoroughly wash the rest, and strongly consider growing your own food. Ample food for a family of four can be grown on a small plot of land 10 feet x 22 feet, if the method of Square Foot Gardening is used. (See resource books under "Growing Your Own Food.") If you don't have space for a garden, vegetables can be grown in pots on your patio. Sprouts and baby salad greens can be grown in your kitchen.

Is the Tendency to Cancer Inherited? Does Cancer Run in Families?

If you see a very obese woman walking down the street with her two young children, one on each side, and the two young children are also very obese—is the children's obesity inherited? No, it isn't. The mother feeds herself, and she feeds the children the same way. If those children AND their mother change their diet appropriately and begin exercising regularly, there is a 99.9% chance they will become thin and fit.

Parents TEACH their children how to eat and how to handle stress, either directly or by example. They teach them good ways to eat and handle stress, or they teach them bad ways to eat and bad ways to handle stress. That is why diseases, including cancer, are handed down from generation to generation—not in the genes (except in very rare cases) but in the ways we are taught to eat, and handle (or NOT handle) life's stresses.

It takes literally years to develop cancer or any other disease. We give ourselves cancer and other diseases one day at a time by the way we eat and live. Of course, we don't mean to do it. We do it ignorantly because we don't know—or don't want to know—how really harmful our ways of living are. Fortunately, it takes a lot less time to get well than it took us to get sick. But even then, it took me a full 18 months of total dedication to the program to get well.

One more important thing: Many people actually feel well when they receive their diagnosis of cancer. They don't feel sick, but this is a delusion. The immune system has to be **severely** suppressed for a person to develop cancer. In order to get well, the body must be given large amounts of nutrition in the form of carrot and green leafy vegetable juices (as well as natural food), lots of water, lots of fresh air, **lots** of rest in order to repair diseased tissues and organs, **FREEDOM FROM STRESS**, and **plenty** of time for prayer and Bible study—since God is the actual healer! He just does it through His natural health plan. We must also learn to be thankful for what we have, learn to forgive and give up anger and grudge-holding, learn to get outside of ourselves and care about others.

Do I Have to Quit Working?

It is impossible to follow this plan and continue working. I tried it and almost died! But, you say, "I have to support my family. How will I live if I take a year or more off work and just concentrate on getting well?" My answer is, "Who will support your family when you're dead?"

This is where Trust in God comes in. God allows us to get ourselves into these terrible situations to accomplish two things:

- 1. To radically and permanently change the way we eat and live, and**
- 2. To teach us to trust Him COMPLETELY.**

God knows our needs and our problems. If we turn to Him, He has **promised** to help us. The way we learn to trust Him is get to know Him as a friend, just the way we get to know and trust any earthly friend, by spending a **lot** of time with Him.

God wants to spend time alone with you, and He wants to pull you away from the fast-paced, stressful life you have been leading that is, in large part, responsible for your illness. He wants to slow you down so you can change your priorities and concentrate on the important things in life, the soft breeze on your face, the beauty of the blooming flowers, the sounds of the birds in the trees on a spring day, to focus on God and His Creation. These are things few people have time for in the hustle of everyday life. **These are the things that bring healing!**

Should I Join a Support Group?

Most support groups are associated either with a hospital, with the American Cancer Society, or with a Breast Cancer organization, most of which are affiliated or supported by either a hospital or the pharmaceutical companies. And, they are virtually all led by people who firmly believe in radiation, chemotherapy and mutilating surgery, sometimes with the addition of a few "alternative" techniques such as New Age meditation, visualization, crystals, hypnosis, bio-feedback, acupuncture, etc.

I know of no support groups, nor have I heard of any, that promote God's Natural Health Plan for the reversal of cancer. In fact, cancer patients have written to me detailing stories of their being asked to leave cancer support groups because they were getting well on God's Natural Health Plan. The support group leaders told them they were causing other members of the group to be depressed because these particular cancer patients were **getting well!**

Many support groups are filled with cancer patients who spend much of their time focusing on the problems of their illness, as they slowly (or rapidly) and painfully die. Obviously, the **best** "support group" is composed of Jesus, the Ultimate Comforter, and your family members and close friends who truly support what you're doing.

Is Soy Healthful -- or Dangerous?

Soy products have been praised as the leading "health" food of the era. With the rising concerns about contamination and disease in animal products, more people are turning to soy. On one hand we hear claims of its benefits to cardiovascular health, breast cancer prevention, cholesterol lowering effects and even prevention of osteoporosis and menopausal symptoms.

On the other hand, reports of potentially dangerous effects of soy are surfacing, dampening enthusiasm for the widespread use of these products.

So what is the real story?

Components of soy, including isoflavones, phytates and saponins are said to have strong antioxidant activity and help prevent the formation of free radicals that contribute to arterial damage. One of these isoflavones, genistein, is said to prevent blood clots that may lead to a heart attack by inhibiting thrombin formation and platelet activation, two steps in the formation of a clot. Other components of soy are said to restrict the growth of blood vessels that feed cancerous tumors, thus inhibiting the growth of the cancer.

Some studies have demonstrated that soy contains anti-carcinogenic factors that decrease the risk of a number of different cancers such as breast, colon, prostate, stomach and lung cancer.

These are advantageous effects, even though some scientific investigators admit there is a downside. Yet the consensus among the researchers is that the benefits of soy outweigh the risks. But must we look at soy products the same way doctors evaluate drugs, by saying, "Yes, there are **significant harmful side effects**, but the benefits outweigh the risks"?

This is nonsense!

Regular food in its natural state is healthful—NOT dangerous! Natural food is meant to be our natural medicine. If healthful food in its natural state does not agree with us, then there is something wrong with our immune system that needs to be corrected by getting the entire body back in proper working condition.

The first problem with soy is that it is rarely eaten in its natural state because its natural state is unpalatable. For years, it was considered to be either an industrial product, or a waste product. In order to make it fit for human consumption, the soybeans are first ground and subjected to high temperature and solvent extraction processes, mixed with an alkaline solution to remove fiber, then precipitated and separated using an acid wash. The resultant curds are neutralized in an alkaline solution before being spray-dried at high temperatures. Then flavorings, preservatives, sweeteners, emulsifiers and synthetic nutrients are added to make it palatable to the human consumer.

On October 25, 1999, the U.S. Food and Drug Administration (FDA) announced their decision to allow a health claim for products "low in saturated fat and cholesterol" that contain 6.25 grams of soy protein per serving. That means that hundreds of products, including breakfast cereals, baked goods, convenience food, sausages and other processed meats, vegetarian meat substitutes and smoothie mixes could now be sold with labels touting their health benefits. The

only requirement is that these products must contain one heaping teaspoon of soy protein per 100-gram serving.

What a coup for the soy growers and marketers who have spent huge sums of money "educating" the public about the wonders of soy products! Yet, in 1913, soy was listed not as a food, but as an industrial product in the U.S. Department of Agriculture (USDA) handbook. Presently, 72 million acres of American farmland are planted with soybeans.

However, two senior government researchers at the National Center for Toxicological Research, Dr. Daniel Doerge and Dr. Dan Sheehan, wrote a strong protest letter to the FDA citing 28 studies that demonstrate the toxic effects of soy. **They revealed that chemicals in soy products could increase the risk of breast cancer in women, brain damage in men and abnormalities in infants.**

But, soybean marketers have plenty of funds available to manipulate public opinion. All soybean producers pay a mandatory assessment of one-half to one per cent of the net market price of soybeans, totaling nearly \$80 million annually, that is used to "strengthen the position of soybeans in the marketplace and maintain and expand domestic and foreign markets for uses for soybeans and soybean products." Archer Daniels Midland, reportedly one of the **three corporations that control virtually all the food growing and distribution in America**, spent during the course of one year, \$4.7 million for soy-product advertising on *Meet the Press* and \$4.3 million on *Face the Nation*.

These efforts have had a huge payoff. Soy milk sales in 1980 were \$2 million. By 1999 they had skyrocketed to \$300 million. Clearly, the public is responding to this expensive media blitz by the soy producers.

But soy definitely has a downside! First of all, the soybean contains large quantities of natural toxins including phytic acid or phytate that can block the action of trypsin and other enzymes needed for digestion of protein. These enzyme inhibitors are not completely inactivated during ordinary cooking. They can cause gastric distress and reduce protein digestion leading to a deficiency of amino acids, the building blocks of protein.

In test animals, diets high in trypsin inhibitors cause the pancreas to become enlarged and even cancerous changes can occur. Phytic acid can also block the normal uptake in the intestinal tract of essential minerals such as calcium, magnesium, copper, iron and zinc.

Studies show that these soybean phytates are highly resistant to the techniques that usually reduce them, that is long, slow cooking. Only a long period of fermentation will reduce the phytate content of soybeans to an acceptable level, as is done in the case of the soy products, miso and tempeh.

Soybeans contain hemagglutinin, a clot-promoting substance that causes red blood cells to clump together. These clusters of blood cells cannot absorb oxygen properly, nor flow through the smallest arteries, the capillaries.

In 1991, Japanese researchers reported that consumption of as little as 30 grams, or **two tablespoons**, of soybeans per day for only one month resulted in **hypothyroidism** and goiter in some subjects, with many others complaining of **constipation, fatigue and lethargy**. The amount of soy protein isolate claimed to have cholesterol-lowering effects, contains significantly more isoflavones than that necessary to cause a reduction in hormones needed for adequate thyroid

function. In the studies, these effects persisted for three months after soy consumption was discontinued.

Protein Technologies International recommends 100 grams of soy protein as the maximum suggested cholesterol-lowering dose. This amount contains almost 600 mg of isoflavones, a quantity that is admittedly toxic. This same amount of soy protein provides the estrogen equivalent of the birth control pill, according to the Swiss health service.

"Reproductive problems, infertility, thyroid disease and liver disease due to dietary intake of isoflavones have been observed for several species of animals including mice, cheetah, quail, pigs, rats, sturgeon and sheep." Dangers of Soy Protein, pg. 7

Fermentation appears to significantly reduce or eliminate the harmful substances present in soy. The fermented soy products miso and tempeh are considered safer than tofu and bean curd, both of which are precipitated products and are the ones to be specifically avoided. But miso and tempeh are still highly processed and therefore are not part of the ten-step **Natural Health Plan**, promoted in this workbook.

Dr. Russell Blaylock, neurosurgeon and author of the book *Excitotoxins: The Taste That Kills*, reveals that tofu contains MSG, a known neurotoxin that contributes to many neurological diseases including Parkinson's, Alzheimer's and Lou Gehrig's disease.

Since all the protein any person needs is available from natural, unprocessed, whole foods, it is unnecessary and unwise for anyone with any serious disease to use soy products.

Fill in the Answers as You Watch the Video

Sorting Through the Maze of Alternative Medicine

What Works, What Doesn't and Why?

These questions are a note-taking guide to **some** of the specific points in this video. This video contains **far more information** than just the answers to these questions.

You must watch the videos repeatedly.

Questions

1. Why are people sicker now than they were 50 years ago?
2. Do doctors learn anything about true healing in their medical training?
3. Doctors learn only two types of treatment in their training: they give _____ to cover up the symptoms, or if that doesn't work, they _____.
4. Do doctors understand the underlying causes of disease, including cancer?
5. Medical textbooks admit that for _____% of all diseases, the cause is unknown.
6. Is it possible to cure a disease if you don't know what causes it?
7. What are the only three treatments an orthodox medical doctor is taught to give you for cancer?
8. Is cancer caused by a deficiency of chemotherapy, or a deficiency of radiation?
9. Chemotherapy and radiation both destroy your _____ system, the ONLY system in your body that can get you well.
10. Do both chemotherapy and radiation actually cause cancer?
11. Does every doctor know this?
12. Can cancer be reversed by addressing the real underlying cause of the disease?
13. Since cancer is a systemic disease and it affects your whole body, can it be cured by cutting out a cancerous tumor or mass?

How to Sprout

Sprouting trays, sprouting seeds (grains, legumes, seeds, etc.) and directions for sprouting in trays are available at your health food store, or from:

Life Sprouts
P.O. Box 150
Paradise, UT 84328
(435) 245-3891

How to Sprout in Sprouting Trays

1. Place grains, seeds or beans in a strainer and rinse with water.
2. Place specified amount of grains, beans or seeds in a glass jar. Add purified water until the jar is 3/4 full. Cover the jar top with a piece of gauze fastened with a rubber band around the rim of the jar so the seeds can breathe, but are protected.
3. Soak seeds for 12 hours (or other specified time) in a closed cupboard or other dark place.
4. Drain off the water.
5. Put the seeds in sprouting trays, then thoroughly rinse the seeds with a sink sprayer or under the faucet, or by pouring water from a pitcher.
6. Cover the sprouting tray and seeds with the same gauze used to cover the jar top. (No rubber band is needed. Just lay the gauze over the tray.) I usually moisten the gauze with water to help keep the seeds moist even though the gauze doesn't touch the seeds.
7. Place the sprouting trays in the cupboard or other dark place.
8. Rinse the seeds in the tray with water once or twice daily, then drain the sprouting trays before placing back on the bottom drip-tray. This keeps the seeds moist and washes away the waste products. Cover the sprouts with gauze and place back in cupboard or other dark place.
9. When the sprouts are ready, store in the refrigerator in the same sprouting tray with its own plastic cover, or in a refrigerator dish.

Grains take about 2 full days to sprout, after being placed in the tray.

Beans and other legumes may take 3 days to sprout.

Alfalfa usually takes 3 days or more. Let the alfalfa sprouts continue to grow until they reach the top level of the sprouting tray, then place them out on the kitchen counter for a day, so the light can reach them (still keeping them covered with the gauze), so they will turn green.

How to Sprout in a Sprouting Jar

Sprouting jars are available in many health food stores. They include a glass jar with a screw cap containing a mesh top that allows air flow.

1. Soak the beans, seeds or grains for the specified time in enough water to cover the seeds and to allow for water absorption and seed expansion. The screw top should be in place.
2. Pour off the water through the jar top mesh. Rinse the beans, seeds or grains until the rinse water is clear. Drain until the water stops dripping.
3. Place the jar on its side at an angle so it can continue to drain. Make sure the mesh in the lid is not covered or obstructed so the sprouts can breath. The sprouts should be positioned along the side of the jar and not stacked against the inside of the jar lid.
4. The sprouts should be rinsed with water once or twice a day, drained thoroughly, then the jar is repositioned as described above.

Growing Your Own Food

Resource List

1. **Square Foot Gardening** by Mel Bartholomew
Published by Rodale Press, 33 East Minor Street, Emmaus, PA 18098.
ISBN 0-87857-341-0 Also available through your book store.

A system of laying out, planting, and maintaining a productive, attractive garden in any amount of space. The square foot system lets you make the most of your garden space to conserve the amounts of water, soil conditioners, and labor needed to produce a maximum amount of food in that space. A square foot garden takes only one-fifth the space and work of a conventional single-row garden to produce the same harvest and is easy to maintain so the garden stays neat, weedless and uncluttered all season.

2. **The Sprouting Book** by Ann Wigmore
Published by Avery Publishing Group, Wayne, New Jersey. Also available through your book store, or in your city library.

Written for everyone who is interested in good nutrition at a low cost —and with great taste — this highly practical and fully illustrated book provides readers with all the information necessary to start and maintain an indoor sprout garden.

3. **The EarthBox.** Home Grown Vegetables Without A Garden.
Advertised as big enough to grow anything —compact enough for the patio.
EarthBox, P.O. Box 1966, St. Petersburg, FL 33731-1966, (800) 821-8838

Growing boxes are 2 1/2 feet long by 15 inches wide. Each one holds 3.2 cubic feet of potting mix and has a 2.2 gallon water reservoir in the bottom of the growing box which allows the plants to take up water automatically as needed.

4. **Compost:** Compost improves soil structure, texture and aeration and increases water holding capacity. Your plants will grow stronger, deeper root systems for better drought and disease resistance.

Save your over-ripe fruits and vegetables and kitchen scraps for composting. DO NOT put in your compost: pet manure, meat and bones, dairy products, fat or grease, trash or plastic. These materials do not break down easily, can be dangerous to your health and will attract rodents and other four footed creatures.

Most commercially available Chicken Manure may be unsafe because many chickens are being fed protein pellets made from ground up dead animals.

Also many brands of compost or compost starter contain blood meal, which can be very dangerous to your health.

5. **Organic Seeds:** available from Seeds of Change. Call 1-888-762-7333 for catalog.

How Can I Follow My Progress on God's Health Plan?

Many have written asking me how I followed my progress during my many attempts to get well, both before and after I understood God's ten-step health plan.

They infer that since I'm a doctor, I would know how to follow my progress better than others.

Well, just think about it. The way I followed my progress was—I watched my tumor getting bigger and bigger—**AND BIGGER!** Look at the pictures on my videos! I **KNEW** I was getting worse! But what did I do? I kept following God's natural health plan as best I knew how, reading and studying and asking God to help me understand what else I needed to do. Over many months, while I continued to get worse, I finally realized the importance of more water and the need to give my stress to the Lord and get rid of anger, in addition to all the other steps I was already doing. I didn't go to the doctor because I already knew what all doctors know, and I **KNEW** they didn't know how to get me well! I also understood that the **ONLY** therapies they would offer me, and in fact try to **force** on me, would be chemotherapy and radiation!

Acceptance of either of those therapies was impossible for me because of their destructive effects on the immune system. So I kept reading and studying and turned instead to the Great Physician, the Lord, who is the **ONLY** One who knows exactly how to get each one of us well.

If you as a cancer patient continue to go to the doctor for check-ups and blood tests for cancer, you must ask yourself: "What am I going to do if the cancer markers start to rise, or my doctor finds a lump or other signs of a recurrence?" All your doctor will offer you is chemotherapy, radiation or mutilating surgery.

I'm not advising you not to go to the doctor. That choice is up to you. I just want you to think very hard about how committed you are to God's health plan.

Are you going to follow God's health plan only as long as things seem to be going well? If your condition begins to deteriorate, will you then jump off the "bandwagon" and turn to chemotherapy and radiation?

If I had done that, I not only would **NOT** have gotten well, but I would be dead now!

It takes **NO FAITH** to follow God's health plan while you're noticeably improving. But it does take **REAL FAITH** to continue to follow God's health plan when you are obviously getting worse.

But God has given us a **guarantee** for healing. In Deuteronomy 7:11-15 He promises, "**If** you obey My laws (including His health laws), My commandments and My decrees...**I will** keep you free from **EVERY** disease." Also in Psalm 103:3 we are assured that God "forgives **ALL** our sins **AND** heals **ALL** our diseases."

That's an absolute guarantee! But we must follow the **correct procedures** that God has established: His natural health plan. And we must follow the plan totally, with 100% commitment. Also notice the order of Psalms 103:3. **FIRST**, we must confess our sins (get rid of anger and grudge holding, give up secret sins and ask forgiveness) **THEN** God heals **ALL** our diseases. **It's in THAT order! Forgiveness—THEN healing!** Healing requires **ALL** ten steps of the plan.

When Will I Be Well? How Long Will This Plan Take?

These are questions people ask me frequently. I'll tell you EXACTLY how long it will take for you to get well! It will take:

1. until you accept, completely and willingly that this new way of living and eating is a PERMANENT life-style change and not something you will abandon once you are well.
2. until you learn to know God and have a personal intimate relationship with Him.
3. until you allow God to search your heart, your conscious mind and your subconscious mind so you will understand the things that need changing in your life, things of which, right now, you aren't even aware.
4. until you understand that spiritual knowledge and wisdom are ONLY obtained by OBEDIENCE to God. When you obey everything you ALREADY know, THEN, and ONLY THEN, will God tell you the next thing you need to know.
5. until you have given up your right to yourself and have allowed God to run your life, rather than having your life run by you, your spouse, your parents or your children. For example: "I have to have chemotherapy or radiation because my children want me to," or "My husband wants me to." NOTHING and NO ONE should come between you and God. God, NOT your relatives, must run your life.
6. until you are convinced that God's way, NOT man's way, is the ONLY way.
7. until you are convinced that doctors don't know ANYTHING about healing and that God knows EVERYTHING about healing—so you learn to go to God, rather than to doctors.

God allowed you to get yourself into a terrible, life-threatening mess by following your own advice, by you making your own decisions, so you will recognize your need for God to run your life completely.

8. until you realize that you don't need a middleman between you and God, whether it's a minister, a priest, a doctor or a counselor. You go directly to God rather than to a middleman.
9. until you stop being a spiritual hitchhiker. You must develop your OWN faith, rather than relying on someone else's faith. Asking others to pray for you is fine, but you MUST develop your OWN faith.
10. until you stop looking for a Quick Fix!—until you realize that Quick Fixes are NOT of

of God. Lust means "I want it RIGHT NOW! I can't wait!" whether it's lust for fame, lust for money, lust for healing, lust for sex, etc. Lust is of Satan. Patience is of God.

When Jesus was tempted by Satan three times in the wilderness, EVERY ONE of the three temptations had to do with lust:

A) "Make these stones into bread," demanded Satan. "You're hungry. Perform a miracle; don't wait for your Father to feed you in His own time." A Quick Fix!

B) "Jump off the pinnacle of the temple; the angels will catch you." Satan taunted. "Perform a public miracle, and you'll have a huge following instantly." A Quick Fix!

C) "Bow down to me, and I'll GIVE you the world," was Satan's third deception. "You won't have to take the long, slow, agonizing, suffering way to death and the Cross in order to save the world; just worship me and I'll **give** you the world." A Quick Fix!

11. until you thoroughly understand how MANY years you abused your body, by living and eating YOUR way rather than living and eating God's way.
12. until you realize that disease is spiritual, not physical—that it begins in your heart, your attitudes, your disposition, and in your relationship (or lack of relationship) to God. Only later, MUCH later, do the symptoms appear in your body. It is our demand that we have the right to make our own decisions that causes disease. We must give up our right to ourselves and give ourselves over to God. He is our Plan-Maker, our Problem-Solver, our Physician and our Saviour.
13. until you admit that you gave yourself this disease by the way you have been living and eating. **When Jesus is allowed to make all the decisions in your life, you won't be sick!**
14. until you develop enough trust and patience that you realize it is inappropriate and counterproductive to ask, "How long will it take?" God decides how long it will take. We have to TRUST that God knows what He is doing. He is teaching us Trust (Faith) and Patience.

Reasons For Failure

When Attempting to Follow "The Plan"

1. The person just doesn't do it! You're not obeying what you already know.

You must have 100% commitment to the program as though you are in "Marine training" and the plan must be followed precisely and with complete dedication. Thirteen freshly made juices every day, eight carrot/apple, four green, leafy vegetable/apple and one orange plus all whole foods and **TOTAL commitment to ALL other nine parts of the plan**. In addition, you **MUST**, throughout the day, keep track of the juices and water being consumed, otherwise you will lose count and not drink enough.

One of the most important factors for success is **CONSISTENCY!** Watch the video "You Can't Improve On God" as many times as necessary. Take notes as you watch. Make out a daily schedule for meals, juices and water. Include in your daily schedule an hour, first thing in the morning, for time alone with the Lord for Bible study and prayer. Schedule time for daily walking in the fresh air and sunlight. Make sure you are in bed every evening by 9:30 P.M.

Do it **ALL—EVERY DAY!** Be consistent. Make all of it a habit. Incorporate the **total 10-step plan** into your life so it becomes permanent and second nature to you.

I can usually tell within five minutes of talking to a person, whether he or she is going to be successful or not. If the person wants to "change" the program, or wants to make all sorts of exceptions, or complains about the food or the juice, or longs for meat, or in general resists in any way, he or she is almost certain to fail. **Half-hearted attempts will NEVER lead to success.**

On the other hand those who immediately embrace the whole plan and who eagerly do whatever it takes to get well -- these are the ones who succeed and **DO** get well!

You must obey all you already know before God will reveal the next step.

2. Lack of being convinced that the plan works.

The determination and commitment that are necessary in order to succeed will be missing if one doesn't truly believe the plan works. You must embark on a concentrated program of education by studying the "Curriculum for Getting Well" found in this workbook, as well as the reference books provided on the videos, plus communication with God through Bible study and prayer. **All wisdom comes from God.** He is the **ONLY** one who can open your mind so you can understand truth. My video "**Believing is Seeing**" will be helpful to give you courage, strength and faith.

Anyone can gather facts, that's called knowledge and is a natural human endeavor. But using those facts to reach the proper conclusion requires wisdom. **Wisdom comes ONLY from God!**

3. The person continues working

The juices are most effective for healing if taken within five minutes of being made in one's own juicer. The longer the juice sits, even when it is refrigerated, the more nutrients will be lost

as a result of oxidation. It is virtually impossible to drink 13 glasses of freshly made juice per day while one is working at a job outside the home. In addition, the food that must be eaten is whole, natural, nutritious food, preferably organic, simply prepared, and is never available in restaurants. Also, the stresses of the job are often a contributing factor in causing the cancer initially. And working at a job does not leave enough time to spend with God daily in Bible study and prayer, to exercise in the fresh air and sunshine, to drink the juices and eat the properly prepared diet, and to get to bed by 9:30 at night. **A major part of getting well is learning to slow your life down.**

4. Traveling or taking vacations.

It is **impossible** to follow this plan properly while one is traveling or vacationing. It is impossible to obtain the proper food on the road, and certainly 13 freshly made juices a day cannot be made while traveling unless one is in a travel trailer with an adequate kitchen. Traveling is often stressful, as well, something the cancer patient must avoid. The best place to be is at home in familiar, convenient surroundings so you can settle down into a routine.

5. Family pressures.

The person isn't strong enough to resist the tremendous pressures from the family members who are promoting conventional therapy. Daily Bible study and prayer will provide the strength and determination to follow God's way. **Your choice of treatment declares your allegiance: Will you follow God's way or man's way?** "We must 'leave' sister, brother, children, husband, wife" (Luke 14:26) to follow God and His health plan. It is a question of allegiance. **Is your allegiance to God or to man?**

6. The person does not study about his own health.

Many people just wait for someone else to tell them what to do. It is absolutely imperative to devour all of the reference material on my videos, "**You Can't Improve On God**" and "**Diseases Don't Just Happen,**" and my other health videos to understand and internalize the importance of the plan and to be convinced in one's own mind of its effectiveness. Diligent study also demonstrates a commitment to getting well—and to expanding the mind.

You must be rooted and grounded in what you believe, otherwise when discouragement comes, you will sink into despair and you will surely fail!

7. The person lets his or her spouse make all the decisions.

Of course, if the patient is very sick, this may be necessary. However, as long as the patient has a mind of his own, he should be able to make his own decisions. To do otherwise, shows an unhealthy dependence on the spouse and can be one of the sources of the stress that caused the cancer initially. "We ought to **obey God** rather than man" Acts 5:29.

8. Continuing to watch television, or reading newspapers.

The media contains virtually ALL bad news or useless propaganda. What we feed our mind is just as important as what we feed our body. You cannot get well if you watch commercial television.

It will “dumb you down” so much you will not have the determination to make tough decisions, nor will you have the self-discipline to follow the plan. **You will be unable to discern truth.** Even most of the so called “religious” television programs include frantic preaching, heavy rock and jazz music with Christian lyrics, or raucous “healers” who have none of the qualities that Jesus demonstrated when He was on earth.

A sick person needs to put all these things aside and concentrate on reading the Word of God, particularly the Gospels (Matthew, Mark, Luke and John) which deal with the life of Christ, or the book of Psalms which is comforting and enlightening.

“By beholding, we become changed” 2 Corinthians 3:18. We become like those we admire. If we admire and read about Jesus, He will eventually make us like Him. “Whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, **think on these things**” Philippians 4:8.

The results of the proper spirit, the proper attitude, are: **love, joy, peace, patience, gentleness, goodness, faith, meekness and self-control**, according to Galatians 5:23. This shows you are right with God. Then healing can progress.

9. I'll try it “for a while.”

Many people say “Well, I'll try this natural method for a while and see if it works and if not, I'll have the chemotherapy and radiation.” **This is a perfect set up for failure!** It means that the person clearly is NOT committed to God's natural health plan and therefore does not trust that the Lord can heal through His natural methods.

10. Doing “Both.”

“I'll do both and have the BEST OF BOTH WORLDS,” some people say. “I'll do chemotherapy and radiation and also follow God's health plan by eating well and drinking all the juices.” That's like saying you'll drink cyanide followed by a carrot juice “chaser.” **Remember, your choice of treatment declares your allegiance.** Will it be God's Way? Or man's way?

You **CANNOT** rebuild your immune system while you are simultaneously DESTROYING it!

It is true that eating healthy, natural food and drinking all the fresh vegetable juices is better than NOT doing it. However, the effects of chemotherapy and radiation are so powerfully destructive to the immune system that you're fooling yourself in a major way to assume that you can prevent all, or even most, of the damaging effects of chemotherapy and radiation by simultaneously following the diet portion of God's health plan. **“Doing both” is a road to failure.** In addition, it shows your lack of commitment to God's health plan. **Remember, your choice of treatment declares your allegiance.** Will it be God's way—or man's way?

11. A total absorption with one's self.

Self-centeredness is the number one problem in almost everyone's life. It is absolutely necessary to get outside of one's self and concentrate on the Lord and helping others. If one is

too sick to help others, then he must pray for others and quit constantly complaining about his own illness and wondering, "Why me?" **Illness is a unique opportunity** to change one's lifestyle, to change one's diet and to learn to know the Lord personally. It must be appreciated as such.

12. Inability to take responsibility for one's own disease.

We give ourselves cancer by the way we eat and the way we live. We must admit that to ourselves and others. **That is a first step in getting well.** Just as an alcoholic, in order to recover, must admit in front of all the others that he is an alcoholic, we also must admit our own responsibility for our illness in order to be successful in recovery. **As long as we deny responsibility for our disease, we will never be able to make the dramatic and permanent changes necessary to get well.**

You can't blame the environment, or pollution, or your family, or your business partner—or God. You may want to blame everyone, but yourself. If you do that, you will fail!

13. Lack of an attitude of thankfulness.

An attitude of gratitude is mandatory for true healing to occur. Even if you have cancer, be thankful you are still alive and that you always have a Friend who will "never leave you nor forsake you." And no matter how bad things get, a sense of humor can lighten the burden.

14. Holding on to anger and grudges.

"Pent-up anger is probably the leading cause of death," according to Drs. Frank Minirth and Paul Meier, two psychiatrists with many years of experience in treating thousands of patients with depression and mental illness. It is virtually impossible to get well from either physical or mental illness if one continues to harbor anger. Stop looking externally, for things outside yourself, for the cause of your illness. **Instead look inside yourself, that's where most of our problems are!** A critical spirit, or indulging in gossip, are both destructive to health. They will eat away at your spirit and lead to disease and death.

15. Can we trust the "EXPERTS?"

Again, we are dealing with the problem of dependence. **People trusting people instead of trusting God.** They kneel down at the feet of those in the "white coats" and accept whatever treatment they're given, often to the patient's own detriment and ultimate demise.

16. Concentrating only on the food portion of the plan.

A sure path to failure is to concentrate only on the food. The plan is NOT just a "diet." The proper diet is critical for recovery, but it's only 10% of the plan. **ALL** the rest of the plan **MUST** be implemented in order to get well.

17. There are NO "Quick Fixes."

Everyone wants to find an easy, rapid way to get well. But that's impossible! It took years to get sick. We give ourselves disease one day at a time by the way we eat and live. We must rebuild our immune system and get well—**ONE DAY AT A TIME**—the way we got sick.

18. Unconfessed sin.

"If I have iniquity in my heart, the Lord will not hear me" Psalm 66:18.

If you have sin, public or secret, that is unconfessed, you cannot get well. Confession includes remorse and repentance, so you truly don't want to do it again. If you are living with someone you aren't married to, if you are in an adulterous relationship, if you are harboring anger, holding grudges, whining, complaining, all of these are barriers to getting well.

If you have taken something that doesn't belong to you, whether you have stolen someone's reputation by gossiping or stolen someone's material by copying videos, audios or CD's, that sin must be confessed and restitution must be made before healing can occur.

19. Lack of daily, sufficient time spent ALONE with God in Bible study prayer.

This is the **MOST IMPORTANT** part of the plan, and without this a person does not have the courage, the strength, the commitment, the self-discipline, or the faith to follow the plan and believe it can really work.

People often say, "Well, I talk to God all day." That's NOT the same as dedicated Bible study and fervent prayer, ALONE with God with you **on your knees!** Unless of course, you are too ill to be out of bed.

I had to spend a minimum of one hour EVERY day praying and reading God's Word, and I still do. Jesus says, "You will find Me **when you search for Me with ALL your heart**" Jeremiah 29:13. You should spend at least as much time every day feeding your mind with spiritual food (Bible study and prayer) as you spend feeding your body with physical food.

That's the way it has to be. And claim God's healing promises that are found all through the Bible, such as Deuteronomy 7:11-15 and Psalm 103:1-4. (See the Healing Promises.)

God is the Healer. He just does it through His natural health plan.

You CAN be well. But the strength, determination and self-discipline come from the Lord. You must replenish your supply by going to Him ALONE every morning.

20. Lack of forgiveness.

God tells us that we must forgive others if we want to be forgiven by God. **One of the most important rules in getting well is learning to forgive.** Forgiving others will bring peace to your mind, joy to your heart and will change your cell structure. **If you don't forgive those who have wronged you, you CANNOT get well! Our physical condition conforms to our spiritual nature. If we are right with God, our body will heal!**

Questionnaire

This is a questionnaire I have frequently sent to people who say they're following the plan but aren't getting better. With just a few questions, if answered honestly, I can tell why the person isn't getting better: **They are simply NOT following the plan!**

1. How much time are you spending EVERY DAY with the Lord in private Bible study and prayer?
2. Are you continuing to work?
3. If you have a husband (wife), what is he (she) doing to help you get well?
4. Are you praying together with your spouse daily?
5. If you have children, what are they doing to help you get well?
6. Are you continuing to travel?
7. How much stress do you have in your life and what is the stress?
8. What are you doing to relieve the stress?
9. Do you believe that God will heal you if you follow His health plan?
10. What kind of exercise are you doing, and how often?
11. How many glasses of carrot juice are you drinking per day?
How many glasses of water are you drinking per day?
How many glasses of green leafy vegetable juice are you drinking per day?
12. Have you given up ALL sugar?
ALL dairy products, including cheese, milk, yogurt, butter, etc?
Have you given up ALL eggs?
Have you given up all meat, poultry and fish?
Have you given up ALL processed foods?
13. How much of your food do you eat raw?
14. How long ago did you quit—COMPLETELY—going out to eat?

Curriculum for Getting Well

Going Back to School - at Home!

In order to get well you **MUST** study and learn—and study and learn—and study and learn—continuously! Times of discouragement will come, and you will fail if you are not well grounded in God's Health Plan. You must understand **HOW** and **WHY** it works. In order to withstand the pressure to follow orthodox methods, pressure that will inevitably come from your friends and possibly your family, you must be well educated in why you are doing what you are doing. You must understand that God's promises **ARE** sure, that indeed, He **DOES** heal **ALL** your diseases!

But it is not enough just to believe. You also must follow the **CORRECT** procedures!

This is not a plan that someone does **TO YOU**. This is a plan that requires **YOUR TOTAL** commitment. Your allegiance must be to the Great Physician, the One who made your body, the **ONLY** One who knows exactly how to get you well.

Here is a list of the books, videos and audios you need to read, view, listen to and study in order to get well, arranged in a suggested order of study. Obviously, they do not all have to be obtained at one time, in fact, they should be purchased over time as you can't digest all this information at once.

Do not be overwhelmed by the list. Remember, education in any area of life is progressive. Take one step at a time.

The materials listed here are only a portion of the books and videos I read and viewed in my journey to health. These are the ones that helped me the most, the ones that I feel are necessary for you to acquire the tenacity and strength to hang on when the going gets tough!

Many of these books and videos will have to be read or viewed a number of times. As you grow in knowledge, wisdom, and your relationship with the Lord, He will unveil your mind so you can understand concepts that escaped you the first time around—or even the second or third time around. That is why my videos must be watched repeatedly. Each time you will understand something new, something you didn't "see" previously.

You are beginning on an educational process that will continue for the rest of your life. Once you begin learning how God wants you to live so you will be healthy and disease-free, once you learn how kind and loving God is and how much He wants to have a relationship with you, you will never want to stop learning.

Curriculum for Getting Well

Books, Audios, Videos and CDs

Note: Businesses may move or cease to exist.

Please understand that these addresses and phone numbers are the best that we have.

Rarely are we informed of address changes when businesses move or quit.

PHASE 1

Cancer Doesn't Scare Me Anymore, video by Lorraine Day, M.D.

Rockford Press, P.O. Box 8, Thousand Palms, CA 92276 1-800-574-2437
www.drday.com

Diseases Don't Just Happen, video by Lorraine Day, M.D.

Rockford Press, P.O. Box 8, Thousand Palms, CA 92276 1-800-574-2437
www.drday.com

You Can't Improve on God, video by Lorraine Day, M.D.

Rockford Press, P.O. Box 8, Thousand Palms, CA 92276 1-800-574-2437
www.drday.com

Getting Started on Getting Well, Workbook by Lorraine Day, M.D.

Rockford Press, P.O. Box 8, Thousand Palms, CA 92276 1-800-574-2437
www.drday.com

My Utmost for His Highest, daily devotional book by Oswald Chambers

Spencer Publishing, P.O. Box 1396, Palm Desert, CA 92261 760-343-1036
www.goodnewsaboutgod.com

Your Body's Many Cries for Water, book by F. Batmanghelidj, M.D.

Rockford Press, P.O. Box 8, Thousand Palms, CA 92276 1-800-574-2437
www.drday.com

Sorting Through the Maze of Alternative Medicine, video by Lorraine Day, M.D.

Rockford Press, P.O. Box 8, Thousand Palms, CA 92276 1-800-574-2437
www.drday.com

Sunlight, book by Zane Kime, M.D. (Out of Print)

www.nelsonsbooks.com or try your local library or a used book store.

Let Prayer Change Your Life, book by Becky Tirabassi

ABC Bookstore 800-765-6955

The Answer is Prayer, book by Morris Venden

ABC Bookstore 800-765-6955

PHASE 2

Mooove Over Milk, book by Vicki Griffin, Ph.D., and Dane J. Griffin

www.modernmanna.org or the ABC Bookstore 800-765-6955

Vaccinations: Are they safe and effective, book by Neil Miller

New Atlantean Books, P.O. Box 9638, Santa Fe, NM 87504 505-983-1856

www.thinktwice.com

Nutrasweet: Is it Safe? book by H.J. Roberts, M.D.

The Charles Press Publishers, P.O. Box 15715, Philadelphia, PA 19103 215-496-9616

Diet for All Reasons, video by Michael Klaper, M.D.

Rockford Press, P.O. Box 8, Thousand Palms, CA 92276 1-800-574-2437

www.drday.com

He Loves Me, He Loves Me Not: Is it EVER God's will that you not be healed?

video by Lorraine Day, M.D.

Rockford Press, P.O. Box 8, Thousand Palms, CA 92276 1-800-574-2437

www.drday.com

Believing is Seeing, video by Lorraine Day, M.D.

Rockford Press, P.O. Box 8, Thousand Palms, CA 92276 1-800-574-2437

www.drday.com

Double Blind: What Science Can't See, video by Lorraine Day, M.D.

Rockford Press, P.O. Box 8, Thousand Palms, CA 92276 1-800-574-2437

www.drday.com

Poison With a Capital C: A case against coffee and other brown drinks,

book by Agatha Thrash, M.D.

New Lifestyle Books, 30 Uchee Pines Road, #15, Seale, AL 36875-5702 800-542-5695

www.uchee-pines.org

Excitotoxins: The Taste that Kills, book by Russell Blaylock

Your local book store.

Two Kinds of Faith, book by E.W. Kenyon

Spencer Publishing, P.O. Box 1396, Palm Desert, CA 92261 760-343-1036

www.goodnewsaboutgod.com

Drugs Never Cure Disease, video by Lorraine Day, M.D.

Rockford Press, P.O. Box 8, Thousand Palms, CA 92276 1-800-574-2437

www.drday.com

Conquering Confusion in your medical Treatment, Ten tape audio set by Lorraine Day, M.D.

Rockford Press, P.O. Box 8, Thousand Palms, CA 92276 1-800-574-2437 www.drday.com

PHASE 3

Jesus the Healer, book by E.W. Kenyon

Spencer Publishing, P.O. Box 1396, Palm Desert, CA 92261 760-343-1036

www.goodnewsaboutgod.com

Turn on the Light: Overcoming Anxiety and Depression Without Drugs,

by Lorraine Day, M.D.

Rockford Press, P.O. Box 8, Thousand Palms, CA 92276 1-800-574-2437

www.drday.com

The Place of Humanity in God's Purpose, book by John H. Essex

Spencer Publishing, P.O. Box 1396, Palm Desert, CA 92261 760-343-1036

www.goodnewsaboutgod.com

Visit Dr. Lorraine Day's other web site at www.goodnewsaboutgod.com for numerous important spiritual studies.

The Wonderful Name of Jesus, book by E.W. Kenyon

Spencer Publishing, P.O. Box 1396, Palm Desert, CA 92261 760-343-1036

www.goodnewsaboutgod.com

Health and Happiness, book by E. G. White (also known as Ministry of Healing)

ABC Bookstore 800-765-6955

The Complete Works of Oswald Chambers, book by Oswald Chambers

Available through your Christian Book Store

The Sprouting Book by Ann Wigmore

Your local book store, or Penguin Publishing, E. Rutherford, N.J. 1-800-785-6262

Other Optional Books that are Interesting and Helpful

Back to Eden by Jethro Kloss

Your local bookstore or health food store

God's Way to Ultimate Health, book by Dr. George Malkmus

Hallelujah Acres Publishing, P.O. Box 2388, Shelby, NC 704-481-1700

www.hacres.com

Deceived by the New Age, book by Will Baron

Available at your local Christian Bookstore or the ABC Bookstore 800-765-6955

The Cancer Industry, book by Ralph Moss

Your local bookstore, or Paragon House, 90 Fifth Ave., New York, NY 10011

Books and Videos to Make You Laugh

What makes a person laugh is a very personal matter, but here are a few suggestions—somewhere for you to begin.

Ken Davis, Christian Comedian - videos

Ken Davis Productions, P.O. Box 745940, Arvada, CO 80006-5940 303-425-1319
www.kendavis.com

Barbara Johnson, books to put humor in your life

"I'm So Glad You Told Me—what I didn't wanna hear!

"Mama, Get the Hammer! There's a Fly on Papa's Head!" and other books

Available at your Christian Bookstore

ComedyCatalog.com on the internet

Mr. Bean videos

Amazing Sports Bloopers, and many others

Search on the Internet for:

America's Funniest Home videos

Blooper videos

Videos of Baby Animals

Cookbooks:

Getting Started on Getting Well, Workbook by Lorraine Day, M.D.

Contains over 100 recipes specifically for patients with cancer and other serious diseases.

Rockford Press, P.O. Box 8, Thousand Palms, CA 92276 800-574-2437

www.drday.com

Recipes for Life by Rhonda Malkmus:

Caution: Many of these recipes contain Liquid Aminos.

Liquid Aminos are forbidden on the plan Dr. Day used to get well.

Hallelujah Acres Publishing, P.O. Box 2388, Shelby, NC 28151 704-481-1700

www.hacres.com

Cookbooks listed on the videos that are no longer available.

You may find them in the library or in a used book store.

Eydie Mae's Natural Recipes by Eydie Mae Hunsberger OUT OF PRINT

Vibrant Living OUT OF PRINT

The Garden of Eden Raw Fruit and Vegetable Recipes by Phyllis Avery OUT OF PRINT



*Finally
the
Food!*

*Remember, Food is Only
10% of the Plan*

WARNING

If you begin here rather than Section I,
you will NOT get well!

Show Me a Vegetarian Who Lived to a Ripe Old Age!

Before the Great Flood

This is the **Adam and Eve Family Tree**, those born before the Great Flood, with the length of their lives.

Adam	930 years
Seth	912 years
Enos	905 years
Cainan	930 years
Mahalaleel	895 years
Jared	962 years
Methuselah	969 years, died just before the Great Flood
Lamech	777 years, died 5 years before the Great Flood
Noah	950 years, age 600 at the time of the Great Flood
Shem	600 years, born 89 years before the Great Flood

After the Great Flood

Look what happened to the recorded ages of men and women of the Bible **following** the Great Flood. The weather became bitterly cold and harshly hot because the atmospheric water canopy was gone, the oxygen content of air decreased, and **humanity was allowed to eat flesh food. The life expectancy dropped rapidly and dramatically.**

Arphaxad	438 years, born 2 years after the flood
Salah	433 years
Eber	464 years
Peleg	239 years
Reu	239 years
Serug	230 years
Nahor	148 years
Terah	205 years
Abraham	175 years
Isaac	180 years
Jacob	147 years
Joseph	110 years
Sarah	127 years
Ishmael	137 years
Levi	137 years
Moses	120 years
Aaron	123 years
David	70 years

Show Me Something a Little More Recent!

Vegetarians Live Longer

Research published in **2001** confirms the merits of a vegetarian diet.

In a study of over 34,000 California Seventh-Day Adventists, the combination of a vegetarian diet, exercise, and absence of smoking accounted for **an increase in life expectancy up to 10 years**, perhaps the **highest life expectancy of any formally described population**.

Archives of Internal Medicine 2001;161:1645-1652

Famous Athletes Reported to be Vegetarian or Vegan

- * Hank Aaron (major league baseball home run champion) Source: A Teen's Guide to Going Vegetarian
- * Billie Jean King (tennis champion) Source: A Teen's Guide to Going Vegetarian
- * Jack LaLanne (well-known fitness expert)
- * Martina Navratilova (champion tennis player) Source: Magazine Interviews/Genesis Awards
- * Dave Scott (five time winner of the Ironman Triathlon) Source: "The New Laurel's Kitchen" cookbook
- * Bill Walton (champion professional basketball player) Source: A Teen's Guide to Going Vegetarian
- * Paavo Nurmi (Olympic distance runner from Finland) Source: Public knowledge
- * Bill Pearl (Mr. Universe and bodybuilder) Source: A Teen's Guide to Going Vegetarian
- * Robert Parish (Professional Basketball Player) Source: Public knowledge
- * Debbie Spaeth-Herring (Georgia State power-lifter) Source: A Teen's Guide to Going Vegetarian
- * Donnie LaLonde (former Light Heavyweight Champion of the World. Lost title to Sugar Ray Leonard.)
- * Sixto Linares (world record 24 hour Triathlon) Source: www.earthsave.org
- * Carl Lewis (world famous Olympic athlete) Source: Carl Lewis' introduction to *Very Vegetarian*

Vegetable Protein Percentage Chart

You can obtain all the protein you need from vegetable, fruit and grain sources.

<u>Vegetables</u>	<u>% Protein</u>	<u>Fruits</u>	<u>% Protein</u>
Spinach	49	Lemons	16
New Zealand Spinach	47	Honeydew Melon	10
Watercress	46	Cantaloupe	9
Kale	45	Strawberry	8
Broccoli	45	Orange	8
Brussel Sprouts	44	Blackberry	8
Turnip Greens	43	Cherry	8
Collards	43	Apricot.....	8
Cauliflower	40	Grape	8
Mustard Greens	39	Watermelon.....	8
Chinese Cabbage	34	Tangerine	7
Parsley	34	Papaya.....	6
Lettuce	34	Peach.....	6
Green Peas	30	Pear	5
Zucchini	28	Banana	5
Green Beans	26	Grapefruit.....	5
Cucumbers	24	Pineapple	3
Dandelion Greens	24	Apple.....	1
Green Pepper.....	22		
Artichokes	22	<u>Grains</u>	
Cabbage.....	22	Wheat Germ	31
Celery	21	Rye	20
Eggplant	21	Wheat, Hard Red	17
Tomatoes.....	18	Wild Rice	16
Onions	16	Buckwheat	15
Beets	15	Oatmeal	15
Pumpkin	12	Millet	12
Potatoes	11	Barley.....	11
Yams	8	Brown Rice	8
Sweet Potatoes	6		
<u>Nuts and Seeds</u>			
Pumpkin Seeds	21		
Sunflower Seeds	17		
Sesame Seeds	13		
Almonds	12		

Data obtained from *Nutritive Value of American Foods in Common Units*, USDA Agriculture Handbook No. 456.

Acceptable Vegetables

Artichokes	Kale
Asparagus	Leeks
Banana Squash	Lettuce (especially romaine)
Beets and Tops	Okra
Broccoli	Onions
Brussel Sprouts	Parsley
Cabbage	Parsnips
Carrots	Peas
Cauliflower	Pea pods (young)
Celery	Potatoes
Chard	Pumpkin
Chicory	Radish
Chives	Rhubarb
Collards	Rutabagas
Corn	Scallions (green onions)
Cucumber	Spinach
Dandelion	Squash - all kinds
Eggplant	Sweet Potatoes
Endive	Swiss Chard
Escarole	Tomatoes
Garlic	Turnips
Green Beans	Water Cress
Green Peppers	Yams
Jicama	Zucchini

FRUITS: Virtually all are acceptable. Berries with seeds may cause intestinal distress in patients with diverticulosis.

PROTEIN SOURCES

Grains (cooked or sprouted), Rolled oats (oat meal)

Seeds sprouted

Sprouts (alfalfa, red clover, wheat, lentils, mung bean, rye, oats, barley, etc.)

Raw unsalted almonds - in small quantities

GRAINS

Brown rice

Rollled oats (oatmeal)

Whole oats

Barley

Wheat

Quinoa

Millet

All other grains in moderate amounts

Safe Herbs and Spices

If they are not on this list, don't use them

Anise	Chives	Garlic	Parsley	Sorrel
Basil	Coriander	Marjoram	Rosemary	Summer Savory
Bay Leaf	Dill Seed	Mint	Saffron	Tarragon
Celery seed	Fennel Seed	Onion powder	Sage	Thyme

Forbidden Spices

Many spices irritate not only the taste buds, but other cells and tissues as well.

Spices can:

1. induce overeating
2. create a false sense of thirst that cannot be satisfied with water
3. retard or derange digestion
4. irritate and over-stimulate the system, especially the stomach, vascular system and nervous system.

For instance, the following spices cause serious problems with your health.

<u>Name</u>	<u>Effect</u>
Black pepper	Gastrointestinal and urinary irritation, increased blood pressure
Chili peppers	Cancer, increased blood pressure
Cayenne	Stomach irritation, increases circulation by irritating the body
Horseradish	Urinary irritation
Cloves	Increased cravings, irritates nerves
Cinnamon	Increased cravings, irritates nerves
Mustard seed	Urinary irritation, increased blood pressure
Ginger	Urinary irritation, increased blood pressure
Nutmeg	Breaks mucus barriers in the stomach and bowel, hallucinations, may depress or irritate central nervous system
Paprika	Gastrointestinal irritation
Vinegar	Breaks mucus barriers, irritates nerves
Baking soda	Increased blood pressure, stomach irritation
Cumin	Irritating to the system

All spices that are not listed above under "Safe Herbs and Spices," are forbidden.

Forbidden Foods

- *All nuts, except occasional almonds. Nuts are difficult to digest and too high in fat and protein.
- * Pasta. It is nothing more than PASTE: flour and water. It is processed food and has very little nutrition.
- * Fats and oils, except occasional flaxseed oil that can only be used cold, NOT for cooking.
- * Meat, poultry, fish, milk and all dairy products, eggs. These are all animal products and are too high in fat and protein and are full of toxins and disease. They CAUSE disease!
- * Soybeans and soy products including tofu and soy sauce.
- *All processed foods: Processed foods are foods in boxes, cans, jars, etc., or restaurant foods that have been altered from their natural state and combined with preservatives, fillers, etc. This includes any food that is not in its natural state as it comes from the garden or the tree.
- * MSG and other additives.
- *Liquid aminos. They have the same effect as MSG.
- * Refined sugar, maple syrup, molasses, Stevia, Nutrasweet, and all other "natural" or chemical sweeteners are forbidden. You must overcome your addiction to sweets. Sugar and sugar substitutes suppress the immune system for hours and rob the body of vitamins and minerals. They promote cancer growth.
- * Honey can be used, but no more than one teaspoon per day.
- * Beans (except green beans) are **forbidden**, except when sprouted. When cooked they are too difficult to digest and form too much gas. Lentils and dried peas may be tried occasionally but often cause the same problems.
- * Nut butters, such as peanut butter or almond butter—they are pure fat. Peanut butter should never be used, even when you are well. It contains a cancer-causing substance called aflatoxin.
- * Dried fruit such as dates, dried apricots, etc. They contain too much concentrated sugar, even though it's natural. Adding a few raisins to your oatmeal is acceptable.
- * Berries with seeds such as raspberries, blackberries, etc. They get stuck in intestinal diverticulae pouches.

* Mushrooms - They grow in the dark, under rocks and are not the highest in vitamin and mineral content. They also have a tendency to form gas.

* Vinegar, all kinds.

* Olives: they are almost pure fat and they are processed.

* Nothing in a box, nothing in a can, nothing frozen except an occasional treat from the "Sweet Stuff" section in the Recipes. When food is frozen it dies. Frozen food is dead food. Freezing kills food the same way it kills people. Fresh produce is alive. All vegetables and fruits, with these rare exceptions, should be eaten fresh, not frozen.

* If a food is not listed here, **it may still be forbidden**. Read the rest of the workbook, watch the videos repeatedly and learn to understand the underlying principles of the plan. The acceptable foods are fruits, grains and vegetables in their natural form.

Foods to be Used Sparingly

* Avocado - not more than a wedge 1/2" wide, every few days. They contain too much fat.

* Raw almonds - never more than 5 or 6 per day, and never after 2:00 PM.

* Bread - no more than 1 slice per day. It's processed and has a tendency to cause constipation. (See recipe section for types of bread allowed).

* Honey - **no more than 1 teaspoon per day**.

* Seeds, such as sunflower and pumpkin seeds.

* Fruit juice - only one glass of orange juice per day; fresh home-made only, no store bought orange juice. Fruit juice contains concentrated sugar, even though it's natural.

When you juice fruit, you concentrate the natural sugar and separate it from its fiber. Then it has much the same effect on your insulin production as sugar.

* Occasionally you can have a fruit smoothie, but this is blended fruit, with the fiber left in

* Rice Milk - it's processed and it contains sugar.

General Rules

1. I don't eat fruit and vegetables at the same meal. The fruit is digested more rapidly than the vegetables and nothing will be emptied into the intestine until the vegetables are digested. Because the fruit contains natural sugar, it can ferment in the stomach, producing toxins. However, it is acceptable to juice fruits and vegetables together because the pulp has been removed and thus the "digestion" problem is eliminated.

2. I chew all food until it is liquid in my mouth. If food is not chewed adequately it will not be mixed with the salivary enzymes in the saliva. These enzymes are not reproduced in the gastric juice in the stomach, so the food will be inadequately digested. When these incompletely digested molecules are assimilated, the body does not recognize them and will produce allergens to them, causing allergies. Also, food inadequately chewed and assimilated causes a lot of the nutrients in the food to be wasted.

3. I drink bottled drinking water. Tap water is dangerous because it contains chlorine, fluoride and a lot of bacteria. Either distilled water or purified drinking water is acceptable.

4. I don't drink any fluid with my meals. I don't drink anything closer than 1/2 hour before a meal, nor sooner than 1 hour after a meal. Drinking fluid with meals dilutes the gastric juices and compromises digestion.

5. On my baked potato, I may use a mixture of vegetables, or on occasion I use a little flaxseed oil (never more than 2 Tbsp) and fresh lemon juice. The two together look and taste like butter. Flaxseed oil is a yellow oil and is available at the health food store. It must be kept refrigerated before and after opening. It should NEVER be heated or used for cooking. It contains omega oils that are essential for health and oils that cannot be produced by the body. However, flaxseed oil is NOT necessary to obtain these essential Omega oils as they also occur in the natural food that is a part of this Health Plan.

6. I do not fry ANYTHING. A very small amount of olive oil may be used on the bottom of a glass baking dish to keep the oven baked French fries from sticking.

7. During recovery it is wise not to eat nuts, as they are very hard to digest and contain a lot of fat and protein. I did not eat ANY nuts during my first year of recovery. The only nuts that are permissible, and then only in small quantities (5-6 per day—and only eaten before 2:00 P.M.), are raw almonds.

8. Pasta is forbidden. Pasta is just paste - flour and water. It has virtually no food value and is nothing but processed food AND empty calories.

9. My entree dishes while recovering were mainly potatoes, fixed in a variety of ways, occasional yams, and brown rice once or twice a week, plus vegetables and different types of salads. (See menu section.)

10. No beans, except when sprouted. They are too high in protein and cause too much gas. (See the videos "**Diseases Don't Just Happen**" and "**You Can't Improve on God.**")

11. Bread is a processed food and should be eaten vary sparingly, never more than one slice per day. (See the acceptable breads in the recipe section.)

12. Juicers: Buy the best one you can afford. I have seen people get well from cancer using just about any kind of juicer available. Do NOT use a blender. A blender is NOT a juicer. The pulp must be removed from the juice or you will get too full on the juice. Compost the pulp.

13. Vegetables are most nutritious if eaten raw. However, if you cannot tolerate them raw when starting out, then cook them. You will still get a lot of nutrition. The enzymes in the 13 fresh home-made juices will help compensate for the loss of enzymes in the cooked food.

14. Do not use aluminum cookware. Use only stainless steel or glass, such as Corning Ware.

15. Never use a microwave oven. It changes the character of the protein in the food and the food becomes a toxin.

16. No soy - it is processed. Soy also contains substances that promote breast cancer. Tofu contains MSG.

17. No mushrooms - they grow under rocks and in the dark and are not the most nutritious food for a recovering cancer patient. They also have a tendency to cause gas.

18. Use seeds, such as sunflower seeds, sparingly.

19. Sprouts are excellent and highly nutritious. Home-grown are the best.

20. **DON'T CHANGE THE PROGRAM.** This is the program that worked for me and multitudes of others. Follow it precisely, that's the **ONLY** way it will result in success.

Necessary Cookware and Supplies

Kitchen Utensils

A juicer
Flame diffuser
Sharp paring knives, varying sizes
Wooden stirring spoons
Strainer
Vegetable brushes
Wooden cutting board
Kitchen cooking timer
Glass measuring cups: 1 - one cup size, 2 - four cup size
Mixing bowls in convenient sizes
Food grater
Measuring spoons
Metal spatula
Garlic press
Potato masher
Apple corer
Glass baking dishes of varying sizes (at least two)
Glass or stainless steel cookware (no aluminum) with tight fitting lids.
Blender
Plastic dishpan (rectangular - to fit in sink)
Plastic dish drainer with rubber pad underneath
Plastic ziploc bags - gallon size - 2 boxes

Desirable: plastic bag drying rack - available from Real Goods: 800-762-7325, or www.realgoods.com (Plastic Bag Dryer #06-007).

Order purified or distilled water dispenser and 10-12 five gallon bottles of water every two weeks.

One 1-gallon container of purified water to use to draw water from the dispenser to use to wash vegetables.

Other supplies:

Paper towels - all white)
Toilet paper - all white) Avoid chemical dyes
Facial tissues - all white)

Use biodegradable non-toxic cleaning supplies (available at most health food stores) such as dish washing detergent and clothes washing detergent.

Shopping List for Juices

Weekly Groceries Necessary for Juices

Romaine lettuce	24 bunches
Carrots	35 pounds
Apples	38 pounds
Red chard	6 bunches (for juicing and cooking)
Red cabbage	3 heads (for juicing and cooking)
Green peppers	10 (for juicing and cooking)
Endive or escarole	3 bunches
Oranges	14 - 16

Sample Grocery Shopping List

for First Week Menus

(In addition to produce for juices)

FRUIT

Oranges	See juice shopping list
Bananas	6-10
Blueberries	1-2 baskets, when in season, otherwise use another fruit
Strawberries	1-2 baskets, when in season, otherwise use another fruit
Kiwi	6
Lemons	8-10 lbs.
Raisins	1 large package

VEGETABLES

Potatoes	25 lbs.
Tomatoes	10-12 lbs.
Red Onions	5 lbs.
Yellow Onions	5 lbs.
Yams	5 lbs.
Garlic	1 lb.
Broccoli	5 lbs.
Cauliflower	2 heads
Celery	2 bunches
Turnips	4-6
Green beans	1-2 lbs.
Parsley	2 bunches
Spinach	3 bunches
Fresh peas	1-2 lbs.
Cucumbers	4
Corn on the Cob	4-6
Avocado	1
Green onions	4 bunches
Zucchini	2 lbs.

Organic Brown Rice	2-3 Packages
Organic Rolled Oats	4 lbs, or one large bag

Pita bread (Ezekiel Pocket Bread)

Whole wheat bread or 7 grain bread

Both from Health Food store WITHOUT additives, preservatives or dairy products

SEASONINGS

Sun dried sea salt

Rice milk or Almond milk: 2 cartons of one or the other (From health food store)

Dill seed (or dill weed)

Arrowroot

Natural vanilla flavoring

Marjoram

Thyme

Basil

Caraway seeds

MISC:

Sunflower seeds 1-2 packages

Preparing the Vegetables for Juicing

(It's helpful to have a second refrigerator for all the vegetables.)

General Rules:

1. All vegetables are to be thoroughly washed in either purified drinking water or distilled water.
2. Wash at one time the vegetables necessary for at least 3-4 days of juicing, so you won't have to do this every day.

Carrots (It is very important that they are organically grown.)

1. Wash carrots thoroughly in water.
2. Scrub them thoroughly with a vegetable brush, then rinse them in water.
3. Stand them up in a dish drainer on your kitchen counter to air dry for an hour or so.
4. Cut off the tops and the lower tips with a kitchen knife.
5. Package them in gallon size zip lock plastic bags by placing them horizontally in the bag. If some carrots are too long to be placed horizontally, cut them to fit. Seal the bags tightly, eliminating as much air as possible.

NOTE: If carrots are not organically grown, carrots should be peeled right before juicing.

Apples (organically grown)

1. Wash apples in water right before they are used.
2. Right before using them, cut them in sections to fit into the juicer, and also cut out the center seeds.

NOTE: If apples are not organically grown, peel them right before making the juice.

Green leafy vegetables (Organically grown whenever possible)

1. Wash the produce thoroughly in water. If the produce is quite dirty, use as many washings in clean water as necessary to get them thoroughly clean.
2. Air dry the produce by placing the leaves in the dish drainer on your counter. Stand the leaves upright as much as possible by leaning them up against the sides of the drainer so they will drain more thoroughly.
3. When they are dry (don't let them stay there long enough to wilt), package them in gallon size zip lock bags. Seal bags tightly.

For Refrigeration

- A) Put only one type of green leafy vegetable in each bag. Don't mix them up.
- B) Stand the bags of green leafy vegetables upright in a row in your refrigerator, so the leaves won't get crushed. Do not place one bag on top of another.

When it's time to make a juice, you have all the ingredients readily available. Just take the appropriate zip lock bags from your refrigerator to your juicer and you're ready to go.

Sample Daily Schedule

Each glass is 8 ounces

7:30 - 8:30 A.M.	Bible study and prayer
7:30 - 8:30	2 glasses of water
8:30	Fresh squeezed orange juice
9:00	Breakfast
10:00	Carrot/apple juice
	Exercise, walking outdoors in the sunlight and fresh air. (Take a bottle of water with you.)
11:00	Carrot/apple juice
11:30	Green leafy vegetable juice/apple
12:00	Carrot/apple juice
12:30	Green leafy vegetable juice/apple
12:30	Read Bible healing promises, pray
1:00 P.M.	Lunch
2:30	Carrot/apple juice
3:30	Green leafy vegetable juice/apple
4:00	Carrot/apple juice
4:30	Green leafy vegetable/apple
5:30	Carrot/apple juice
6:00	Dinner
7:30	Carrot/apple juice
8:00	Glass of water
8:30	Carrot/apple juice
9:00 - 9:30	One more glass of water
9:00	Prayer
9:30	In bed.

During the night, when getting up to go to the bathroom, drink at least 2 or more glasses of water, but not all at once. Put them on your bedside stand before retiring.

This schedule accomplishes the following:

- 1 glass of fresh orange juice
- 8 glasses of carrot/apple juice
- 4 glasses of green leafy vegetable juice/apple, and
- 4 - 6 glasses of water.

If you can't drink this much, cut out some water but **don't cut out the juice**. The juice contains nutrition that you need.

For every 10 glasses of water (this does NOT include juice), you must take in approximately 1/2 teaspoon of sea salt, but only a little at a time, and don't put it in the water. Drinking "salt water" can make you nauseated.

Carrot/Apple Juice Recipe

One 8 oz. glass of carrot/apple juice is made from:

- 3 - 4 large carrots
- 1 small- medium green apple (i.e. Pippin or Granny Smith, etc.) If apples are large, use 1/2 apple per glass.

Green Leafy Vegetable Juice Recipe

One 8 oz glass of Green leafy vegetable/apple juice is made from:

- 1 wedge of red cabbage (about 1" at its base)
- a handful of romaine lettuce leaves
- 1 1/2 in. wedge of green pepper
- 1 leaf of red chard
- a handful of endive or escarole
- 1 small green apple. (If these greens are not available, use the next best dark green leafy vegetables that are available.)

- * I don't juice spinach. It contains too much concentrated oxalic acid when juiced.
- * I don't juice celery. It contains too much concentrated sodium when juiced.

But both spinach and celery **can be eaten freely**, just don't juice them.

BarleyGreen™ is **not better** than fresh green leafy vegetable juice. The fresher the juice, the better. However, you may add BarleyGreen™ to several of your juices to add additional nutrition.



Menus & Recipes

WARNING

If you begin here rather than Section I,
you will NOT get well!

Sample Menus

Note: These are sample menus only, they do not have to be followed precisely in this order. They are suggestions only, to help you begin your vegan diet.

Week 1

	<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>
Day 1:	Oatmeal with blueberries or other fruit	Baked Potatoes topped with green beans, tomatoes, onions and garlic Salad: cut romaine lettuce, tomatoes and red onion Lemon/Red Onion Dressing	Garden Medley salad with piece of Pita Bread
Day 2:	Fruit Smoothie Toast with uncooked fresh apple sauce	Rice with stir "fry" vegetables Cucumber dill salad	Broccoli and potato soup Salad
Day 3:	Oatmeal with raisins	Oven french fried potatoes Spinach with lemon juice Vegetable Herb Salad	Sunflower Pita
Day 4:	Banana and fruit smoothie	Oven roasted potato chunks Asparagus - when in season Salad: romaine lettuce, celery, tomato, onion, thinly sliced cauliflower	Cream of spinach soup
Day 5:	Oatmeal with cherries or other fruit	Yams Corn on the cob or other vegetable in season Salad: romaine lettuce, diced turnip, tomato	Vegetable stew Salad
Day 6:	Berries and bananas Toast with apple sauce	Stuffed Green Pepper cauliflower with tomatoes, (raw or cooked) Garden Medley Salad	Fruit salad: bananas strawberries kiwi
Day 7:	Oatmeal with strawberries or other fruit	Mashed potatoes Broccoli, raw or cooked Tomato Relish Salad	Vegetable Soup

Sample Menus

Week 2

	<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>
Day 8:	Banana and fruit smoothie	Potato puffs Spinach or asparagus (if in season) Salad: sliced tomatoes, sliced red onions, sliced rings of green pepper on a bed of romaine lettuce.	Cream of Tomato Soup
Day 9:	Oatmeal with raisins	Yams Vegetable stir fry Spring Salad Bowl	Garden Medley Salad
Day 10:	Whole wheat toast topped with stewed fruit	Oven roasted potato chunks Cooked green beans with slivered almonds Garden salad	Fruit salad: pineapple, strawberries, and oranges
Day 11:	Oatmeal with banana	Rice Supreme Artichokes - dip leaves in lemon juice Beet and red onion salad	Potato Soup
Day 12:	Bananas and blueberries or other fruit One piece of toast with fresh raw applesauce	Fried potatoes Steamed zucchini and tomatoes Spinach Salad	Tomato Rice Soup
Day 13:	Oatmeal with strawberries	Baked potato with flaxseed oil and lemon juice Cauliflower and Broccoli Vegetable Herb Salad	Fruit salad: bananas, grapes, pears, or other fruit in season
Day 14:	Oatmeal with one teaspoon honey	Tomatoes and rice Baked squash Garden Salad	Vegetable stew

BREAKFAST VARIETY

WHOLE WHEAT TOAST, STEWED APRICOTS

1/2 lb. fresh apricots
1 tsp. arrowroot in 2 Tbs. cold water
1 Tbs. honey

Cut fruit to desired size. Remove pits. Place in saucepan with boiling water and cook for 10 minutes. Add arrowroot mixture during last 2 minutes. Add honey when cool.

Other fruits that can be stewed:

Cherries
Plums
Peaches
Pears
Or a combination of these

FRUIT SMOOTHIE (See Drinks and Juices) AND WHOLE WHEAT TOAST

PRUNE WHIP

14 prunes, soaked in 1/2 cup purified water
2 Tbs. orange juice or lemon juice
2 small bananas, sliced
1 Tbs. honey

Blend in blender until smooth

PAPAYA SURPRISE

1/2 papaya, seeded
3-4 strawberries, cut in pieces
Lime wedge

Fill papaya with berries and squeeze lime juice on top. Serve lime wedge for garnish.

BERRIES AND BANANAS

Strawberries, 1 basket
Bananas, 2
Blueberries, 1/2 basket

Wash berries thoroughly. Slice banana, cut strawberries to bite size, mix all fruit and serve.

ORANGE BREAKFAST SHAKE

1 large orange, peeled
1/4 cup vanilla rice milk
1/4 cup oat bran
1 tsp. honey
1/2 tsp. natural vanilla extract
1-1/2 cups frozen banana chunks

Blend in blender until smooth.

OATMEAL AND FRUIT

Bring 1 cup of water to a boil in small sauce pan. Add 1/3 cup organic rolled oats. Bring again to a boil, then lower to simmer. Cover pan for softer oatmeal or cooked uncovered for chewier consistency. Cook approximately 20 minutes or until done (when all the water is gone).

Option: Soak rolled oats in water for about 30 minutes. Pour off water. Serve. Rolled oats will have a firmer texture and a nutty flavor.

Oatmeal can be eaten with any of the following:

Fresh, raw, applesauce
Prunes, Bananas
Raisins, Peaches
Apricots, fresh or stewed
or other fruit of your choice

ACCEPTABLE BREADS

All breads should be made without dairy, eggs, sugar or preservatives, whether home-made or from the health food store. Bread, of whatever kind should be eaten sparingly.

Bible bread - pita pocket

Wheat Chapati

Thin-Thin bread (also called Thin-Thin Wrap)

Tortillas - organic corn or wheat. Chips can be made at home by cutting the tortillas in pieces and baking until crisp.

Essene bred

Whole wheat bread

Dark rye bread

Wasa bread

Bread can be eaten plain, or toasted. It can be topped with fresh raw homemade applesauce (fresh apples chopped and placed in a blender, or ground through the Norwalk juicer grinder). Or a spread can be made by mashing fresh strawberries, blueberries or bananas.

COOKED SOUPS

SOUP STOCK

Scrub and coarsely chop:

3 large carrots
2 stalks celery
1 large turnip
2 large onions

Add vegetables to 3 quarts water, 2 tsp. salt, 6 large sprigs of parsley, 1 bay leaf, 1 tsp. thyme leaves. Add 2 cloves garlic or your favorite (acceptable) herbs - optional. Cover and bring to a boil. Reduce heat and simmer 1-1/2 hours.

Strain out vegetables (which can be eaten over rice). Makes 2-1/2 quarts stock. Can be refrigerated for 2-3 days.

Alternate Soup Stock: Save (refrigerate) your vegetable parings and trimmings over 2-3 days. Cook, then strain out the vegetable trimmings. Use soup stock instead of water for making soup.

BROCCOLI POTATO SOUP

2 cups (about 3/4 pounds)
broccoli florets
1 small onion, chopped
2 cloves garlic, minced
4 medium potatoes, peeled and
diced
2 cups water
2 cups rice milk
1/2 cup fresh parsley, chopped

Saute chopped onion and diced garlic in 1/8 cup water until tender. Add broccoli, potatoes and the two cups of water. Bring to a boil, reduce heat and simmer for 15-20 minutes or until vegetables are soft. Stir in milk and parsley. Add salt to taste. Heat, but do not boil. Makes six 1 cup servings.

VEGETABLE SOUP I

1 medium size onion, chopped
1 large carrot, sliced
1 large potato, peeled and cubed
in 1/2 inch cubes
2 large tomatoes, peeled and
diced
1 handful fresh green beans, cut
in 1 inch segments
4 cups vegetable stock
2 small zucchini, sliced
1 tsp. dry basil
Salt to taste
3 cloves pressed garlic (optional)

Cook onions, celery and carrots in 1/4 cup water for about 10 minutes. Add cubed potatoes, diced tomatoes, basil and soup stock and bring to a boil. Simmer for 15 minutes. Add green beans, zucchini and simmer for another 15 minutes, or until all vegetables are tender. Add salt to taste. (Garlic optional)

BARLEY AND CARROT SOUP

1/4 cup barley
6 cups soup stock
1 cup sliced carrots
1/2 cup chopped celery
1/4 cup onion, diced
1/2 cup parsley, chopped
Salt to taste

Place barley and soup stock in saucepan. Simmer for 1 hour or until barley is tender. Add remaining ingredients (except parsley) and cook until vegetables are tender, about 20 - 30 minutes. Add parsley, salt to taste and serve.

VEGETABLE SOUP II

3-4 stalks celery, chopped
1 yam, peeled and diced
2 small leeks, sliced
1 1/2 lbs. tomatoes, diced
2 medium onions, chopped
1 lb. potatoes, peeled and diced
1/2 cup fresh parsley, chopped
1/2 tsp. basil
garlic as desired
salt to taste

Combine vegetables, garlic and basil and add water but do not cover vegetables completely. Bring to boil, then turn to low and simmer slowly for 2 hours. When vegetables are nearly done, add salt to taste.

Option: Blend all ingredients in blender for a delicious smooth soup.

CORN CHOWDER

1 cup water or rice milk
2/3 cup diced potato
1 tsp. onion powder
1/2 cup chopped celery
2/3 cup corn

Blend:

1/3 cup corn
2/3 cup water or rice milk
1/3 tsp. salt

Combine all ingredients and cook for 1/2 hour or until potatoes are thoroughly cooked. Makes about 4 cups.

ASPARAGUS SOUP

5 cups asparagus, cut in small pieces
1 cup water
2 1/2 cups rice milk
2 Tbsp. arrowroot powder, optional
salt to taste
juice of 1/2 lemon, optional

Cook asparagus in water until tender. Place asparagus/water mixture in blender and blend until smooth. If there are fibrous strings remaining, strain through a sieve. Blend remaining ingredients in blender. Transfer mixture to sauce pan and simmer for 5 minutes. Thicken with arrowroot if desired. Salt to taste. Add lemon juice if desired.

TOMATO POTATO SOUP

2 large tomatoes, peeled and diced
2 medium potatoes, peeled and diced
1/2 tsp. sweet basil
1/4 cup lemon juice
1/4 cup onion, grated
Salt to taste

Combine all ingredients except salt and lemon juice. Heat to boiling. Reduce heat and simmer for 35 - 40 minutes, or until vegetables are tender. Blend in blender, add salt to taste, and lemon juice. Blend and serve.

POTATO SOUP

5 large potatoes, peeled and diced
1 leek, diced
2 stalks celery, sliced
1 large onion, diced
chopped parsley
2 cups water or soup stock
2 cups rice milk

Place all ingredients in a covered saucepan. Bring to a boil, then lower heat to simmer for 45 minutes to 1 hour, or until potatoes are soft. Salt to taste and serve

CREAM OF CELERY SOUP

2 cups rice milk
2 cups chopped celery and leaves
1/3 cup chopped onion
2 Tbs. arrowroot powder
salt to taste

Saute celery and onion in water until tender. Drain. In sauce pan, heat milk. Slowly stir in arrowroot powder. Add salt to taste and other seasonings as desired. Add milk mixture, cooked celery and onion. Stir and serve.

Option: Blend entire mixture in blender and serve.

TOMATO RICE SOUP

1-1/2 cups cooked brown rice
8 tomatoes peeled and diced
2 cups celery, diced
1-1/2 cups onion, diced

Combine all ingredients except rice. Bring to a boil, reduce heat to low. Cook until vegetables are tender, about 30 minutes. Blend in blender. Add 1-1/2 cups cooked brown rice. Salt to taste, and serve.

CREAMY POTATO AND PEA SOUP

3 cups cubed raw, peeled potatoes
1 cup chopped green onions
2 cups water or soup stock
1 Tbsp. chopped parsley
1 tsp. celery seed
1 cup rice milk
1 cup fresh green peas
2 tsp. salt, or salt to taste

Cook onions, potatoes, peas, celery seed and salt together in water until almost done, turn the heat to low flame. Add milk and parsley. Heat but do not boil. Makes 4 servings

CREAM OF SPINACH SOUP

4 large potatoes, peeled and diced
1/2 medium size onion, chopped
4 cups water or soup stock
1/2 onion, chopped
1 bunch fresh spinach, chopped
2 cloves garlic, pressed
sprinkle of crushed basil leaf
juice of one lemon
salt to taste

Saute onions and garlic in 1/4 cup water until tender. Add potatoes and water or soupstock. Cook until potatoes are done, about 20-25 minutes. Add chopped spinach. Cook until spinach is tender

Add lemon juice, basil and salt to taste, blend all ingredients in a blender. Put mixture into a cooking pot, re-heat and serve.

This can also be used as a **delicious gravy**.

Option: Peel, dice and cook two additional potatoes in a separate pot. Add cooked diced potatoes to already blended mixture.

SALADS

SPINACH SALAD

1/2 bunch spinach, washed, with stems removed
2 large tomatoes, cut in pieces
1/2 small red onion, chopped or thinly sliced in rounds
1/2 avocado, peeled and cut in pieces

Combine and serve with healthy dressing.

GARDEN MEDLEY SALAD

1 cucumber, peeled and diced
1 tomato, cut in pieces
1 zucchini squash, diced
2 Tbs. sunflower seeds
1/4 avocado, cut in pieces
greens (romaine), spinach or red leaf lettuce, cut as desired
Bean sprouts (optional)

GARDEN SALAD

6 leaves romaine or red leafy lettuce, washed and torn into pieces
2 medium tomatoes, cut in pieces
2 stalks celery, sliced or diced
1/2 medium onion, diced
1 large wedge red cabbage, chopped
3 large cauliflower florets, sliced or chopped
mung or adzuki bean sprouts (optional)

VEGETABLE HERB SALAD

4 cups chopped romaine lettuce
2/3 cup chopped parsley
1 green or red bell pepper, coarsely chopped
3 stalks celery, thinly sliced
2 each: large carrots and zucchini, coarsely grated
2 green onions (including tops), thinly sliced

SPROUT SALAD

1 cup of your favorite sprouts (lentil, adzuki bean, etc.)
1/2 cup grated carrot
1/2 cup finely sliced raw broccoli
1/2 cup finely chopped celery
1 diced red or green pepper

Mix and garnish with red cherry tomatoes or sliced tomatoes.

ASPARAGUS SALAD

Bed of curly green lettuce
Raw asparagus spears
Thin slices of cucumbers
Slices of tomato
Thinly sliced circles of red onion
Healthy dressing of choice

TOMATO AND ONION SALAD

Sliced tomatoes and thinly sliced red onion rounds on a bed of curly red lettuce. Add dressing.

BEEF AND POTATO SALAD

Boil 3 beets in water for 1 hour, or until done.

Boil 2 large potatoes, cut in fourths, in water for 45 minutes or until done.

1/2 medium onion, chopped

Dice potatoes. Peel and dice beets, add chopped onion. Mix and serve with your choice of dressing or with lemon juice.

CAULIFLOWER/BROCCOLI SALAD

8 cauliflower florets

8 broccoli florets

2 celery stalks, diced

3 tomatoes, diced

3 green onions, sliced

SPRING SALAD BOWL

1 bunch green curly lettuce, torn in bite-size pieces

1/2 bunch water cress

1-1/2 cups tiny spinach leaves

24 carrot curls

4 green onions with tops, chopped

1/3 cup slivered almonds

Combine all ingredients and serve with dressing.

TOMATO RELISH SALAD

3 medium tomatoes, sliced

1 cup thinly sliced unpared cucumber

1 medium onion, thinly sliced

1/2 cup thinly sliced carrot rounds

Arrange vegetables on bed of curly red lettuce. Serve with dressing of choice.

RAW VEGETABLE SALAD

1 small raw turnip, peeled and diced

2 green onions, thinly sliced, including greens

3 cauliflower florets, sliced

10 fresh peas in pods, sliced

6 fresh green beans, cut in 1 inch lengths

2 medium tomatoes, cut in pieces

1 celery stalk, chopped

1 cup greens, if desired

TOSSED SALAD

Romaine lettuce

Red leaf lettuce

Spinach

Cauliflower, thinly sliced

Alfalfa sprouts

Tomatoes, peeled and cut in sections

Chopped red onion

CUCUMBER DILL SALAD

Peel and slice cucumber

Slice and separate rounds of red onion

Place on top of cucumbers

Cover with fresh lemon juice

Salt to taste and add a sprinkle of dill

GREEN BEAN/TOMATO SALAD

Handful of green beans, chopped in 1/4 inch segments.

2 tomatoes, peeled and diced

1/4 red onion, finely diced

lemon juice to taste

Mix and serve on a bed of curly lettuce.

SAUCES AND DRESSINGS

LEMON-THYME DRESSING

1-1/2 tsp. grated lemon peel
1/4 cup lemon juice
2 medium cloves garlic, minced
or pressed
1/3 cup chopped parsley
1-1/2 tsp. honey
3/4 tsp. thyme leaves
1/2 tsp. salt
3 oz. water

Mix in blender until smooth. Makes about 10 ounces.

LEMON/RED ONION DRESSING

6 oz. lemon juice
1/2 large red onion, chopped
2 cloves garlic, pressed
2 tsp. honey
1/2 tsp. salt
1/8 tsp. dill
16 oz. water

Mix in blender until smooth. Makes about 3 cups.

TOMATO HERB DRESSING

2 fresh tomatoes, chopped
2 Tbs. lemon juice
1/4 cup chopped red onion
1 clove garlic, pressed
1 tsp. chopped parsley
1/2 tsp. basil
1/8 tsp. dill

Blend all ingredients until smooth.

SALSA

2-3 fresh tomatoes chopped
1/2 onion chopped
1 clove garlic, pressed
2-3 Tbs. fresh cilantro, chopped
1 tsp. salt
1/2 bell pepper, finely chopped
(optional)

Mix ingredients and serve.

TOMATO SAUCE

2 large tomatoes
1 Tbs. honey
1 small onion minced
1 Tbs. lemon juice
1/2 tsp. salt
1/2 tsp. basil

Simmer all ingredients 30 minutes.

TOMATO CUCUMBER DRESSING

Blend in blender:

2 large tomatoes, peeled and
diced
1 cucumber, peeled and diced
1/4 med. onion, finely chopped
1/4 cup water

add:
celery salt
fresh garlic
lemon juice to taste

SPINACH GRAVY

See Cream of Spinach Soup recipe. Makes a delicious gravy for baked potatoes or rice.

MAIN DISHES - COOKED

VEGETABLE STEW

5 medium size potatoes, cut in fairly large pieces
2-3 carrots, sliced
2 medium zucchini, cut in half then sliced
2 medium size yellow or white onions cut in fairly large pieces
1/2 pound green beans, cut in one inch pieces
2 - 2 1/2 cups of freshly made tomato juice
basil
salt to taste

Prepare tomato juice by peeling, coring and dicing 3-5 tomatoes, enough to make 2 - 2 1/2 cups of juice. Blend in blender until smooth and juicy.

Place potatoes, onions, carrots and beans in a large casserole dish. Pour about 2/3 of the tomato juice over the vegetables. Sprinkle with basil. Put covered casserole in oven at 350 degrees for 1 1/4 hours. Remove from oven and add zucchini and the rest of tomato juice mixture. Sprinkle a little more basil on top. Return to oven for 30 minutes longer. Salt to taste and serve.

BAKED SQUASH WITH RICE

2 acorn squash
1 medium onion, diced
1/4 tsp. sage
1/4 tsp. marjoram
1/4 tsp. thyme
3 cups cooked brown rice
salt to taste

Cut squash in half lengthwise. Remove seeds and stringy portion from center of squash. Place in baking dish with 1/2 inch of water in bottom. Bake for 1 hour at 350 degrees.

Prepare the rice stuffing mix while the squash is baking. Saute the onions in 1/4 cup water for 5 minutes or until tender. Add the herb spices. Cook over low heat for 5 more minutes. Remove from heat. Add the rice and mix together well. When the squash has baked for an hour and is almost tender, remove it from the oven and fill with stuffing mix. Return to the oven and bake an additional 15 minutes.

RICE SUPREME

1 cup chopped green onions
1 cup chopped green peppers
1 cup sliced carrots
2 cloves garlic, pressed
1/2 tsp. sage
1/2 tsp. rosemary
1-1/2 tsp. marjoram
2 cups uncooked organic brown rice
4 cups water
salt to taste
1 cup bean sprouts - optional

Saute vegetables in 1/4 cup water for 15 minutes. Stir in herb seasonings, rice, and remaining water. Bring to a boil. Lower heat, cover, and simmer on low heat until the liquid is absorbed, about 45 minutes. Do not stir while cooking. Turn off heat. Leave cover on and let mixture set for 15 minutes before serving. Before serving, add bean sprouts and add salt to taste.

RICE AND VEGETABLES

Bring 2 cups water to boiling. Add 1 cup washed brown rice. Cover, bring to boiling again, then lower heat and steam for 45 minutes.

Thinly sliced carrots
Chopped celery
Broccoli florets
Small onion, chopped

Combine remainder of ingredients. Place in frying pan with 1/4-1/3 cup water. Stir-fry for 5 minutes until crispy, but not soft. Serve over rice.

BARLEY PILAF

1 chopped onion
1/2 cup chopped chives
2 cups soup stock
1 cup barley, pre-cooked
onion powder and salt to taste

Cover and simmer for 30 minutes.

SPANISH RICE

1 cup brown rice
2 cup water
1 med. tomato, cut in small pieces
1/4 onion, chopped
2 sprigs parsley, chopped
juice of 1/2 lemon
1 stalk celery, diced
1/2 cup bell pepper, finely chopped
2 cloves garlic, pressed
salt to taste

Cook brown rice in water for 20 minutes (until half cooked). Blend all ingredients, bake at 350° for 20-30 minutes.

ZUCCHINI WITH RICE

5 cups thinly sliced zucchini
1 cup finely chopped onion
2 tomatoes, chopped
pressed garlic
1/2 tsp. sweet basil
2 cups cooked brown rice
salt to taste

Combine in glass baking dish and bake 40 minutes at 350 degrees.

BAKED STUFFED CABBAGE ROLLS

1 green cabbage
1/2 cup onion, chopped
1 cup cooked brown rice
1/2 cup chopped spinach
tomato sauce
salt to taste and seasonings

Place 10 outer cabbage leaves in a pan. Pour boiling water over them. Let stand 5 minutes then remove water. Mix other ingredients in a bowl. Roll into individual cabbage leaves. Top with tomato sauce and bake at 350 degrees for 40 minutes.

STEWED EGGPLANT

Combine:

1 eggplant, peeled and cut in cubes
2-3 tomatoes, peeled and chopped
1 large onion, diced
2 cloves garlic, pressed
(optional)

Stew in pan approximately 30 minutes, or until tender, then serve.

VEGETABLES AND OAT GROATS

1 cup oat groats
2 cups water

Bring to boil and cook 35-40 minutes or until done.

1 small onion, diced
1 bell pepper, diced
3 celery stalks, diced
2 cups raw spinach, chopped
2 cloves garlic, pressed
1/2 tsp. salt and other seasonings of choice
1/2 cup soup stock

Place vegetables in a skillet with soup stock and cook just until vegetables crispy, not soft. Serve oat groats with vegetables on top.

BROWN RICE AND CARROT PILAF

1 cup brown rice
2-1/2 cups soup stock
1/2 cup chopped parsley
1/2 tsp. salt
1 large onion, chopped
1 cup coarsely shredded carrots
2 cups bean sprouts

Combine onion and carrots with 1/4 cup soup stock in pan. Cook until onion is soft (about 5 minutes). Add remainder of soup stock, brown rice and salt. Cover, bring to boil, then lower heat and simmer until rice is tender and water absorbed (about 45 minutes). Stir in parsley and sprouts just before serving.

BAKED EGGPLANT

1 eggplant, peeled and sliced
2 tomatoes, peeled and sliced
1 onion, chopped

Place in layers in glass baking dish. Bake at 350° for 45 minutes - 1 hour, or until done.

STUFFED PEPPERS

Bring 2 cups water to boiling
Add 1 cup brown rice
Cover, bring again to boil, then lower heat.
Steam for 45 minutes.

Add to cooked rice:

2 tomatoes, peeled and diced
3 cloves garlic, pressed
2 stalks celery, chopped
Pinch of marjoram
Pinch of thyme
Salt to taste

Prepare 4 peppers by washing and slicing off top and hollowing out center. Fill with rice mixture. Place in covered casserole. Bake at 325 degrees for approximately 45 minutes.

Option: Hollow out tomatoes instead of green peppers. Fill with rice mixture and bake for 30 minutes at 325 degrees.

OTHER ACCEPTABLE GRAINS

Grains that can be used in place of those given in these recipes include:

Wheat
Quinoa
Millet
Bulgar wheat
Oats, rolled or whole

POTATOES

ROASTED CHUNKY POTATOES

2 pounds potatoes, cut into large chunks with skin left on
1 large onion, chopped
1 large green or red bell pepper, chopped
2 Tbsp. chopped parsley
1/4 water

Preheat oven to 450°. Saute onion and diced pepper in 1/4 cup water. Combine all ingredients. Place in shallow baking pan. Bake, stirring occasionally, for 40 minutes or until potatoes are tender. Makes 6-8 servings.

OVEN BAKED FRENCH FRIES

Wash baking potatoes. Do not peel. Cut lengthwise into french fry shape. Use a minimal amount of olive oil on a paper towel to oil bottom of large rectangular baking dish to keep potatoes from sticking or use a non-stick baking tray. Place potatoes in dish or on a pan in single layer. Bake for approximately 45 minutes at 350° or until done.

FRIED POTATOES

Bake 2 large potatoes at 375° for 1-1/4 hours or until done. (Potatoes are done when they can be pierced easily with a fork to the center.) When potatoes are cool, dice potatoes with or without skins. Place in non-stick frying pan. Add chopped onion. Fry (no oil) until brown. Stir as needed. Salt to taste. Excellent topped with homemade salsa or spinach gravy.

PUFFY POTATOES

Wash baking potatoes. Do not peel. Cut in wedges. Place in minimally oiled (olive oil) Pyrex baking dish. Bake for 45 minutes at 350° or until done.

POTATO ROUNDS

Slice potatoes in rounds 1/4" thick. Bake and serve. Potatoes are done when shiny brown on both sides.

SCALLOPED POTATOES

3 large potatoes, washed. Do not peel.
2 onions, diced
3-4 tomatoes, peeled and sliced
thyme and/or marjoram
salt to taste

Slice potatoes and place on bed of chopped onion and place in a glass baking dish. Place a layer of sliced tomatoes on top. Sprinkle with thyme and/or marjoram. Bake at 350° for 45 minutes to 1 hour. Salt to taste.

BAKED POTATOES

Wash potatoes. Bake in skins at 400° for 1 1/4 hours or until done. Excellent when topped with green beans and tomatoes (see Vegetables) or Spinach gravy (See Sauces and Dressings).

MASHED POTATOES

Peel potatoes, cut in moderately, large pieces. Boil in water or soup stock. Drain off water or soup stock but do not discard. Mash potatoes with masher, adding back the potato water as needed. Add a little lemon and salt to taste. May add a little rice milk, as well.

MASHED POTATO PATTIES

Form mashed potatoes into patties. Brown on both sides in non-stick frying pan. (Do not use oil.)

PARSLIED POTATOES

1-1/2 lbs small new red potatoes, washed and scrubbed
1 medium onion, chopped
1 clove garlic, pressed
1-1/4 cups water
1 cup chopped fresh parsley
1/2 tsp. basil
1/2 tsp. marjoram
Salt to taste

Peel a strip of skin from around the middle of each potato to make them decorative. Place potatoes in cold water to keep them from turning brown. Set potatoes aside. Heat a large skillet, add 1/4 cup of water. Saute the onion and garlic for 5 minutes or until tender. Add the remainder of the water, the basil and marjoram and 3/4 cup parsley. Mix well. Bring to a boil. Drain potatoes and add to mixture. Return to a boil and reduce heat. Simmer, uncovered, for 20-25 minutes or until potatoes are tender. Remove potatoes with a slotted spoon to serving bowl. Add salt to taste to skillet, stir. Pour sauce over potatoes. Sprinkle with remaining parsley.

STUFFED BAKED POTATOES

4 baking potatoes
1 bunch green onions, finely diced including the green portions
1-1/2 cups chopped broccoli
2 tsp. chopped parsley
1/8 cup water
1/2 cup rice milk
2 cloves garlic, pressed (optional)
Salt to taste

Bake potatoes at 400° F for 1 1/4 hrs or until done. Lay potatoes flat on cutting board and slice tops off, like a hat. Scoop out pulp, keeping skins intact. Mash pulp in a medium bowl adding rice milk until mashed potatoes are smooth and blended.

When potatoes are almost finished baking, heat a small skillet over medium heat. Add about 1/4 cup water. Add broccoli and sauté in water until tender, about 5-10 minutes. Halfway through the broccoli sautéing, add the onion (and garlic if you choose) and sauté until soft. Add most of mixture to mashed potatoes, save a few pieces of broccoli to put on top of potato. Salt to taste. Spoon potato mixture into potato skins dividing evenly. Place on a baking sheet. Bake potatoes until heated through, about 15 minutes. Sprinkle with parsley and remaining broccoli.

SWEET POTATOES OR YAMS

Wash. Cut off woody ends if desired. Do not peel. Cook in skins in oven at 400° until done, about 1 to 1-1/4 hours. A fork will penetrate easily when sweet potato or yam is done.

BAKED SWEET POTATOES WITH APPLE SLICES.

Peel sweet potatoes. Slice lengthwise. Place in slightly oiled glass baking dish. Cover with apple slices. Bake at 375° for 45 minutes - 1 hour, or until done.

HONEY, RAISIN SWEET POTATOES

Peel sweet potatoes, cut in half lengthwise, add a little honey and raisins on top of sweet potatoes. Bake in glass baking dish at 375° for 45 minutes to 1 hour or until done.

SWEET POTATO BOATS

3 large sweet potatoes or yams
1/4 cup chopped orange
1/4 cup raisins
1/3 cup honey
1/2 tsp. salt

Cook sweet potatoes in boiling water until just tender. Remove skins. Cut in half lengthwise. Spoon out centers of sweet potato halves. Combine sweet potato centers, chopped orange and salt. Whip until fluffy. Stir in raisins. Spoon mixture into halves.

Sprinkle honey over top. Bake in moderate oven (350°) for 30 minutes. Makes 6 servings.

MASHED SWEET POTATOES

Bake in jackets, peel and mash. Top mashed sweet potatoes with orange slices and raisins. Bake at 350° for 20 minutes.

VEGETABLES

GREEN BEANS AND TOMATOES

1/2 pound green beans, cut in 1 inch length
2 tomatoes, peeled and diced
1 small onion, diced
2 cloves garlic, pressed or finely minced
1/4 to 1/2 cup water
Salt to taste

Saute green beans in 1/4 to 1/2 cup water in covered frying pan until they are beginning to soften. Then add tomatoes, diced onion and pressed garlic. Cook for an additional 5-6 minutes or until green beans are soft. Salt to taste.

Serve as a vegetable side dish or as a topping for a baked potato.

GREEN BEANS AND SLIVERED ALMONDS

Cook green beans either in a small amount of water in a frying pan or in a regular pan. Cook until tender. Drain and salt to taste. Add slivered almonds and serve.

ACORN SQUASH

Cut squash in two lengthwise. Remove the seeds. Bake in shallow pan at 350° for 35-40 minutes or until tender.

Option: When cooked, top with a small amount of honey or orange sauce (See Fruit Dishes).

ARTICHOKES

Rinse and trim stem end. Bring 4 inches of water to a boil in appropriate size pan. Add artichokes. Return to boiling.

Lower temperature, cover and simmer for about 1 hour, or until artichokes are done (when leaves pull out easily).

Serve with lemon juice or healthy salad dressing dip.

ASPARAGUS

Lay fresh asparagus spears flat in a small skillet. Cook, covered in a small amount of boiling water, until tender (10-15 minutes). Do not overcook. Salt to taste.

BEETS

Boil unpeeled beets in water for about 35 - 40 minutes, or until tender. Beets are done when they are easily punctured with a fork. When cooked, peel beets, slice and serve with lemon juice.

Option: Combine 2/3 cup fresh orange juice, 1 Tbs. arrowroot, 1 Tbs. honey. Cook over low flame until thick. Add to beets.

BROCCOLI

Wash broccoli. Cut into florets. Steam in steamer, or place on a bed of chopped onion with no water. Slow cook until tender.

Options: a) Add chopped tomato before cooking. b) May add the same amount of cauliflower florets.

BRUSSEL SPROUTS

Wash brussel sprouts. Cook in water until tender to testing with a fork. Serve with lemon juice.

CAULIFLOWER

*1/4 cup chopped onion
1 small clove garlic, crushed
1/4 cup snipped parsley
1/2 medium head cauliflower,
broken into small florets
2 large tomatoes, diced*

In large saucepan, cook onion and garlic in a small amount of water until tender. Add remaining ingredients.

Cover tightly, simmer 15-20 minutes, add dash of thyme and salt to taste. Continue to cook uncovered about 10 minutes longer.

CORN

Remove husks and silk from corn. Wash, cut corn off the cob with a knife. Cook in a saucepan in a small amount of boiling water for 3-6 minutes. May mix with other vegetables such as zucchini, carrots or cut green beans.

CORN ON THE COB

Remove husks and silk from corn. Wash. Place in boiling water. Cook 3-6 minutes. Do not salt cooking water, it toughens corn.

EGGPLANT

See recipes under main dishes

KALE

Wash kale. Place in steamer in appropriate size pan, with water below steamer. Cover pan and bring water to a boil. Cook until tender. Serve with lemon juice.

PEAS WITH BASIL

*1-1/2 cups shelled fresh peas,
washed
1/4 cup sliced green onions
including tops
1/4 tsp. basil*

Cook peas in small amount of boiling water, until barely tender about 20 minutes. Cook green onions with basil in 1/8 cup water in skillet for 5 minutes. Drain peas. Add peas and onions together. Salt to taste.

SHREDDED BEETS IN SPINACH NESTS

In separate pans: cook beets until done, steam spinach until barely limp. Peel beets and shred through grater. Place shredded beets in nest of spinach.

Serve with lemon wedge on the side.

SPINACH

Wash thoroughly. Cut off stems. Dice a small onion and dice a small peeled tomato, enough to cover the bottom of the cooking pan. Add spinach. Cover pan. Cook slowly on flame diffuser for 40 minutes or until cooked. Serve with lemon.

BAKED CARROTS

6 medium size carrots
1/2 onion, minced
1/2 cup minced parsley
1 Tbsp. honey
1 tsp. salt
1/2 cup boiling water

Wash carrots, cut in half lengthwise and crosswise. Place in a baking dish. Mix the remaining ingredients. Sprinkle mixture over the carrots, then pour boiling water over all. Cover and bake at 350 degrees about 1-1/2 hours or until done.

HERBED GREEN BEANS

1 lb. fresh green beans, washed and cut to one inch length (about 3 cups)
1/2 cup chopped onion
1/4 cup chopped celery
1 clove garlic, minced
1/2 tsp. basil
1/2 tsp. rosemary
Salt to taste

Cook beans, covered, in small amount of boiling water until almost tender, about 10 minutes, drain. Stir in remaining ingredients. Cover; cook 10 minutes longer or until beans are tender.

SUMMER SQUASH

1 lb. yellow summer squash
1 Tbs. fresh snipped parsley
1/4 tsp. dill weed
1/4 tsp. salt
Dash of onion powder

Slice squash crosswise in 1/4 inch thick slices. Add squash, parsley, dill weed, salt and onion powder. Cover and cook over low heat for 8-10 minutes, or until tender, stirring occasionally.

BREADED BROILED TOMATOES

To make bread crumbs: Put 1 or 2 slices of bread in blender and blend into crumbs. Season to taste.

Dip tomato slices in seasoned bread crumbs and broil.

ASPARAGUS ON TOAST WITH GRAVY

Lay fresh asparagus spears flat in a small skillet. Cook, covered in a small amount of boiling water 10-15 minutes or until tender. Salt to taste.

Serve asparagus on a piece of whole wheat toast covered with spinach gravy. (See Sauces & Dressings)

ZUCCHINI AND TOMATOES

2 medium zucchini, sliced
1 celery stalk, diced
1 medium tomato, diced
1/2 medium onion, diced

Slice zucchini. Add chopped tomatoes, sliced celery and diced onions. Steam until tender.

Serve as a vegetable side dish, or serve over brown rice.

STEWED TOMATOES

4 tomatoes, washed, peeled, if desired
1 Tbsp. minced onion
dash of salt
1/2 cup fresh bread crumbs (cut slice of bread in 4 pieces, put in blender, to make crumbs)

Mix all together. Cook covered with no water added, 8-10 minutes.

BEAN SUCCOTASH

1 lb. fresh green beans, whole or cut in one inch lengths

Cook green beans in small amount of water in skillet until almost tender, about 10 minutes.

Add:

1/4 cup chopped onion
1/4 cup chopped green pepper
1 cup corn, freshly cut from cob

Cook all ingredients until tender, about 10 more minutes. Season with salt to taste.

SQUASH

Summer Hubbard
Butternut
Crookneck
Banana

Cook as directed on the squash label.

SHISHKEBOB

4 tomatoes, cut in large chunks
2 green peppers, cut in 1 in. squares
10 baby onions or 1 large onion cut in large chunks
2 zucchini, cut in large chunks

Arrange vegetables on shishebob sticks. Broil until tender.

RAW FOOD - MAIN DISHES

SUNFLOWER PITA

2 cups sunflower seeds

Soak sunflower seeds for a minimum of 6 hours, or overnight, then grind in blender and blend with enough water to make a thick paste.

Add to the sunflower seed mixture:

- 1 red pepper, chopped fine*
- 1/4 cup parsley, chopped fine*
- 1 clove garlic*
- 2 carrots, grated*
- 2-3 tomatoes, peeled and chopped*
- Basil*
- Caraway seed*
- Dill seed*
- Salt to taste*

Mix all ingredients together, season to taste with the basil, caraway seed, dill seed and salt. **Serve in Pita bread** that has been warmed in the oven.

EGGPLANT

- 1 eggplant*
- 2 tomatoes, chopped*
- 1/2 small onion, diced*
- 2 cloves garlic, pressed*

Cut eggplant in 3 large sections. Set the 2 end pieces aside for later use. Peel center portion and slice into slices 1/4" thick. Dehydrate slices in dehydrator overnight. Right before serving, peel and finely dice remaining eggplant and finely dice other ingredients to serve as topping on the dehydrated eggplant round slices.

CAULIFLOWER PATTIES

- 1 cup shelled almonds, soaked for 6 hours in 1-1/2 to 2 cups purified water*
- 1-1/2 cups grated cauliflower*
- 1/2 celery stalk, chopped*
- 1/4 scallion, diced*
- 1 garlic clove, pressed*
- 1/2 tsp. dried basil*
- 1/2 tsp. ground sage*
- Salt to taste*

Drain almonds and grind as finely as possible. Mix all ingredients and shape into patties. Serve on a bed of leafy green lettuce. Garnish with parsley sprigs.

CELERY NUT BURGERS

- 6 stalks celery*
- 6 sprigs parsley*
- 1 cup almonds*
- 2 green onions*
- 1/2 avocado*
- radishes*

Grind the celery, onions and parsley in grinder or blender. Drain juice (save for drinking or soup). Grind almonds fine, in nut grinder or blender. Mash avocado. Combine all except radishes. Shape into patties. Serve on lettuce leaf and garnish with radishes.

OATMEAL PATTIES

*3/4 cup oatmeal
1/2 cup purified water
1/3 cup finely diced red or green pepper
1 cup wheat sprouts, ground
1 tomato, peeled and finely diced
2 tender stalks celery, finely diced
2 Tbs. minced parsley
Salt to taste*

Soak oatmeal in water for 1 hour. Combine all ingredients. Shape into patties. Place on bed of curly green lettuce. Spoon tomato sauce or salsa on top.

SPROUTS/SUNFLOWER SEED PITA MIX

*1/2 cup bean or lentil sprouts
1 small piece onion, chopped
1 stalk celery, chopped
3 Tbs. sunflower seeds
5 cauliflower florets, finely chopped
1/2 diced tomato
Lemon juice to taste
Salt to taste*

Mix and serve in Pita bread.

YAM AND ALMOND LOAF

*3/4 cup oatmeal
1/2 cup purified water
2 cups grated yams
1/2 cup chopped almonds
1/4 cup diced celery
2 Tbs. lemon juice*

Soak oatmeal in water 5 minutes. Sprinkle lemon juice over grated yams. Combine yams, almonds and celery. Drain oatmeal and mix all ingredients together. Form into small individual loaf or patty. Place on salad greens. Top with dressing of choice. Serve immediately.

SUNFLOWER SEED BALLS

*1 cup ground sunflower seeds
1 clove garlic, pressed
2 green onions, chopped
1 tsp. chopped parsley
1/2 tsp. vegetable seasoning
Salt to taste*

Form into balls.

Sauce:

*3 large tomatoes, diced
1/8 cup cilantro
1/2 cup chopped celery
1/4 cup parsley
3 green onions, chopped
1/2 bell pepper, diced
1 tsp. vegetable seasoning
Salt to taste*

Blend in blender until smooth. Place sunflower seed balls on bed of shredded lettuce. Top with sauce, or serve in Pita bread, topped with sauce.

ZESTY TOMATO CUPS

*2 large tomatoes, with tops cut off
1/4 cup raw sunflower seeds, finely ground until smooth
2/3 cup lentil sprouts
1/4 cup red onion, chopped
1 garlic clove, pressed
Vegetable seasoning
Salt to Taste*

Spoon out inside of tomatoes. Add all ingredients together, including inside of tomatoes, and quickly pulse chop in blender until a thick paste forms. Fill the tomato cups. Serve on bed of greens with lemon wedge.

RAW FOOD - SOUPS

CREAM OF TOMATO

2 tomatoes, peeled and diced
1/2 avocado
1 sprig parsley
2 fresh basil leaves
1/2 medium cucumber, peeled and cubed
1 stalk celery, chopped

Blend and serve.

GAZPACHO - A FRESH, CHILLED, MEXICAN SOUP

2 cups tomatoes, peeled and chopped
1/2 cup red onion, chopped
1 cup cucumber, peeled, seeded and chopped
1 large garlic clove, halved
1/2 green pepper, chopped

1-1/2 cup tomato juice (made in blender from fresh tomatoes)
1/2 cup bell pepper (red, green or yellow), minced
1/3 cup red onion, minced
1 cup cucumber peeled, seeded, diced small
1-1/2 cups purified water
1 tsp. basil or dill
1/4 cup green onions, minced (save some for garnish)
Pinch of salt

Put first 5 ingredients into a blender and puree. Transfer to a large bowl. Stir in remaining ingredients and chill for several hours before serving. Chill bowls before serving.

SPINACH SOUP

2 cups chopped spinach
1 1/2 cups chopped zucchini
1 1/4 cups diced green onions
1 1/2 cups water
Salt and seasoning to taste

Wash spinach, remove stems. Blend ingredients in blender. Adjust seasonings and serve.

TOMATO SOUP

3 tomatoes, peeled and diced
1 bell pepper, chopped
1 clove garlic, pressed
1/8 cup lime juice
1/4 cup water
Vegetable seasoning
Salt to taste

Blend all ingredients.

VEGETABLE SOUP

1 tomato, peeled and chopped
1/2 small cucumber, peeled and diced
1/4 beet, sliced
1 small green onion, sliced
1/4 small potato, sliced
2-3 cabbage leaves
2-3 spinach or chard leaves
1/2 cup water
1 tsp. vegetable seasoning
Salt to taste

Blend until smooth and creamy.

CHILLED CUCUMBER SOUP

1 large cucumber, peeled and diced
3 Tbs. chopped onion
3 Tbs. lemon juice
1 clove garlic, chopped
1/4 cup fresh mint
1/2 tsp. sea salt

Combine in blender. Blend until smooth. Adjust seasoning to taste. Chill in refrigerator and serve.

ASPARAGUS SOUP

10-12 medium stalks of asparagus
6-8 large tomatoes, chopped
4-8 fresh basil leaves
1 cup fresh parsley
1/3 cup celery, finely diced
4 sun dried tomatoes
2 limes cut in slices

Trim the tips from the asparagus, and set aside for garnish. In a blender, blend the tomatoes with the remaining asparagus, basil leaves, most of the parsley, dried tomatoes and celery. Strain if necessary. Add a little lime juice to mixture, then garnish with remaining lime slices, asparagus tips and parsley. Chill, or serve at room temperature.

CORN CHOWDER

2 tomatoes, peeled and mashed
Fresh corn, cut off the cob
1/4 cup sunflower seeds (sprouted for 24 hours only)
1/4 cup chopped celery
1/4 cup chopped onion
1 cup water or rice milk

Combine all ingredients. Add more, or less water or rice milk to obtain correct consistency. May serve as is, or blend in blender.

FRUIT DISHES

FRUIT SALAD SAUCE

*1 Tbs. lime juice
1/4 avocado
1/2 banana
1/4 cup water*

Blend.

ORANGE SAUCE

*2 cups fresh orange juice,
strained
2 tsp. orange rind, grated
1/2 tsp. celery salt
2 Tbs. arrowroot*

Heat until thickened. Serve hot on squash, sweet potatoes or cold fruit salad.

LEMON SAUCE

*3 tsp. lemon juice
1 tsp. lemon rind, grated
2 cups water
3 Tbs. arrowroot
1/2 cup unsweetened apple juice
concentrate*

Cook until thick and clear. Delicious served warm on yams, or cold over fruit.

FRUIT SALAD

*Orange sections
Pineapple chunks
Strawberries, halved
Banana slices*

Mix and serve.

STRAWBERRIES WITH FRUIT CREAM SAUCE

*4 kiwis, peeled and chopped
1 cup rice milk, vanilla flavored
2 cups strawberries*

Blend the kiwis, rice milk and 1 cup strawberries in a blender. Pour mixture over Remaining 1 cup strawberries, which have been sliced or halved. Garnish with mint leaf.

MANGO/PINEAPPLE BOAT

Freeze mango. Cut baby pineapple and fronds in half long-ways. Leave fronds in place. Scoop out pineapple from each side. Blend frozen mango in blender. Then add chunks of pineapple to blended mango. Fill empty pineapple boats with frozen whipped mango/pineapple combination.

Variation: In place of mango, fill pineapple boat with combination of pineapple chunks, cut strawberries and red seedless grapes.

SUMMER FRUIT DELIGHT

*3 cups orange sections, chopped
1 basket strawberries, sliced or
halved
3 kiwis, sliced*

Combine and serve.

SWEET STUFF

(Use Sparingly)

HEALTHY, TASTY "SOFT ICE CREAM"

Peel a banana, freeze it overnight in your freezer in a zip-lock bag.

Cut up frozen banana in thin slices and put half of the slices in blender. Add a little rice milk so banana will blend. Add additional banana slices as they blend. Then add strawberries, blueberries, peaches, raspberries, or any other fruit of your choice for color and flavor.

Use sparingly, as this is quite sweet.

STRAWBERRY SHERBET

1-3/4 cup fresh orange juice
1/2 cup lemon juice
3 baskets strawberries
1/8 tsp. salt
1/2 cup honey (or to taste)

Blend until smooth. Freeze 3-4 hours, then beat. Refreeze.

PRUNE WHIP

*1 cup prunes, if not soft, soak
and cook until soft*
2 small bananas
1/4 cup lemon juice
1-1/2 Tbs. honey

Whip in blender. Refrigerate for 1 hour and serve.

FROZEN CANTALOUPE

Freeze rectangular pieces of cantaloupe on a popsicle stick. Eat as a popsicle.

FROZEN WATERMELON

Freeze rectangular pieces of watermelon on a popsicle stick. Eat as a popsicle.

RICE PUDDING

Combine in a saucepan:

1-1/2 cups cooked brown rice
1 cup rice milk
1/4 cup honey
1/2 tsp. salt
1/3 cup raisins

Bring to a boil, stirring constantly. Remove from heat and let sit for 12-15 minutes, stirring occasionally. Serve warm.

FRUIT SORBET

5 bananas, peeled
1/2 pint blueberries
1 cup strawberries
1/2 cup pineapple, crushed

Freeze all the fruit overnight. Blend 1-1/2 bananas with the blueberries. Blend 1-1/2 bananas with the strawberries. Blend 2 bananas with the pineapple. Layer each of these blends in a parfait or sorbet glass. Place in freezer before serving.

DRINKS AND JUICES

PINEAPPLE PARSLEY SUMMER COOLER

*1/2 small can frozen
unsweetened pineapple juice
concentrate
1/2 can water
1/2 bunch parsley (cut off
and discard stems).*

GREEN LEAFY VEGETABLE JUICE

*1 inch wedge of red cabbage
1-1/2 inch wedge of green pepper
1 leaf of red chard
1 handful of romaine lettuce leaves
Handful of escarole or endive
1 small green apple, cut in sections*

Juice in juicer.

FRUIT SMOOTHIE

Blend fruits of your choice.

*Bananas
Strawberries
Blueberries
Peaches
Apricots, etc.*

ORANGE SURPRISE

*2 oranges
1 grapefruit*

Juice in orange juicer

CARROT/APPLE JUICE

*3 carrots
1 small green apple or 1/2 large
apple, cut in sections.*

Juice in juicer.

LIVER FLUSH

*1 lemon
1 glass of water*

Drink warm or at room temperature.

MELON JUICE

Watermelon, cantaloupe or honeydew may be juiced and enjoyed occasionally.

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 - Fruit salad 293
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