

The
Roots
of
ALL
DISEASE

Natural Protocols that Reverse the
Root Causes of Autoimmunity and Cancer

The Root of All Disease

Natural Protocols that Reverse the Root Causes of
Autoimmunity and Cancer

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Introduction



Let's break down the word DISEASE. DIS means 'lack of' and EASE means 'ease or comfort', which makes it "Lack of ease or comfort." This is the state of your body when there's something wrong.

So what should be your first course of action? Finding the ROOT CAUSE and not taking a pill directly! You need to understand the root cause of your discomfort and find a cure for that.

You obviously know that the immune system is at the center of your overall health and your bodyguard. However, a single mistake and that bodyguard can go rogue and be your worst enemy.

In my new eBook "The Root of All Disease: Natural Protocols that Reverse the Root Causes of Autoimmunity and Cancer," I will take you on a journey toward understanding and addressing the intricate web of factors contributing to autoimmunity and cancer.

We will delve into the intricate workings of the immune system and explore natural protocols, our aim is to empower you with knowledge, compassion, and practical strategies for fostering well-being. From unraveling the complexities of the immune system to unveiling the potential of nature's bounty in combating diseases, this eBook is a guide for those seeking a holistic approach to health.

With focus on reversing root causes, we navigate through expert-recommended protocols, exploring the profound impact of lifestyle, nutrition, and natural compounds in the prevention and management of autoimmunity and cancer.

Through this eBook, you will be able to understand the root cause of all diseases and how to stop them there. You will also hear from our experts and warriors who survived the worst disease, including CANCER. I hope to inspire you to take control of your health and lead a life filled with lasting vitality.

CHAPTER ONE

*Understanding
the Immune System*



The Root of All Disease

Starting at the root is essential to understanding the cause and effect of anything. The root is the most important part of anything, be it a living thing or not. And for us, that crucial root is our immune system. The immune system is like your bodyguard, tirelessly working to protect us from harmful invaders. Let's understand it in a very interesting way:

Imagine your body as a bustling city, constantly under threat from outside invaders – traffic jams, power outages, and even the occasional zombie outbreak (just kidding... kind of) – your city's internal security team needs to be on high-alert to maintain order and keep everyone safe.

That's exactly what the immune system does for your body. It's your army of defenders, a complex network of specialized cells, tissues, and organs working tirelessly to shield you from harmful invaders like bacteria, viruses, parasites, and even toxins.

ROBERT SCOTT BELL

"An immune system that never gets a break, never gets a chance to relax because it's always combating the stresses that we're throwing in, even in ignorance, toxic poisons in the food we eat, if it's not organic or close as much to that, whether it be certified or not. If you grow it yourself, you have more control over what goes into the soil, therefore what goes into the food or on the food, etc."

Function of the Immune System

The immune system's primary function is to distinguish between self and non-self, enabling it to recognize and combat foreign substances, such as bacteria, viruses, and other pathogens. By deploying a complex network of cells, proteins, and organs, it orchestrates a dynamic defense mechanism crucial for our survival. It accomplishes this in two main ways:

- **Defense against Infection:** One of the primary functions of the immune system is to defend the body against infections caused by bacteria, viruses, fungi, and other pathogens. It recognizes and eliminates these invaders to prevent illness.
- **Recognition of Abnormal Cells:** The immune system can recognize and target abnormal cells, including cancer cells. It plays a role in identifying and eliminating cells that have undergone changes that could lead to the development of cancer.
- **Discrimination between Self and Non-Self:** The immune system can distinguish between healthy tissue (self) and foreign material (non-self). This ability is crucial for preventing autoimmune diseases, where the immune system mistakenly attacks the body's cells or tissues.
- **Healing and repair:** Even after an invader is neutralized, the immune system helps clean up the battlefield and repair any damage caused. It's like the city's sanitation crew and construction workers, restoring everything to normalcy.
- **Immunological Memory:** The immune system can remember previous encounters with specific pathogens. This memory allows for a faster and more effective response upon subsequent exposure to the same pathogen, providing long-term protection.



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Factors Affecting Immune Function

Several factors can influence immune function. These include age, nutrition, underlying health conditions, medications, and lifestyle choices. For example, immunodeficiencies can occur when one or more parts of the immune system do not function correctly, making individuals more susceptible to infections. On the other hand, an overactive immune system can lead to autoimmune diseases, where the immune system attacks the body's cells or tissues.

How Does The Immune System Recognize Harmful Pathogens?

The immune system recognizes harmful pathogens through a complex process involving various cells and proteins. Here's a simplified explanation:

ANTIGEN RECOGNITION

Pathogens such as bacteria, viruses, fungi, and parasites have specific molecules on their surface called antigens. Antigens are recognized by the immune system as foreign and potentially harmful. Antigens can also be found in nonliving substances like toxins and chemicals.

ANTIGEN PRESENTATION

Antigen-presenting cells (APCs), such as macrophages and dendritic cells, capture and process antigens from pathogens. They then display fragments of these antigens on their cell surface using special molecules called major histocompatibility complex (MHC) molecules.

ACTIVATION OF IMMUNE CELLS

When an APC presents an antigen, it interacts with specific immune cells called T lymphocytes (T-cells). There are 2 main types of T-cells involved: helper T-cells (CD4+) and cytotoxic T-cells (CD8+). Helper T-cells stimulate and coordinate the immune response, while cytotoxic T-cells directly attack and kill infected cells.

ANTIBODY PRODUCTION

B lymphocytes (B-cells) are another type of immune cell involved in the immune response. When B-cells encounter antigens, they can produce specific proteins called antibodies (immunoglobulins). Antibodies bind to antigens, marking them for destruction by other immune cells or neutralizing their harmful effects.

IMMUNOLOGICAL MEMORY

After an immune response, some T and B-cells develop into memory cells. These memory cells "remember" the specific antigens they encountered. If the same pathogen re-enters the body, memory cells can mount a faster and more effective immune response, leading to quicker elimination of the pathogen.



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Types of Immune Responses

1. Innate Immune System

The innate immune system, which is present from birth, provides immediate, nonspecific defense against a broad range of pathogens. This pre-programmed army is ready to fight anything that enters your body, regardless of whether it's seen it before. Imagine medieval city walls and moats – they might not know every enemy's tactics, but they provide immediate protection.

Cells involved in an innate immune system are phagocytes (gobbling up invaders), natural killer cells (eliminating infected or abnormal cells), and inflammatory cells (attracting more defenders to the site of infection). Physical barriers like skin and mucous membranes, chemical warfare like antimicrobial substances, and inflammation localize and contain threats.

2. Adaptive Immune System

The adaptive immune system develops over time as the body is exposed to different microbes or chemicals released by microbes. This branch develops customized defenses against specific invaders it has encountered before. Think of them like highly trained spies who learn an enemy's weaknesses and exploit them in future encounters. Cells involved in the adaptive immune system are B lymphocytes and T lymphocytes.

- T-cells: Helper T-cells: Coordinate the immune response by releasing signaling molecules (cytokines) that activate other immune cells.
- Cytotoxic T-cells: Destroy infected or abnormal cells directly.
- B-cells: B-cells produce antibodies (immunoglobulins) that recognize and neutralize specific pathogens.
- Memory B-cells “remember” previous infections, providing faster and more robust responses upon subsequent exposure.

The weapons of the adaptive immune system are antibodies (molecular grappling hooks that neutralize invaders), memory cells (remember past threats for faster responses), and cell-mediated immunity (direct attack on infected cells).

Components of Immune System

1. White Blood Cells (Leukocytes):

White blood cells are the primary cellular components of the immune system. They include:

- Phagocytes: Engulf and digest pathogens.
- Lymphocytes: Coordinate and carry out immune responses.

2. Lymphatic System

Comprising lymph nodes, spleen, thymus, and lymphatic vessels, the lymphatic system transports lymph (a fluid containing white blood cells) throughout the body.



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3. Bone Marrow

The bone marrow produces blood cells, including white blood cells. Stem cells in the bone marrow differentiate into various blood cell types.

4. Thymus

The thymus is crucial for the maturation of T lymphocytes (T-cells), a type of white blood cell that plays a central role in cell-mediated immunity.

5. Spleen

The spleen filters the blood and helps detect and fight infections. It also plays a role in the immune response to blood-borne pathogens.

6. Mucosal-Associated Lymphoid Tissue (MALT)

MALT is a collection of lymphoid tissues in mucosal surfaces, such as the gastrointestinal and respiratory tracts, providing defense against pathogens at entry points.

7. Proteins

Proteins, such as antibodies (immunoglobulins), play a crucial role in the immune system. Antibodies are produced by B lymphocytes and can recognize and bind to specific antigens, helping to eliminate them from the body.

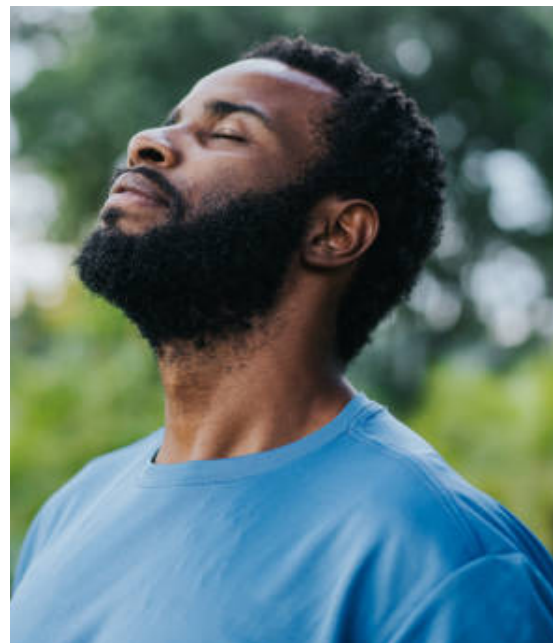
Importance of Understanding Immune Response for Overall Health

Understanding the immune response is important for several reasons:

- **Protection Against Diseases** - The immune system defends the body against harmful pathogens like bacteria, viruses, and parasites. By understanding how the immune system recognizes and eliminates these invaders, we can take steps to prevent infections and diseases.
- **Allergies and Autoimmune Disorders** - Understanding the immune response helps explain conditions like allergies and autoimmune disorders. Allergies occur when the immune system overreacts to harmless substances, while autoimmune disorders occur when the immune system mistakenly attacks healthy tissues. Understanding these conditions can lead to better management and treatment options.
- **Vaccination and Immunization** - Understanding the immune response is crucial for the development and effectiveness of vaccines. Vaccines stimulate the immune system to produce a response against specific pathogens, providing immunity without causing the actual disease. This knowledge helps in the development of vaccines to protect against various diseases.
- **Immune Memory** - The immune system has a remarkable ability to remember past encounters with pathogens. This memory allows for a faster and more effective response if the same pathogen is encountered again, leading to quicker elimination and reduced severity of the illness.
- **Optimizing Immune Function** - Understanding the immune response can help researchers develop strategies to enhance immune function. This knowledge can be applied to various areas developing targeted therapies for immune-related disorders, and optimizing treatments for conditions like cancer.

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- **Overall Health and Well-being** - The immune system plays a vital role in maintaining overall health and well-being. By understanding how the immune system works, individuals can make informed choices to support their immune health, such as adopting a healthy lifestyle, managing stress, and getting vaccinated.
- **Protection Throughout Life** - The immune system plays a vital role in protecting the body from the moment of conception. It starts with the mother's immune system protecting the developing baby and continues throughout life, defending against various threats.
- **Make Informed Choices** - Certain lifestyle factors like diet, exercise, and sleep can significantly impact immune function. A healthy diet rich in fruits and vegetables provides essential nutrients that support immune function. Regular exercise helps improve circulation and immune cell activity. Adequate sleep is important for immune system restoration and optimal functioning.
- **Recognize Vulnerabilities** - Understanding immune system disorders and autoimmune diseases allows for early diagnosis and proper management. Autoimmune diseases occur when the immune system mistakenly attacks healthy tissues. Recognizing vulnerabilities in the immune system can help identify individuals who may be more susceptible to certain infections or diseases, allowing for targeted preventive measures.
- **Develop Effective Therapies** - Vaccines leverage the immune system's power to fight specific diseases. They expose the immune system to harmless parts of pathogens, triggering an immune response and the production of memory cells. This memory allows for a rapid and robust response upon subsequent exposure to the pathogen. Immunotherapies, particularly in the field of cancer treatment, aim to enhance the immune system's ability to recognize and eliminate cancer cells.



Remember, your immune system is your loyal guardian, constantly working behind the scenes to keep you safe. By appreciating its complexity and nurturing its function, you can become a partner in your own well-being, building a fortress of health against even the most cunning invaders.

DR. DANIEL NUZUM

"Our immune system is controlling everything through both the immune system and the hormonal system and the nervous system. It triggers everything to happen in our hormonal system and in our nervous system per the internal environment of our body and the external environment that we're in, that our body is in. It controls our reactions to everything on the inside and everything on the outside. Basically, we have three different control mechanisms, but the immune system is a control mechanism on our endocrine system and our nervous system as well. It's kind of the ultimate control mechanism. And literally, it controls all of our responses. Now, when you have somebody that has developed a autoimmune issue, what's happened in that case is the normal, healthy inflammatory response the immune system has to your environment..."

CHAPTER TWO

*Mechanism of
Immune System*



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We need to know about the inner workings of the body's sentinel – the immune system. In this chapter, let's understand the intricacies of its defense mechanisms, from the rapid response of the innate immune system to the targeted precision of the adaptive immune system.

Discover the roles of key players like T-cells, B-cells, and antibodies as they orchestrate a symphony of protection against invaders. The immune system's surveillance and memory capabilities lay the basis for understanding how it protects us. Further ahead we will also learn about the weak and overactive immune system!

Now, without any delay, let's move ahead!

How Does The Immune System Work?

The immune system operates as a sophisticated defense network, intricately designed to protect the body from harmful invaders and maintain overall health. Here's a comprehensive overview of how the immune system works:

1. Recognition of Threats- The immune system begins by identifying and distinguishing between the body's own cells (self) and foreign substances (non-self). Specialized cells, such as macrophages and dendritic cells, act as sentinels, patrolling the body and capturing foreign invaders.

2. Immune Cell Activation - Immune cells, such as white blood cells or leukocytes, play a crucial role in the immune response. They can recognize and eliminate pathogens and coordinate the immune response. Different types of immune cells have specific functions, such as phagocytes that "eat" germs and dead or damaged cells, and lymphocytes that produce antibodies.

3. Antibodies - Antibodies are proteins produced by specialized immune cells called B-cells. When B-cells encounter an antigen, they produce antibodies that can bind to the antigen and mark it for destruction by other immune cells. They play a crucial role in preventing the spread of infections.

4. Regulation and Self-Tolerance - The immune system is tightly regulated to prevent excessive immune responses or attacks on healthy tissues. Various mechanisms, such as regulatory T-cells, help maintain immune balance and prevent autoimmune diseases, where the immune system mistakenly attacks the body's own cells.

5. Resolution and Repair- After the immune response has successfully eliminated the pathogen, the body initiates processes for resolution and repair. This involves the removal of dead cells and debris, tissue regeneration, and healing of any damage caused during the immune response. These processes help restore normal tissue function and maintain overall health.

It's important to note that the immune system is complex and dynamic. The immune system's response can vary depending on the specific pathogen or antigen encountered, as well as individual factors such as having a weak immune system or an overactive immune system. Let's see what are these.



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EXPERT OPINION: DR. DANIEL NUZUM

"...the food you eat, the air you breathe, the water you drink, medicines or supplements that you take, your immune system has to have a response to all of those things. It has to. Unless it's suppressed, at which time it doesn't have that response. So it's supposed to have this response to everything.

People with an autoimmune response or autoimmune condition, they are having this inflammatory response to everything, sometimes through their whole body. Other times it is in a localized area, like say, asthma or maybe colitis or Crohn's disease, or there's musculoskeletal things like rheumatoid arthritis and ankylosing spondylosis.

There's a lot of different things where the immune system isn't having that response everywhere at the same time, but it's more in one location or in one particular type of tissue, like a joint or your spine, or your colon or your lungs or so on, and so forth.

Either regardless of whether it's global or the entire body, or if it's local in one particular area, an autoimmune response is that inflammatory response of the immune system that we're supposed to have to our environment, our food, our water, medicines, our supplements, all those types of things where the immune system supposed to respond to all of those things.

Both in a way where it responds and utilizes the things that we consume or responds and has a reaction to things. And that's a normal response. But what's happening in a person that has an autoimmune condition is that response is ongoing. It never gets turned off. So their body is constantly in this inflammatory response."

What is Immunodeficiency (a weak immune system)?

A weak immune system, also known as immunodeficiency, is a state where your body's natural defenses against disease are compromised. This can make you more susceptible to infections, including both mild and severe ones.

There are 2 main types of immunodeficiency:

1. Primary immunodeficiency: This is present from birth due to genetic mutations or developmental abnormalities that affect the immune system's development or function. Examples include severe combined immunodeficiency (SCID) and common variable immunodeficiency (CVID).

2. Secondary immunodeficiency: This develops later in life due to various factors like

- Medical conditions: HIV/AIDS, cancer, autoimmune diseases, chronic kidney or liver disease.
- Medications: Immunosuppressants used after organ transplants, chemotherapy drugs, corticosteroids.
- Lifestyle factors: Malnutrition, excessive alcohol consumption, smoking.



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Symptoms of Weak Immune System

- 1. Frequent Infections** - Individuals with a weak immune system may experience recurrent infections, such as colds, flu, or skin infections, due to the body's diminished ability to fend off pathogens.
- 2. Slow Healing** - Wounds and injuries may take longer to heal in individuals with a compromised immune system. The body's natural healing processes are closely intertwined with immune function.
- 3. Chronic Fatigue** - Persistent fatigue and a general feeling of being unwell can be indicative of an overburdened or weakened immune system, as it struggles to maintain optimal function.
- 4. Autoimmune Disorders** - Some autoimmune conditions arise when the immune system mistakenly targets the body's cells, leading to conditions like rheumatoid arthritis, lupus, or type 1 diabetes.
- 5. Allergies** - An immune system that is too reactive can result in allergies, where the body overreacts to harmless substances, triggering symptoms such as sneezing, itching, or swelling.
- 6. Unexplained Weight Loss** - Significant and unexplained weight loss may be associated with a weakened immune system, as the body redirects energy resources to combat ongoing health challenges.
- 7. Recurrent Illnesses** - A pattern of recurring illnesses or increased susceptibility to infections can be indicative of an immune system struggling to mount an effective defense.

Causes of Weakened Immune System

- 1. Stress** - Prolonged periods of stress can negatively impact the immune system, making it less responsive and efficient in defending against pathogens.
- 2. Underlying Health Conditions** - Certain health conditions, such as autoimmune diseases, HIV/AIDS, cancer, and diabetes, can weaken the immune system.
- 3. Genetic Factors** - Some individuals may be born with a weak immune system due to genetic factors, known as primary immune deficiency disorders.
- 4. Medications and Treatments** - Certain medications, such as immunosuppressants used in organ transplant recipients, can suppress the immune system. Additionally, treatments like chemotherapy and radiation therapy can weaken the immune system temporarily.
- 5. Age** - The immune system tends to weaken with age, making older adults more susceptible to infections and diseases.



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6. Poor Nutrition - Inadequate intake of essential nutrients, such as vitamins and minerals, can compromise the immune system's function.

7. Lifestyle Factors - Unhealthy lifestyle habits, including lack of sleep, poor diet, excessive alcohol consumption, and smoking, can weaken the immune system.

What is an Overactive Immune System?

An overactive immune system, also known as an autoimmune response, occurs when the body's defense mechanisms mistakenly identifies its cells and tissues as foreign invaders and mounts an immune response against them. This misguided reaction can lead to various autoimmune disorders, where the immune system essentially attacks healthy cells, tissues, and organs.

KEY FEATURES OF AN OVERACTIVE IMMUNE SYSTEM INCLUDE

- **Autoimmune Diseases:** Conditions such as rheumatoid arthritis, lupus, multiple sclerosis, type 1 diabetes, and Hashimoto's thyroiditis are examples of autoimmune diseases. In these cases, the immune system targets specific organs or systems, causing inflammation and damage.
- **Inflammation:** Overactivity of the immune system often results in chronic inflammation throughout the body. Prolonged inflammation can contribute to tissue damage and various health issues.
- **Allergies:** While allergies are typically associated with an overly reactive immune response to harmless substances, they can also be considered a form of immune system overactivity.
- **Hyperactivity of Immune Cells:** Certain immune cells, such as T-cells and B-cells, become hyperactive in autoimmune conditions. This heightened activity leads to the production of antibodies and inflammatory molecules that contribute to tissue damage.
- **Chronic Fatigue:** Constant immune system activity and inflammation can lead to persistent fatigue and feelings of malaise in individuals with autoimmune disorders.
- **Fluctuating Symptoms:** Autoimmune conditions often exhibit symptoms that can vary in intensity, and the severity of symptoms may fluctuate over time.

The exact causes of autoimmune diseases are complex and multifactorial, involving a combination of genetic, environmental, and hormonal factors.

Causes of Overactive Immune System

- 1. Genetics** - Certain genes can increase susceptibility to developing autoimmune diseases or allergies.
- 2. Environmental factors** - Exposure to toxins, infections, and certain medications can trigger an overactive immune response.
- 3. Gut microbiome imbalance** - Disruptions in the gut bacteria composition can influence the immune system's activity.



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4. Molecular mimicry - When pathogens share molecular similarities with your own tissues, it can confuse the immune system and lead to autoimmunity.

5. Hormonal Factors - The complex interplay between sex hormones, stress hormones, and thyroid hormones can tip the balance toward immune system overactivity and contribute to the development of various autoimmune diseases.

Symptoms of an Overactive Immune System

1. Chronic Fatigue - Fatigue or extreme tiredness is a common symptom experienced by individuals with autoimmune diseases.

2. Joint Pain and Swelling - Inflammation of the joints can lead to pain, stiffness, and swelling. Rheumatoid arthritis is an example of an autoimmune disease that affects the joints.

3. Skin Problems - Skin-related symptoms can include rashes, redness, itching, and sensitivity. Conditions like eczema and psoriasis are examples of autoimmune diseases that affect the skin.

4. Gastrointestinal Issues - Some autoimmune diseases can affect the digestive system, leading to symptoms such as abdominal pain, diarrhea, and bloating.

5. Neurological Symptoms - Autoimmune diseases can also impact the nervous system, resulting in symptoms like numbness, tingling, muscle weakness, and difficulty with coordination.

6. Allergic Reactions - An hyper-reactive immune system can cause allergies and hypersensitivity reactions. This can manifest as hay fever (allergic rhinitis), asthma, or severe allergic reactions to certain foods.

7. Hair Loss - Some autoimmune diseases can lead to hair loss, such as alopecia areata, which causes patches of hair loss on the scalp or other parts of the body.

8. Mood and Cognitive Changes - Autoimmune diseases affecting the brain can cause mood swings, cognitive impairment, memory problems, and difficulty concentrating.

EXPERT OPINION: DR. MARK SHERWOOD

“Every disease process that we know has that co-component of chronic systemic inflammation. Let’s use autoimmune diseases as an example. What happens is, our immune system is triggered. If your immune system gets potentially triggered on a continual basis, eventually the immune system sending signals that we have an emergency, i.e. those inflammatory signals around the body. This idea of having inflammatory signals gone all the time is really part and parcel with all disease processes. When we’re living in an emergency, the body doesn’t have the material or ability to fix all the problems. So it tries to fix the big ones while leaving the little ones. It’s amazing we’re even alive today with all the mess we do to ourselves.”

“When we have weakened immune system, we have the development of more inflammation, potential autoimmunity, we have heart disease and brain disease that can come up. We have obesity that is on the rise. We have Type 2 diabetes that is out of control and shouldn’t exist in one single person, in one single life across this globe. We have osteoporosis that frankly shouldn’t exist.”

CHAPTER THREE

*Immune System
Conditions and Disorders*



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Let's unravel the intricacies of health challenges that disrupt the delicate balance of our body's defenses. From immunodeficiency disorders to autoimmune conditions, we explore the origins and impact of these disruptions. We will also look at different tests for assessing your overall immune health.

Disorders And Conditions Affecting The Immune System

The immune system is responsible for protecting the body from harmful substances and pathogens. However, various disorders and conditions can affect the normal functioning of the immune system. These disorders and conditions affecting the immune system can fall into two broad categories: those that weaken it (immunodeficiency) and those that cause it to overreact (autoimmunity).

IMMUNODEFICIENCY

Primary immunodeficiency: Inherited genetic conditions leading to malfunctioning of different immune components, like B-cells, T-cells, or complement proteins. Some examples include:

- Severe combined immunodeficiency (SCID): A rare, genetic disorder characterized by a severe deficiency in T-cells and sometimes B-cells, leaving individuals highly vulnerable to infections.
- Common variable immunodeficiency (CVID): A group of disorders characterized by low levels of immunoglobulins (antibodies), leading to an increased risk of recurrent infections.
- DiGeorge syndrome: Caused by a genetic defect, this syndrome results in a range of abnormalities, including an underdeveloped thymus and impaired T-cell production.
- Chronic Granulomatous Disease (CGD): A genetic disorder where certain immune cells are unable to kill bacteria, leading to recurrent and severe bacterial and fungal infections.

Secondary immunodeficiency: Develops later in life due to various factors:

- HIV/AIDS: Human Immunodeficiency Virus (HIV) attacks the immune system, specifically CD4 cells (T cells), weakening the body's ability to fight off infections and diseases.
- Certain medications: Immunosuppressants used after organ transplants or chemotherapy drugs can weaken immune function.
- Chronic illnesses: Some conditions like diabetes, malnutrition, and kidney disease can impair immune responses.
- Aging: The immune system naturally weakens with age, increasing susceptibility to infections.

AUTOIMMUNE DISORDERS

- Rheumatoid Arthritis (RA): An autoimmune disorder where the immune system attacks the joints, causing inflammation, pain, and eventually joint damage.



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- Systemic Lupus Erythematosus (SLE): An autoimmune disease that can affect multiple organs, causing inflammation, pain, and a range of symptoms.
- Multiple Sclerosis (MS): An autoimmune condition where the immune system attacks the protective covering of nerve fibers, leading to communication problems between the brain and the rest of the body.
- Type 1 Diabetes: An autoimmune condition where the immune system mistakenly attacks and destroys insulin-producing cells in the pancreas.
- Hashimoto's Thyroiditis: An autoimmune disorder that targets the thyroid gland, leading to hypothyroidism.
- Celiac Disease: An autoimmune disorder triggered by the ingestion of gluten, causing damage to the small intestine.
- Psoriasis: An autoimmune skin condition characterized by the rapid growth of skin cells, leading to the formation of red, scaly patches.

OTHER IMMUNE-RELATED CONDITIONS:

- Allergies: Conditions where the immune system overreacts to harmless substances, leading to symptoms like sneezing, itching, and difficulty breathing.
- Inflammatory Bowel Disease (IBD): Conditions like Crohn's disease and ulcerative colitis involve chronic inflammation of the digestive tract, with an immune system component.
- Graves' Disease: An autoimmune disorder that results in overactive thyroid function.
- Myasthenia Gravis: An autoimmune disorder that causes muscle weakness and fatigue.

Symptoms Of Immune Conditions And Disorders

When the immune system is not functioning properly, it can lead to various symptoms and manifestations. Here are some common symptoms associated with immune conditions and disorders:

- 1. Frequent Infections** - Individuals with immune disorders may experience frequent or recurring infections, such as respiratory infections, sinus infections, urinary tract infections, or skin infections.
- 2. Fatigue** - Fatigue is a common symptom experienced by individuals with autoimmune diseases and immunodeficiency disorders.
- 3. Inflammation** - Inflammation can manifest as redness, swelling, pain, or heat in affected areas. Itchy, dry, or red skin can also be a symptom of inflammation related to immune system dysfunction.
- 4. Joint Pain and Swelling** - Many autoimmune diseases can cause joint pain and swelling, such as rheumatoid arthritis and lupus.
- 5. Digestive Issues**- Some autoimmune diseases can affect the digestive system, leading to symptoms like stomach pain, diarrhea, or digestive issues.
- 6. Skin Problems**- Skin problems, such as rashes, redness, or sensitivity, can be symptoms of autoimmune diseases or immune system disorders.
- 7. Nervous System Symptoms**- In conditions like multiple sclerosis, symptoms can include numbness, tingling, muscle weakness, or coordination problems.



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8. Weight Loss - Individuals with immunodeficiency disorders may experience unexplained weight loss over time.

9. Other Symptoms - Other symptoms can include swollen glands, headaches, dizziness, nausea, and a general feeling of being unwell.

It's important to note that symptoms can vary depending on the specific immune condition or disorder, and not all individuals will experience the same symptoms.

What Are The Tests Available To Check The Immune System's Health?

Assessing the health of your immune system involves a range of tests, depending on the suspected concern. Here's a breakdown of some common tests:

GENERAL SCREENING

- Complete blood count (CBC): Checks overall blood cell levels, including white blood cells (WBCs), which are key immune system players. Low WBCs might indicate immunodeficiency, while high levels could suggest infection or inflammation.
- C-reactive protein (CRP): Measures inflammation in the body. Elevated CRP levels can indicate an active immune response.
- Erythrocyte sedimentation rate (ESR): Another marker of inflammation, measuring the rate at which red blood cells settle, with faster rates suggesting higher inflammation.

ANTIBODY MEASUREMENTS

- Immunoglobulin (Ig) levels: These proteins are the body's main antibody type, measured as IgG, IgA, IgM, and IgE. Low levels could indicate immunodeficiency, while high levels might suggest infection or autoimmunity.
- Specific antibody tests: Check for antibodies against specific pathogens, like tetanus, hepatitis, or measles, indicating immunity or prior exposure

CELLULAR IMMUNITY ASSESSMENT

- T-cell subset analysis: Measures different types of T-cells, like CD4+ and CD8+, important for various immune functions. Abnormalities could suggest immunodeficiency or autoimmune conditions.
- Skin tests: Used to assess delayed hypersensitivity reactions, testing for responses to specific allergens or infections like tuberculosis.

SPECIALIZED TESTS

- Complement system tests: Evaluate the function of proteins that aid in immune responses and inflammation. Deficiencies can impair immune function.
- Genetic testing: For specific immunodeficiency conditions with known genetic mutations.
- Bone marrow biopsy: In rare cases, needed to directly assess bone marrow, where immune cells are produced.

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EXPERT OPINION: DR. JACK WOLFSON

"If we look at foods, let's take a look at the foods. Foods that are not organic, foods that have pesticides, GMO foods, they will damage our immune system. When we eat foods that we are not designed to eat, artificial foods, artificial sweeteners, artificial colors, artificial flavors, we will weaken our immune system.

When we expose ourselves to high levels of sugar. Well, high levels of sugar, especially highly processed sugar, white sugar, the white flours, all the processed grains, that is also going to inhibit our immune system function. When we eat water that has contaminants in there, it's going to interfere with our immune system function. When we smoke cigarettes, that's gonna lead to inhibition of our immune system. When we drink too much alcohol, that's going to do it.

Again, those are some of those food-based things, beverage-based things. When we interfere with living well, when we violate the principles of living well, so when we don't get adequate sleep at the right time with our proper circadian rhythms, that is well-known to damage the immune system. When we don't get appropriate sunshine, that damages our immune system."

Whether you have an immunodeficiency or autoimmune condition, none is good for your overall well-being. You need to address this issue as soon as possible. Immunodeficiency is an underactive immune system. With proper diet and healing protocols, you will be able to solve it in no time. As for autoimmune conditions, these are the result of chronic inflammation that cause a cascade of diseases including CANCER. Let's learn about autoimmune conditions!



CHAPTER FOUR

What is Autoimmune Condition?



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Autoimmune conditions occur when the body's immune system mistakenly attacks and damages its healthy tissues and cells. Instead of protecting the body from foreign invaders like bacteria and viruses, the immune system becomes overactive and targets the body's proteins, cells, tissues, or organs.

KEY ASPECTS OF AUTOIMMUNITY:

- 1. Self-Recognition Failure** - In a healthy immune system, a complex network of cells and proteins is adept at distinguishing between the body's cells (self) and foreign substances (non-self). In autoimmunity, this self-recognition system fails, leading to an immune response directed against the body's tissues.
- 2. Autoantibodies** - In autoimmune conditions, the immune system produces antibodies (autoantibodies) that target specific proteins or cells within the body. These autoantibodies contribute to inflammation and tissue damage.
- 3. Inflammation and Tissue Damage** - The immune system's attack on self-cells triggers inflammation, which, if persistent, can lead to damage in various organs and tissues. The severity of symptoms varies depending on the specific autoimmune disorder and the affected body systems.

Shocking Autoimmune Facts

Around 50 million Americans suffer from one or more autoimmune diseases (you might be one of them). Every 1 in 5 Americans has an autoimmune disease. And nearly 4% of the global population is affected by one of more than 80 different types known of autoimmune conditions.

Now, there's another shocking truth I came across—Autoimmune diseases are more prevalent in women. Around 78% of autoimmune diseases occur in women than men. Plus, every year a far greater number of women are getting affected with autoimmune diseases. Autoimmune diseases are among the top 10 leading causes of death among American women.

This gender bias is based on many factors. Various research suggests different susceptibility for this disparity like hormonal differences, especially the impact of estrogen and other factors including sex hormones, genetic architecture, epigenetics, gut microbiome, and immune pathways.

15 Root Causes of Autoimmunity

The root causes of autoimmunity are complex and multifaceted, involving a combination of genetic, environmental, and immunological factors. Understanding these contributing elements can provide insights into the development and triggers of autoimmune conditions. Here are key factors associated with the root causes of autoimmunity:

- 1. Genetic Predisposition** - Certain genes may increase an individual's predisposition to autoimmune diseases. However, having these genes doesn't guarantee the development of autoimmunity; environmental triggers often play a critical role.



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2. Environmental Triggers - Viral or bacterial infections can sometimes trigger an autoimmune response. Examples include Epstein-Barr virus (linked to lupus), certain bacteria (linked to rheumatoid arthritis), and streptococcal infections (linked to conditions like rheumatic fever and pediatric autoimmune neuropsychiatric disorders associated with streptococcal infections - PANDAS). Exposure to certain chemicals, pollutants, and toxins may contribute to the development of autoimmunity.

3. Hormonal Factors - Hormonal imbalances, particularly in women, have been associated with an increased risk of developing autoimmune disorders. Fluctuations in hormone levels, such as during pregnancy or menopause, may influence the immune system and contribute to autoimmunity.

4. Leaky Gut Syndrome - Increased permeability of the intestinal lining, often referred to as leaky gut syndrome, has been implicated in the development of autoimmunity. This may allow the entry of substances that trigger an immune response.

5. Dysregulation of the Immune System - Normally, the immune system is tolerant of the body's own tissues. Breakdowns in immune tolerance can lead to the recognition of self as foreign, triggering an autoimmune response. Overactivation of the immune system, often driven by chronic inflammation, can contribute to the development of autoimmune conditions.

6. Stress - Chronic stress has been suggested as a potential trigger for autoimmune diseases. Stress can affect the immune system and contribute to inflammation, which may play a role in the development of autoimmunity.

7. Dietary Factors - Some autoimmune conditions, such as celiac disease, are triggered by the consumption of gluten. Proteins similar to those found in the body's tissues, when present in the diet, may trigger immune responses.

8. Microbiome Imbalance - Disruptions in the balance of gut bacteria may influence immune system regulation and contribute to autoimmune disorders.

9. Epigenetic Factors - Epigenetic modifications, influenced by environmental factors, can affect how genes are expressed and may contribute to autoimmune susceptibility.

10. Molecular Mimicry - Molecular mimicry occurs when a part of the body's cells resembles a foreign substance, such as a microorganism. This resemblance can confuse the immune system, leading it to attack both the foreign substance and the body's cells.

11. Vaccinations - Some studies suggest a potential link between certain vaccinations and the development or exacerbation of autoimmune conditions.

12. Nutrient Deficiencies - Nutrient deficiencies, such as deficiencies in Vitamin C, Vitamin D, and other essential minerals, can affect the immune system and potentially contribute to the development of autoimmune disorders.



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13. Estrogen Dominance - Estrogen dominance, a condition where there is an imbalance between estrogen and progesterone levels, has been associated with an increased risk of autoimmune disorders. Estrogen dominance can occur due to various factors, including hormonal imbalances and exposure to synthetic xenoestrogens.

14. Chronic Infections - Chronic infections caused by bacteria, viruses, fungi, or parasites can trigger or contribute to autoimmunity. Examples of chronic infections that can be associated with autoimmune diseases include intestinal dysbiosis and small intestinal bacterial overgrowth (SIBO).

15. Insulin Surges - Insulin resistance and insulin surges have been linked to autoimmune disorders. Insulin resistance can lead to metabolic disorders and hormonal imbalances, which may contribute to the development of autoimmunity.

EXPERT OPINION: DR. BRYAN ARDIS

"If you have an autoimmune disease or cancer or anything, it doesn't matter. Heart disease, high blood pressure, it doesn't matter. The same eight things I found applied to all of you.

You either have a genetic predisposition to be allergic or inflamed by certain foods you eat. You could have a food allergy or food sensitivity, number 1. Number 2, you have an infection in your body that hasn't been identified. We've talked about them here: parasite, bacteria, fungus or virus. And then, you need, possibly, you might have toxic chemical poisoning, which could be anything from Roundup poisoning, and non-organic foods to shots or vaccines you've had in the past. Then you look for heavy metal poisoning. The third one is toxic chemicals. Why do I talk about that? Do you know that most of my patients who came to me had already been to medical doctors, been diagnosed, and been given prescription drugs? Do you know that most of their symptoms they were complaining to me about were actually side effects of the drugs they were prescribed?

Drugs, pharmaceutical drugs are and can be toxic chemicals to your body causing side effects and other symptoms. You just have to know what they are and then work to get off of them and find natural alternatives. Toxic chemicals and then heavy metals, such things as mercury, aluminum, lead, cadmium, you name it. There's all kinds, arsenic, these can all be toxic metals.

And then you need to identify those. You can do that through hair analysis. You can do it through blood analysis to find out what metals you may have accumulating in your body and then start to detox or chelate those out. Those are four things so far: food allergies and sensitivities, infections, toxic chemicals, and heavy metals.

The fifth is scar tissue, scars on the outside of your body, by the way. The most problematic scars are anything on the midline: heart, open heart surgery scars on the mediastinum or the C-section scar that crosses the midline on your belly. Gallbladder removal scars, and then episiotomy scars where you tear giving birth, or perineal tears when you give birth or episiotomies where they cut you to make the vaginal opening larger. Those are the most problematic scars. If you have any of those and then you've had symptoms ever since, you should rub wheat germ oil twice a day into those scars. That's number 5.



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Number 6, misalignment in the spine causing a chiropractic misalignment. Who fixes that? Chiropractors do. You just need to go see, is there possibly a misaligned vertebrae in my body correlating to the symptoms of disease I'm having? I've seen that over and over and over that that is the case. That could be true for you. That's number 5. Then number 6 would be emotional stress. Emotional stress is anything that we've experienced that might be traumatic for us that's in our subconscious. You've heard the term psychosomatic. This is where things trapped in the psyche of the mind are causing physical symptoms. You need somebody to do emotional release work, emotional freedom technique, EFT, which is tapping and other things, or you can do the Emotion Code by Dr. Bradley Nelson. These are techniques that you use to analyze for the underlying causes of diseases. If you'd like to learn more about that, read the book by Carol Truman. It's called "Feelings Buried Alive Never Die". Read that book. It is phenomenal.

And then we'd look for things that are mineral and vitamin deficiencies. Mineral and vitamin deficiencies like Vitamin C deficiency led to scurvy and people died. There's tons of vitamin and mineral deficiencies that lead to diseases, and we just need to identify what those things are.

In every patient that would come to me, this is what I was looking for. Are there any of these things that we need to identify that are causing your symptoms? If someone's not taking an entire holistic view, holistic being the whole body, if you're not looking at the whole body, you're going to miss all kinds of things."

Natural Protocols for Autoimmunity Reversal

Autoimmune diseases can be complex and challenging to manage. While there is no guaranteed cure for autoimmune diseases, there are natural protocols that may help in managing symptoms and potentially reversing the condition. Here are some strategies that have been suggested:

- 1. Integrative Medicine Approaches** - Integrative medicine takes a holistic approach, considering the interconnectedness of physical, emotional, and environmental factors. This comprehensive evaluation helps identify potential triggers, imbalances, and underlying issues contributing to autoimmunity. Practitioners may use a combination of conventional and alternative therapies to tailor treatment plans to individual needs.
- 2. Functional Medicine Protocols** - Functional medicine focuses on identifying the root causes of health issues. For autoimmune conditions, this means investigating factors such as gut health, chronic infections, nutritional deficiencies, and environmental exposures. By addressing the underlying triggers, functional medicine aims to restore balance to the immune system.
- 3. Apple pectin powder** - This soluble fiber found in apples supports gut health by acting as a prebiotic, promoting the growth of beneficial bacteria. A healthy gut is crucial for immune regulation, and reducing inflammation in the gut may positively impact autoimmune conditions.
- 4. Vitamin C** - An essential antioxidant, Vitamin C supports the immune system by scavenging free radicals and reducing oxidative stress. It plays a role in regulating the immune response and may help modulate inflammation associated with autoimmune conditions.



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Vitamin C, also known as ascorbic acid, is abundant in various fruits and vegetables. Including a variety of Vitamin C-rich foods in your diet can help ensure you meet your daily requirements. Some of the fruits and vegetables include all types of berries, citrus fruits like oranges, lemons, tangerines, tropical fruits like mango, pineapple, and vegetables like broccoli, spinach, cauliflower, kale, and even herbs like thyme and parsley.

EXPERT OPINION: DR. THOMAS LEVY

“Vitamin C is Vitamin C, it’s just ascorbic acid or sodium ascorbate. It’s the ascorbate entity that makes the Vitamin C because you can have calcium, magnesium, manganese, a whole variety of ascorbates, and they all provide Vitamin C along with whatever the cation is. The two most common forms, ascorbic acid, the cation is hydrogen, and with sodium ascorbate, it’s sodium.

Also, the 80 years’ worth of studies have shown what Vitamin C does by itself, not as a ridiculous newly contrived notion called Vitamin C complex or natural Vitamin C.”

“... You can never get enough magnesium and definitely not enough Vitamin C to ever deal properly with the oxidative stress. It’s just that we’re all in the same basket, we’re all in the same bag, we’re all in the same boat.”

5. Turmeric - The active compound in turmeric, curcumin, has potent anti-inflammatory and antioxidant properties. It may help modulate the immune system’s response and reduce inflammation in autoimmune disorders. Start using turmeric in the food you make or consume turmeric water to strengthen your immune system.

6. Omega-3 - Found mostly in fish oil, Omega-3 fatty acids have anti-inflammatory effects. They may help balance the immune response and reduce inflammation, potentially benefiting individuals with autoimmune conditions.

7. Food-grade hydrogen peroxide - Advocates suggest using diluted food-grade hydrogen peroxide for its potential oxygenating and antimicrobial properties. However, caution is advised as improper use can be harmful.

8. Chlorine dioxide (CDS) - Chlorine dioxide has antimicrobial effects and its safety and efficacy have long been proven. It’s one of the most beneficial ways to reverse the effects of autoimmunity. However, consulting a healthcare professional with experience in using chlorine dioxide as a medicine is recommended.

EXPERT OPINION: DR. STEPHANIE SENEFF

“Chlorine dioxide is quite interesting, and I have people who believe that it’s helpful for autism. It’s kind of a third rail as far as mentioning it in the mainstream because they associate it with chlorine.

I will give a shout-out for Kerri Rivera, who’s the mother of an autistic son who spent, apparently, a million dollars trying to repair her child of its autism, and did finally discover chlorine dioxide and found it was effective. And then, she became a practitioner, she treats people around the world with this small-dose chlorine dioxide plus some other supplements, including sulfur-containing supplements.”



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9. Nicotine - Nicotine has been studied for its potential immunomodulatory effects. Experts have proved that Nicotine is one of the best solutions for breaking down toxins in your body. It has been used as medicine even thousands of years ago.

EXPERT OPINION: **DR. DANIEL NUZUM**

"In Native American medicine, this is Native American, both North and South America medicine. They used tobacco as a remedy for infection. You would either smash up the leaves and apply it to the skin over an infected area, not even just open sores or open wound, you might apply it over the chest if they're coughing or on the upper back if they're having a cougher up or respiratory problem.

For problem in the gut, you smash the leaf and apply it over the skin, which would put nicotine into the system, by the way. They also would take, the medicine man would take a pipe, put it in your nose, you'd plug the other nostril, he would then take, burn tobacco in another pipe, inhale the smoke, and then breathe it through that nostril.

And then you would allow it to release and come out of the other nostril. Why? For headaches, for sinus problems, for allergies, all of those types of things. This was this tobacco, it was how they use tobacco medically for thousands of years. This was not just here a recent thing. This is old, old, old medicine. And what we're finding today is that, yes. What happens is in gliomas, nicotine is one of the things that helps sensitize the immune system to go after a tumor."

10. Bentonite Clay - Known for its adsorbent properties, bentonite clay may bind to toxins in the digestive tract and help eliminate them from the body. Detoxification may support overall health and reduce the burden on the immune system.

11. Nutrition and Diet - Following an anti-inflammatory diet that focuses nutrient-dense foods and avoiding processed foods, refined sugars, and unhealthy fats may help reduce inflammation and support overall health.

12. Lifestyle Modifications - Making lifestyle modifications such as managing stress, getting sufficient sleep, and engaging in regular exercise may support immune function and overall well-being.

Physical activity supports overall health, helps manage stress, and may modulate the immune system. It promotes circulation, enhances mood, and contributes to a balanced immune response.

Adequate sleep is essential for immune function. Quality sleep allows the body to repair and regenerate. Sleep disturbances are linked to increased inflammation, which may exacerbate autoimmune conditions.

Another important lifestyle shift would be getting more sunlight. It is a natural source of Vitamin D, which plays a crucial role in immune regulation. Adequate vitamin D levels are associated with a lower risk of autoimmune diseases.

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13. Stress Management Techniques - Chronic stress can negatively impact the immune system and contribute to autoimmune diseases. Implementing stress management techniques, and relaxation exercises may help reduce stress levels fostering a present-focused mindset. Stress reduction positively influences the immune system, potentially mitigating autoimmune symptoms.



EXPERT OPINION: **DR. JANA SCHMIDT**

“Stress is a major problem in our lives. I feel like everyone has stress in some way, shape or form, and stress can actually be good...”

“... but let’s talk about the bad stress first. These are overworked, overtired, poor food. And stress, just physical stress and mental stress alone can take its toll on someone and disease can set in pretty quickly when your body is stressed.

So, your hormones need to be balanced as well when you’re stressed and the thyroid works over time. Getting in a routine where you can regularly do things that limit your stress or reduce your stress is very important. Exercise and sunshine are some of the easiest ways to reduce stress. If you have a lot of tension and you can go out and you can walk and you can run or you can sing and you can dance, this is going to help release a lot of that tension and it’s amazing what can happen to the body.”

EXPERT OPINION: **DR. CATHLEEN GERENGER**

“One of the key factor is stress management decrease that cortisol level. Sleep is essential for your body to heal and repair itself. And some of the herbs that actually helps is what we call maitake mushrooms, and also niacin, which is Vitamin B3 that helps to regenerate these brain cells and increase the cardiovascular system by what we call angiogenesis. That means our blood vessels starts to regenerate new blood vessels and able to increase the circulation, of course, to the brain, to the lungs, and to the vital organs.”

CHAPTER FIVE

Closer Look on Cancer



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In recent years, CANCER cases have been increasing and have had major impacts on society in the US and around the world. The rate of new cases of cancer (cancer incidence) is 442.4 per 100,000 men and women per year (based on 2013–2017 cases). The numbers are increasing day by day.

Further ahead, the cancer mortality rate is 158.3 per 100,000 men and women. The most common cancers are breast cancer, cervical cancer, lung cancer, and prostate cancer. Cancer is among the leading causes of death in the year 2020 with nearly 10 million deaths worldwide.

Root Causes of Cancer

Cancer is a complex group of diseases characterized by the uncontrolled growth and spread of abnormal cells. The development of cancer is influenced by a combination of genetic, environmental, and lifestyle factors. While the exact causes of cancer can vary, here are some common root causes and contributing factors:

1. GENETIC MUTATIONS

- **Inherited Mutations:** Some individuals inherit genetic mutations that increase their susceptibility to certain types of cancer. Mutations in specific genes, such as BRCA1 and BRCA2, are associated with an increased risk of breast and ovarian cancers.
- **Acquired Mutations:** Exposure to environmental factors, radiation, or errors during cell division can lead to acquired genetic mutations that contribute to cancer development.

2. ENVIRONMENTAL EXPOSURES

- **Carcinogens:** Exposure to certain substances known as carcinogens increases the risk of developing cancer. Carcinogens can be found in tobacco smoke, pollutants, industrial chemicals, and some medications.
- **Radiation:** Ionizing radiation, such as that from x-rays and nuclear radiation, can damage the DNA and increase the risk of cancer. Prolonged exposure to ultraviolet (UV) radiation from the sun or tanning beds is a known risk factor for skin cancer.
- **Chemical Exposures:** Occupational exposure to certain chemicals, such as asbestos, benzene, and formaldehyde has been linked to an increased risk of specific cancers.

3. LIFESTYLE FACTORS

- **Tobacco Use:** Smoking and other forms of tobacco use are leading causes of various cancers, including lung, bladder, and pancreatic cancers.
- **Dietary Habits:** Poor dietary choices, including a diet high in processed foods, red and processed meats, and low in fruits and vegetables, may contribute to cancer risk.
- **Physical Inactivity:** Lack of regular physical activity is associated with an increased risk of several cancers.
- **Obesity:** Obesity is linked to an elevated risk of developing certain cancers, such as breast, colorectal, and endometrial cancers.
- **Alcohol Consumption:** Excessive alcohol consumption is a known risk factor for liver, breast, and several other cancers.



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4. CHRONIC INFLAMMATION

- Chronic inflammation, whether due to infections, autoimmune disorders, or other causes, can create an environment conducive to cancer development. Inflammatory conditions like chronic gastritis, hepatitis, and inflammatory bowel disease are associated with an increased cancer risk.

EXPERT OPINION: DR. BRYAN ARDIS

“I just want you to know that everybody has a different cause. In my life and in my clinical experience, no matter what the symptom was, and no matter how many of those patients I’d seen in the past, everybody’s bodies were different. Everyone’s cause for their pain was different. These were the eight things I evaluated for in every single patient. You should be looking for someone who’s looking to identify the underlying causes of your symptoms. If you have an autoimmune disease or cancer or anything, it doesn’t matter. Heart disease, high blood pressure, it doesn’t matter.”

5. INFECTIONS

Certain infections caused by viruses and bacteria can contribute to cancer development. Examples include:

- Human papillomavirus (HPV) is associated with cervical and other cancers.
- Hepatitis B and C viruses increase the risk of liver cancer.
- Helicobacter pylori infection is linked to stomach cancer.

6. HORMONAL FACTORS

- Hormone Replacement Therapy (HRT): Long-term use of hormone replacement therapy in postmenopausal women has been associated with an increased risk of breast and ovarian cancers.
- Reproductive Factors: Early onset of menstruation, late onset of menopause, and delayed childbirth can affect hormonal levels and influence the risk of breast and ovarian cancers.

EXPERT OPINION: DR. EDWARD GROUP

“Hi, I’m Dr. Edward Group. I started Global Healing in 1998 because I was part of a research team that was put together to identify the root cause of cancer. That was when we had no internet. We had to go, travel around the world and work within different types of doctors, individuals to try to understand the lost secrets of health and what are the actual components that are initiating cancer. After that research, we learned that all cancer, and not only cancer, but degenerative disease is caused by two things: a toxic external environment and a toxic internal environment.”

So over the last 25 years, our mission has been to educate people to the root cause of all disease and provide people with solutions that they can use to take responsibility for their own life, so they can start their own journey of healing and eliminating any type of these symptoms or any of these alterations, these negative alterations that they might be suffering from.”

“One of the hardest things, especially when you’re talking to somebody that has any type of negative health condition, whether it’s a symptom or whether it’s a full-blown disease or whether it’s cancer is, number 1, what



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we've found is that you really need to listen to that individual person. We learn so much just by allowing that individual to speak. And this is part of the first step of the evaluation of the external environment and the internal environment, is understanding who that individual is. And this is really what we want to teach is people to evaluate their own life. People have been manipulated and they've been programmed through the symptomology programming of "I have..." They take it on "I have cancer," "I have migraine headaches," "I have arthritis," "I have obesity," "I have heart disease." What they don't understand and what's never told to them is that they are the ones that are responsible for their own cancer and their own heart disease the majority of the time.

And this is very hard for individuals to understand, and obviously, we wouldn't want to come out to somebody right off the bat and say, "Well, you're responsible for your own cancer." Nowadays, we've transitioned into more of a transhumanism agenda where we're looking at other aspects or other people that are initiating these things within us, that we have to be aware of.

So when we look at the external, when I talk about the external environment that people are exposed to, this is what they're exposed to from the time they wake up in the morning to the time they go to bed at night outside, which means what are they exposed to in their bedroom? Are they sleeping on a memory foam mattress? We literally identified hundreds of different things in people's homes that are disease-creating chemicals or toxins. And in reality, it's really just poisoning, if you think about it, or toxicity because all of these things and these toxins are the main root cause of what's developing your symptoms or the disease process.

So in the external environment, we probably evaluated and looked at close to 500, even a thousand of the main things that were creating a disruption in the body's detoxification methods, in the body's cells, in the body's tissues, et cetera. And those would be electromagnetic radiation. For example, the lead paints on their wall, mold in their house or office, the toxic outgassing of their carpets, the brominated compounds in their homes. Really, three main areas in people's homes were the bedroom, the bathroom, and the kitchen.

People are using Teflon pans, they're using microwaves to cook their food. All of these things create negative responses within the body. The bedrooms especially, people are sleeping next to their cell phones. They have electronics in there. They are not sleeping on organic sheets, organic pillows. Sometimes people would have air fresheners, toxic air fresheners in their room. They're sleeping in a bedroom where the smart meter is right outside of their room.

They don't have good air quality. Air quality is one of the biggest things that we found that can be up to a hundred times more toxic in your office where you work or in your home versus being outside. We looked at the water quality in people's homes, air, and water as well. Most people are still on city water. They're using chemicals for their laundry detergent, which gets all into their clothes, which ends up seeping into their body.

They're using toxic dishwashing detergent, which puts a fine layer of toxic chemicals on their dishes that they're eating off of. So all of these things we were looking at, and are areas that the external environment is anything outside of your body. Internal environment is anything that's coming into your body, but a lot of these things in the external environment will eventually enter into your system. For example, personal care goods.



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We've gone into bathrooms, and it's mostly the women because women have makeup and body lotions and sunblock and makeup removers and nail polish, and all of these acetones and chemicals and all this stuff in their bathroom, which can create fumes as well as those chemicals and toxins leaking directly through the skin into your bloodstream. So those are, and let me not forget the external toxins also, which are the news that people are watching, what people are watching on TV, what people are consuming through social media, the people that they're hanging out with, their coworkers, their bosses.

These can also create very damaging or traumatic effects on our self-healing mechanism. All of the research that we did revolves around everybody's self-healing mechanism because we're all born and we all have the most powerful healing substance known to man, which is already inside of us, and that's our body's own self-healing mechanism."

Natural Protocols to Reverse the Root Causes of Cancer

Let's face it, there's no exact cure for CANCER. But we have seen survivors. There's one thing I want you to remember. We all have cancerous cells in our bodies, the problem starts when they go rogue.

And to not let that happen, you need to take care of yourself, and your health, and make your lifestyle better. Let me help you with some natural protocols that will help you reverse the root causes of cancer and help you avoid that pain.

EXPERT OPINION: DR. VERLYN BENSON

"I had a very, very severe pain. So severe, I was laying on the bed and I've literally, I physically leaped off the bed because the pain was so sharp. That pain kept coming and going. It did not last long, just a second or two, and then it was gone. I went to the doctor. The doctor said, "Wow, I can't believe it. You are so healthy but there must be something wrong. Normally you just give some pain medication and see if that pain goes away. Maybe it was something not so serious, but I think I better do a CT scan." He did a CT scan. I was diagnosed with intrahepatic cholangiocarcinoma—liver cancer. It's a rare liver cancer, but the prognosis is extremely grim.

My wife started doing some study. She learned that there's a huge connection between refined sugars and cancer. I said, "Great. Then I'm going to eliminate that." We were already on a plant-based diet, but we intensified that. We started eliminating the starches because those just turn to sugars. We concentrated on lots of steamed vegetables. She came up with some very, very potent juices, potent as far as nutrition. Fruits and vegetables, lots of them. I would have that 45 minutes before my meal. Then after that my body absorbed the liquid, then I could have a meal."

"Every time my blood tests came back, she would try to study. "You're down in this area. What can I do to give you natural vitamins and minerals through plants, through the natural plants, live fruits, and vegetables, to bring your blood back up?" She was constantly studying. She was doing juicing, half hour, 45 minutes before my meal to give me that macronutrient, which is much better than any vitamins. I never took vitamins. You don't need them when



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you're getting all that fresh vegetables and fruits. All the fruit sugars are fine. They're not harmful. The people on the study, they were eating lots of sugars, lots of sweets. Their glucose was suddenly skyrocketing. My blood glucose never passed 100 the entire time. And I was drinking copious amounts.

Cancer can come to even the healthiest persons. Following the eight natural remedies: fresh air, water, sunlight, abstinence, staying away from the stuff you know isn't right, faith and trust in God, these things are the natural ways. They don't cost anything. When doctors can communicate how to live a healthy life, and then when some catastrophic illness comes like cancer, then your body is ready to be equipped with some extra compacted nutrients and guidance from God. I believe many more people can get over these severe diseases. I want to encourage our medical students in Rwanda. There's a whole new approach to medicine that keeps God in the center.

People are not eating leafy greens. They're not eating the cabbage, the kale, the spinach, the green beans, these things. I think diet has a very, very powerful impact on a life. I talked to one of the patients. See, the chemo, when you're on chemo, the chemo just messes up your system. What tastes good one day, you see it the next day, and you want to vomit just to look at the food, that's the thing you loved yesterday. I asked the one patient, "What'd you have today?" "I've eaten 47 chicken nuggets today. It's the only thing that seems good to me. For supper tonight, I'm going to eat a whole container full again." We know that chicken nuggets aren't good for you. They're not giving their body any nutrients, anything to feed on that's helping get over the cancer.

When people don't put that effort into juicing, well, then the next best thing is to take these high-quality vitamins. What we don't tell patients that I'll tell you now, when you take vitamins that have been sterilized, and dried, and put together in a pill, we get them concentrated, even the simple ones, Vitamin D or some of these simple ones, if you start taking them when you have cancer or some of these illnesses, it can actually make your cancer grow faster. But there's one thing that you're doing, you're taking live, fresh vitamins and minerals. Your body will never become toxic to those. It knows how to handle them. It's not going to make the cancer grow worse. That natural method is really powerful.

Then when the doctor just unloaded to me that day and said, "You're my last patient of the day. I don't know why I continue doing what I'm doing because this is the most discouraging work. Every patient today, I've given bad news. 'The chemo's not working. The cancer is bigger. You're having too many adverse reactions to the drugs. You're not going to be able to continue. There's no hope now.' It's just bad news all day long." Then when he came to me, he said, "I don't understand this. Your tumor is remarkably shrunk, measurably shrunk." Well, after Christmas, when I went back, the first thing the doctor said, "You are alive?" Because during Christmas, everyone, they drank, they have all the cakes, and the pies, and all the eggnog, all the rich desserts. That's enough to finish off a lot of people. The doctor said, "I am shocked that you are still alive." Then when it was time for the last CT scan before I went to surgery, they said, "This is unbelievable. Your tumor is only 50% viable. Only 50% is alive and remaining alive.

Everybody loves ice cream. I looked for a recipe that I could make an ice cream that was so healthy you could eat it for breakfast, and it had no refined sugars in it. Yet it would taste like ice cream. I ran across this recipe. It does use unsweetened cocoa powder to give the chocolate flavor. The sweetener is dates, Medjool dates. They're natural. Dates is a part of my diet. I can eat dates. So that's the sweetener. Uses some coconut milk instead of dairy, uses



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coconut milk for the milk portion of it. A little bit of powdered vanilla flavoring just to give it a little vanilla. Oh, where's the fat? Where does that creaminess come from? You'd never believe it. It's a very ripe avocado. You'd never believe it was avocado. When you make that into ice cream, tastes like regular ice cream. You have to make sure the avocado is nice and ripe. Just really soft and ripe. Then you blend that up. It's delicious."

- **Ginger** - Ginger contains bioactive compounds with anti-inflammatory effects, potentially aiding in reducing inflammation associated with cancer. This antioxidant has been studied and proven as one of the best anti-cancer supplements to have.
- **Green Tea** - Green tea is abundant in antioxidants, particularly catechins, which may help combat oxidative stress and support cellular health. It has been associated with a lower risk of certain cancers, such as liver, breast, pancreatic, lung, esophageal, and skin cancer.
- **Cruciferous Vegetables** - Vegetables like broccoli, cauliflower, and Brussels sprouts contain sulforaphane, known for its potential anti-cancer properties.
- **Exercise** - Regular physical activity has been linked to a reduced risk of various types of cancer. Exercise helps maintain a healthy weight, boosts the immune system, and improves overall well-being.
- **Vitamin D** - Adequate levels of Vitamin D, obtained through sunlight exposure or dietary sources like mushrooms, have been associated with a lower risk of certain cancers.
- **Fruits** - Some fruits, such as grapes and apples, contain antioxidants and other compounds that may have cancer-fighting properties. Including a variety of fruits in your diet is beneficial for overall health.
- **Vitamin E** - Vitamin E is an antioxidant that helps protect cells from damage caused by free radicals. It plays a crucial role in reducing the risk of prostate, colon, and lung cancers. Adequate daily intake from sources like almonds, avocado, and spinach is vital for maintaining optimal health. Olive oil is a healthy source of fat, contains antioxidants, and is often recommended as part of a balanced diet that may help reduce the risk of certain cancers.
- **Garlic** - Garlic contains allicin, a compound with potential anti-cancer properties. Including garlic in your diet may have some protective benefits and it may also support immune function.
- **Herbal Supplements** - Certain herbal supplements, such as those containing turmeric, green tea extract, or mistletoe, have been studied for their potential cancer-fighting properties. Turmeric, containing curcumin, is recognized for its anti-inflammatory and antioxidant properties. Studies explore its potential in cancer prevention.
- **Tomatoes** - Tomatoes contain lycopene, an antioxidant that has been associated with a lower risk of certain cancers, including prostate and lung cancer.
- **Berries** - Berries are rich in antioxidants and other compounds that may help protect against cancer. Including a variety of berries like strawberries and blueberries in your diet is beneficial for overall health.
- **Flaxseed** - Flaxseeds are extremely high in fiber, and they contain a host of heart-healthy fats that should be incorporated into a healthy diet. The fiber in flaxseed helps reduce the growth of new cancer cells and even kills existing ones.
- **Stay Away From Alcohol** - Limiting or avoiding alcohol can lower the risk of developing certain cancers, particularly those of the liver, breast, and esophagus. Hence, it's advisable to limit alcohol intake or avoid it altogether.



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- **Limit The Use Of Sugar** - High sugar intake and a diet high in processed foods have been associated with an increased risk of certain cancers. It's important to limit the consumption of sugary foods and drinks.
- **Stop Inflammation** - Inflammation appears to be the common denominator in most chronic diseases, including cancer. What most people may not be aware of is that inflammation is a normal response to injured tissue. When there is an injury to a tissue, the body releases inflammatory molecules to the injury site to initiate tissue repair and healing.

However, some inflammations may arise even when there is no injury and they persist for over 3 months. This is referred to as chronic inflammation, and it may lead to DNA changes and gene mutations that trigger cancer.

EXPERT OPINION: DR. ANTONIO JIMENEZ

"I allow patients to have some fruit as long as it's not a pesticide-enriched and all that, as long as it's natural, organic, we do allow patients to have some fruit. The majority should be vegetables because they have more phytochemicals and cancer-killing ingredients. But the combination of fruits and vegetables, and as I mentioned, water, and sunshine, these are called non-food nutritional factors. We could have the best organic food, but if we don't have all the other elements of hygiene, good posture, social life, plenty of sleep, good water, all this, then even good food is not enough. We need to consume and enjoy all of God's creation, and that's when we could have a wholesome living. In health and healing, this is a basis of natural medicine."

"Moving. Yes, exercise. I say that we are a dynamic body. We're hunters, we're gatherers, and we're fishermen. We're supposed to come in and bring our food to the household. So definitely a body in motion is a body that can heal. We get more oxygen, more cellular respiration and oxygen to those cancer cells that don't like much oxygen, according to the works of Warburg and others. So, definitely saw that. And no matter how sick someone is or disabled, there's ways that they can move, whether it's passive exercises, someone moving their arms and their legs, or actually just sitting down and having a rebounder there. So, they just move their leg up and down. There's always ways to move and exercise, no matter how ill someone is."

"One of the scientifically validated nutrition or diet programs for cancer and healing, it was called caloric restriction. We know that caloric restriction increases longevity. People that have caloric restriction throughout their life live longer. And cancer patients, especially brain cancer patients, where they're decreasing certain nutrients in the brain like glutamate and they decrease this, they have caloric restriction, they do better than patients that have high caloric intake. So, taking that a step further, one way to restrict calories obviously is by fasting.

I believe that fasting helps detoxify the body. It helps the cells get more energy because they're survival cells, they're healthy cells, and cancer cells really struggle with fasting because they're like bullies. They need a lot of energy. So if you're not providing all these glucose molecules and calories, they're going to have a hard time. We have to be careful, though, depending on what stage you're in and how things are in your lab. Fasting can be part of your treatment plan or way of life. But start off slowly, maybe an 8-hour fast, build that up to a 12-hour fast, and manage yourself. Know your body, because what's right for one is not necessarily right for everyone else."

CHAPTER SIX

Breakthrough Treatments



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Cancer is a very serious problem, and having one foolproof solution isn't enough. We are walking with cancer cells in our body and a single wrong move will allow them to multiply and succumb you to death. A few breakthrough treatments for the prevention of cancer and its root causes are as follows:

1. NATURAL PHYTOCHEMICALS (PLANTS AGAINST CANCER)

Scientists and experts have been looking for a safer and more effective chemoprevention treatment. Modern drug-targeted therapies improve patient care but advanced, metastasized cancer proves challenging to treat.

Ongoing research explores the potential of natural phytochemical compounds for cancer chemoprevention and treatment, outlining molecular mechanisms and addressing pharmaceutical development challenges, aiming to enhance efficacy and reduce treatment costs.

Natural plants have been used as a medicine to treat various diseases for thousands of years.

Numerous bioactive components found in gourmet food sources offer health benefits, with some plant-derived compounds demonstrating confirmed anti-cancer activities.

An estimated 50-60% of U.S. cancer patients incorporate plant-derived agents, like curcumin, genistein, tea polyphenols, resveratrol, sulforaphane, isothiocyanates, silymarin, diallyl sulfide, lycopene, rosmarinic acid, apigenin, and gingerol, either exclusively or alongside traditional therapies.

This emphasizes the significant role of complementary and alternative medicine in cancer care, showcasing the potential of natural compounds in the treatment and prevention of cancer.

2. ALTERNATIVE THERAPIES

Another breakthrough treatment for reversing the root causes of cancer is using alternative methods. There has been research that says some of the alternative treatments might be able to help you reverse or manage the cancer. You read above how a toxic internal and external environment is the root cause of cancer. These alternative therapies will stop cancer cells from going rogue, let's look at them:

- Acupuncture: Acupuncture is when the specialist inserts needles into your skin at precise points. Studies have shown that it helps in relieving the pain caused by chemotherapy or cancer symptoms.
- Aromatherapy: Aromatherapy is another treatment that can help you with calming the sensation and your mind. The essential oils infused with fragrance are useful in relieving nausea, pain, and stress.
- Cognitive behavioral therapy (CBT): CBT is a type of talk therapy where a mental health specialist or doctor will help relieve your stress, depression, or anxiety, enhancing your mental health and improving sleep.
- Exercise: Studies have shown that exercise can help people with cancer live longer and healthier. Start exercising and aim to work out at least 30 minutes per day in a week to see results.

EXPERT OPINION: DR. DENNIS MEADOR

"We work with people who have been diagnosed with cancers by learning to use the essential oils effectively and properly. But the key to it is that you have to use undiluted, pure oils. There are many oils out there that are diluted,



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and they're adulterated. And that's the key. So, I'm going to qualify that if you use unadulterated and undiluted oils and they're pure, then what you have is you have a better outcome. That's the secret. I won't say it's a secret. I'll say, that's the truth of it.

I wish I'd say all essential oils are created equal, but the term is all essential oils are created equal but they're not distilled equally, they're not processed equally. They don't come from the same because a plant has to be in the correct soil, in the correct environment. It has to be distilled properly. It has to be bottled properly, and then it has to be dispersed properly. Anything else, you have to put the right product in the right person for the right reason for the right amount of time.

So, learning to use these effectively, whether it's in the birth of a child or whether it's a digestive issue, whether it's an emotional issue, anything along that line. But see, cancer is that the body is actually fighting itself. So, when you use something that's 100% natural, you're not eliminating the body's natural ability to heal like killer cells and things like this. You're building the response that the body recognizes, so you're removing stress. Anything that you want to recognize along this is that cancer puts a lot of stress on the body. So, by using essential oils, you're reducing the stress plus you're using that which the body recognizes at a cellular and a physical, both, and emotional level."

3. NATURAL ANTIOXIDANT

Daily exposure to external factors like UV rays, pollution, and tobacco smoke generates reactive species, leading to oxidative stress and free radical formation, contributing to diseases, including cancer.

Natural antioxidants like vitamins, polyphenols, and plant-derived compounds counteract these effects, showing anti-inflammatory and antioxidant properties. Examples include curcumin, berberine, and quercetin, tested in vitro and in vivo for their anti-proliferative and pro-apoptotic effects.

Clinical trials are ongoing, with curcumin showing promise in various cancers, berberine as a chemopreventive agent, and quercetin demonstrating effectiveness in combination with chemotherapeutic agents for several cancers.

4. UROTHERAPY

Urine therapy is the ancient treatment for curing all types of diseases. Our urine is often considered as a golden nectar of our body. It has multiple molecules that can help your body in healing even from CANCER.

In an article on Pubmed, it is stated that cancer cells release various antigens, some of which appear in the urine. Oral autourotherapy is suggested as a new treatment modality for cancer patients.

It will provide the intestinal lymphatic system with the many tumor antigens against which antibodies may be produced. These antibodies may be pierced through the bloodstream and attack the tumor and its cells.



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EXPERT OPINION: **DR. EDWARD GROUP**

"I always want to teach everybody what is the root cause of cancer? What is the root cause of heart disease? What is the root cause of diabetes? My research has revealed that the root cause of cancer is a toxic accumulation of metals, pesticides, herbicides, parasites. Consider it a soup of over 80 to 100,000 different types of chemicals that might be in your system, as well as what I put a lot of emphasis on for cancer is microorganisms because I extensively studied Hulda Clark's research and extensively studied Royal Raymond Rife's research, which I was the one that had Royal Raymond's original notes and research manuals.

And in there, he says that all cancer that he's ever evaluated has a fungal and a foreign particle component to it, which even in the 1900s, the great researcher Spiro said that all diseases caused by foreign particles and what they call viruses are foreign particles, mRNA or just foreign proteins that can transcribe information into our body that our body doesn't want. And that can be a sign of cancer as well. But I believe that cancer is a toxic accumulation in the system, and there's always fungus and all different types of parasites associated with cancer.

So, do I think that urotherapy is effective against cancer? And how does it work against cancer? Well, there's over 3,500 compounds that have been identified in urine. And the beautiful thing about urine is, everybody's different. So, what your body is producing, what tumor antigens, or how it's stimulating the lymphatic system. Remember that anything that's abnormal in your body, your urine is going to contain antibodies to those abnormal situations, or it's going to contain antivenoms, or it's going to contain anti-mercury elements, or whatever it needs to get out of the system.

So, if you consider cancer, let's say, a fungal particle or some sort of a parasite gets inside of a cell and turns off these normal cell death cycle and accelerates the cellular cycle. If you even go deeper than that, cancer cells feed on glucose. And what we're finding out now is that E. coli can be transformed and can be part of that glucose mechanism coming in. How that would work, is yes, there's an abnormal tissue growing in the body. So what does the body do? The body tries to fight that off and produce its own medicine against. It's an antigen or some sort of attack mechanism, specifically designed called antineoplastons, which Dr. Burzynski— There's more than antineoplastons, but that would be one, that are designed to fight off any abnormal growth or any abnormal toxin or any abnormal contamination within the body.

There's been a lots of evidence. Dr. Hitt had a cancer clinic back in the day in Mexico that was using urotherapy. Dr. Rashid Buttar was using a formulation of urotherapy. Dr. Burzynski uses a form of urotherapy. I personally think that anyone suffering from any condition should have this as their number 1 form of balance. I don't wanna say treatment because it would work as a treatment, but it's the body counteracting anything that's negative or anything that's harmful in the system. So yes, I believe that it should be a vital part of anybody's therapy or self-healing mechanism, especially because of the fact that it contains undifferentiated stem cells. And undifferentiated stem cells can be extremely effective at relaying the original quantum DNA code, as well as the physical DNA code back to the cell. So every time the cells reproduce, they're reproducing more into a healthier cell instead of more of a disease cell."

CHAPTER SEVEN

Real-Life Healing Stories



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Let's read through the stories of real warriors who suffered from autoimmune diseases and even cancer. Read their inspirational story on how natural protocols helped them reverse the disease and lead a healthy lifestyle.

NICOLETA RADU

"My name is Nicoleta Radu. I'm from Romania, but I live right now in Las Vegas, Nevada. So I'm working here at the Affiliate Summit. And then I just got into Jonathan Otto, the most amazing guy in the world. While it was pandemic and I was dying home sick, and I was looking for answers to my health issues, I was going online and having all his whatever he did online, all the classes with all the amazing doctors worldwide, where they will explain why we are sick, why we are unhealthy, why we have health issues. So I've been amazed to discover.

So I took all his classes, all his courses, CDs, because, as you know, or if you don't know, Jonathan Otto made an amazing, tremendous work that he will gather the doctors worldwide and try to gather and find answers for different illnesses, ailments, and health issues. So because of him and because of all this work, I discovered a couple of my health issues, and I start to do the detox. And especially the parasites, and that's why I got into gastroenterology and endocrine and neurology.

So there's so many things to do that to say I'm so excited, but I'm so happy and blessed that I got into him and hug him for real because I didn't know how to get in touch with him and let him know. And thank you so much, and we'll send you a lot of blessing, and thank you for your whole work that you do for all of us and for amazing products that you have, and because you really care.

Because right now in our world, we do not have people that care for real and try to find the roots and the problems and try to fix the problem. Everybody try to fix the symptoms. So that being said, we have to find why we're sick. And sometimes, if you go to doctors, they're going to give a misdiagnosis. That's happened in my case. So I was literally dying, and they didn't fix the problem. So I discovered just watching some things from the amazing Jonathan Otto. Thank you so much."

"So in my case, specific blood work, inflammation factor was very high. So in that point, they say if you have 300, like with cancer, you're going to die because maximum is like 86 VG, a factor of inflammation. For my case, it was almost 800. So because of the parasites, they destroy my liver and gallbladder, and they have to remove my gallbladder. So my surgeon told me that I'm the only person that survived with a 0% gallbladder fraction. Which means, not sure if you know this, but if you have health issues and digestive issues, you should first test for parasites because they're going to affect the liver contrast, gallbladder, and then the entire digestive system. So in my case, my gallbladder was functioning only 0%. So if it's 50%, you have to remove it. If it's 0%, you going to die. So I got in a coma, long story, and they had to remove my gallbladder. And then I start to be better, because I was vomiting 25, 50 times per day I was vomiting."

"I almost died. Yeah, blood work don't lie. And I was so sick. They told me I was going to die. I was hoping I'll die, but yeah. So in the last 7 years, totally, I did like 21 surgeries, most of them with anesthesia, total anesthesia."



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"Painful and then affected my whole life. Affected my life, my family, my financial situation, because I was a professional athlete before. I'm a fitness star. I'm #1 in the United States, and I'm #5 in the world fitness class. I was a professional athlete for 35 years. So yeah, it was very bad. And I came to the United States to become #1 in America, then become an actress and model, which I did. But then all the health situations and health problems affected me overall. And this I learned from you also, when you guys have a health issues physical, it's going to affect your adrenal glands. When your adrenal glands are affected, it's going to raise your cortisol level. Cortisol level means low neurotransmitters, which is a brain chemistry. So when you have something in your body that's affecting you, it doesn't matter if it's your gallbladder or stomach or your feet or your anything, it's going to lower your levels of serotonin, dopamine, GABA, epinephrine, et cetera. And then here we go. We have mental disorders, we have anxiety, we have depression, everything."

"I did a parasite cleanse. First of all, it helped me as a patient, but second one I helped because I'm a professor in science and physical education in sports, and I do also help people worldwide. So with everything that I learned from you, I've been able to discover and be easy to get the roots of the problems. So there's so many good, and especially its approach, it's a holistic approach. So you don't take drugs, you don't take anything."

"It was amazing because with this specific test, and I don't know guys if you know that if you are sick and you can do a lot of blood work or stool or urine or test or MRI, CT scan, but if you don't do what you need to do, you're not going to be able to discover what exactly is what's going on with you. So actually I found out just watching some videos, what if it's this problem? What if it's that? Let me try to do this. So then when we run some specific test, we discovered that actually that was the problem. And right now, everything, it's contaminated, parasites, bacteria, protozoas, microbes, everything. And a lot of people have health issues, especially with the digestive issues. So most of the digestive issues goes from the parasite."

In the last couple of years. Oh, it's amazing, crazy. It's a sad story, but actually it's a better story because right now, I'm getting better. So I'm, let's say 80%, 90% better, because I was walking in a wheelchair, in a walker. I was walking with a walker, actually."

JULIE PAN

"Hi, my name is Julie Pan. I was diagnosed last November -- end of October, early November with early rheumatoid arthritis. I think that when I realized something was really seriously wrong with me was last April when I just felt really tired and body aches. I just feel like I'm not well. I don't know when it started, but last April was when it just hit me that something was not right. Early April, my right shoulder, all of a sudden, start to hurt really bad. And I thought I injured it somehow, but I don't recall that an incident where I actually injured my shoulder. It was very painful. I could not lift my arm, I could not push the door open.

It was really bad. That lasted for a long time almost a year. Following that, I started having joint pain on all of my joints on the right side of my body. From my toes, my ankle, knee, hip, my wrist, and elbow, my shoulders, all the joints were hurting and my whole body aches. I didn't know what it was at the time because it wasn't symmetrical joint pain. I didn't think it was rheumatoid arthritis, but I suspected something was wrong. So I made



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an appointment with the doctor, with a rheumatologist. I finally saw her at the end of July, and she did a blood test that showed that my CCP, which is an antibody against, it's called the cyclic citrullinated peptide, CCP.

It's an antibody against your own tissue, basically. That number was mildly elevated. The normal range is under 20. My number was 26. All of the other numbers were normal. So the doctor said, "Well, I can't diagnose you with just that number. Let's just do another blood test in about 6 to 8 weeks." And during that wait, that 6 to 8 weeks, my symptoms continued to worsen. One of my joints on my left hand, this little knuckle started to lock up at night. I started googling to find out what that is and I found that is trigger finger, and that's an indication that is the start of rheumatoid arthritis. During that 2 months, I also started having pain in all of my toes, symmetrical pain, all of my toes, and then starting to have trigger finger on this knuckle as well.

And then it started with just locking up, but then over time it started to have really, really bad pain. In the middle of the night if I subconsciously grabbed the blanket or something, and I just feel this, I got waken up by this really sharp pain in this knuckle. By that time, I'm pretty sure I have this symmetrical joint pain. It's a typical symptom of rheumatoid arthritis. By the time I got the second blood test, the number had gone up from 26 to 29, and that's in 6 weeks time. And when I saw the doctor the second time, she said that, "Okay, based on your worsening symptoms, and then the number of the CCP," she said that, "I think you are starting to have rheumatoid arthritis."

That was very depressing. I've never thought that I would have this disease. I've worked in the pharmaceutical industry for over 20 years, and I always thought all these diseases happen to other people, never happened to me. It was a really a sobering moment for me to know I have this disease now. The doctor gave me hydroxychloroquine at the time and she said that it takes 2 months for it to actually take effect. I started taking that, started in October. By end of December, I did not really feel any improvement in my symptoms. I've also spoken with other people with lupus, and she was also put on hydroxychloroquine. And she told me she didn't think that drug works for her as well.

But they were also, during that time, I was doing a lot of research online and I came across Jonathan's program. The docuseries, I watched two of them. One is the Autoimmune Disease. And that really opened my eyes. I never realized there's this whole natural healing thing out there because I'm so indoctrinated with the pharmaceutical industry, and never thought there's this alternative way of healing. I ordered the 4 months protocol. I started using the supplements in the middle of January. By the end of January, early February, I already started feeling that my pain, my joint pain started going away. But I still feel pretty tired.

I remember having the second call with Jessica, telling her that I think I'm improving, but it's not obvious. But she told me it takes time, just give it time. At that time, when I went back to see the rheumatologist, I told her that I'm taking this natural detox program, and she asked me what it is. I just briefly told her about the program. And she said, "That's a good sign that you are improving. Just keep doing what it is. Come back to see me in 4 months." I said, "When I come back to see you, can I do another blood test?" She said, "Well, it's not necessary because this CCP measurement never goes down. Once it's up, it never goes down. And I've never seen a patient, even when they're in remission, that number stays high."



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But then she kind of had a second thought and she said, “Well, just for my own curiosity, let’s do a blood test.” She gave me a prescription for a blood test, and she said, “Do it right before you come back to see me.” Between mid-January to now, my symptoms continue to improve and now I have no pain, no joint pain, all the joint pain has gone away and my energy level is very good now. I have a lot of energy. I feel good. No body ache in the morning. My knuckle still locks up a little bit at night but there’s no pain. That’s the most important part. I just feel like I’m doing a lot better. Last week, I went and did my blood test.

My CCP level came back down from 29 in last September to 20 now. 20 is the cutoff actually between negative to weak positive. If I just drop 1 more point, I’m in the negative range. I’m very surprised. Well, I’m surprised, but on the other hand, I’m not surprised because it really is confirming that what I feel, because I really feel that I’ve recovered, I’ve reversed that disease process.”

“That’s my healing journey. And I’m very encouraged by all of this, I feel like I will continue. Now I have the knowledge and the tool to heal myself. I’m pretty confident I will continue to get better.”

Conclusion

With the end of this eBook, we certainly know that CANCER, AUTOIMMUNE, or any DISEASE is not incurable, or unavoidable. You can certainly cure yourself and reverse any kind of disease if you know the root cause of it or where it started.

Through this eBook, we’ve learned the intricate dance of the immune system, the root causes of autoimmunity and cancer, explored the potential of natural protocols, and embraced a holistic perspective on well-being.

We’ve learned how the roots of autoimmunity and cancer are intertwined with lifestyle, nutrition, and the profound healing capacities found in nature. The immune system, a sentinel of our health, responds not just to pathogens but to the intricate tapestry of our choices and environment.

Consider this not just a closing chapter but a new beginning—a call to action for your well-being. Reflect on the insights gained, embrace the potential of natural protocols, and recognize the power you hold to shape your health destiny.

Remember, optimal health is not a destination; it’s a continuous journey. Small, intentional steps can yield profound results. Whether it’s incorporating immune-supportive foods, embracing stress-reducing practices, or exploring the benefits of natural compounds, every choice matters.

May your health journey be graced with tenderness, understanding, and the nurturing embrace of the choices you make.

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ABOUT JONATHAN OTTO



Jonathan Otto is an investigative journalist, natural health researcher, documentary filmmaker, and humanitarian.

In addition to serving as a producer for ***The Truth About Cancer*** and ***The Truth About Vaccines***, Jonathan has created several highly-acclaimed, groundbreaking docuseries — ***Depression, Anxiety & Dementia Secrets***, ***Autoimmune Secrets***, ***Natural Medicine Secrets***, and ***Autoimmune Answers*** — covering innovative, effective natural remedies for autoimmune disease, neurodegenerative disease, mental health, cancer, and heart disease.

These docuseries — watched by millions around the world — represent Jonathan’s unceasing quest to discover the root causes of debilitating diseases by interviewing over 120 world-renowned natural medicine doctors, scientists, natural health experts, and patients.

In response to this life-saving knowledge, Jonathan created **Well of Life**, a line of doctor-formulated, 100% natural supplements specially designed to detox and fortify the body.

When the global elite took away the human and medical rights of people around the world — and coerced billions into taking the toxic, experimental COVID “vaccines” — Jonathan was determined to get the truth out, despite being repeatedly censored and deplatformed.

He interviewed the world’s top medical doctors, health experts, and legal experts on vaccine injuries who risked their own careers to expose the lies behind the deadly COVID “vaccines” — which have caused deaths and injuries to millions of people — to create his newest docuseries, ***Vaccine Secrets***, ***COVID Secrets***, and ***Unbreakable: Destined to Thrive***.

Jonathan’s greatest reward has been hearing the testimonials from people whose lives have literally been saved with the protocols he developed.

His work has been featured in international TV broadcasts, print media, national news, and radio broadcasts. He received the awards, **Young Citizen of the Year** and **International Volunteer of the Year**, by the Australian government for international humanitarian contributions, which he continues to support.

Jonathan and his wife, Lori, welcomed their first son, Asher, in January 2019 and their second son, Arthur, in May 2021.