

Lorraine Day - You can't improve on GOD VHS DVD
Lorraine Day - Diseases don't just happen VHS DVD
Lorraine Day - Cancer doesn't scare me anymore VHS DVD
Dr Lorraine Day MD - You can't improve on GOD VHS DVD
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Lorraine Day MD Diseases dont donot just happen VHS DVD
Lorraine Day MD Cancer doesnt does not scare me anymore VHS DVD

Full TRANSCRIPT from Dr Lorraine Day's 3 DVDs VHS:

- 1) Dr Lorraine Day - You can't improve on GOD VHS DVD
- 2) Dr Lorraine Day - Diseases don't just happen VHS DVD
- 3) Dr Lorraine Day - Cancer doesn't scare me anymore VHS DVD

Dr Lorraine Day's Biography

Dr. Lorraine Day reversed her severe, advanced cancer by rebuilding her immune system by natural therapies, so her body could heal itself.

Dr. Lorraine Day is an internationally acclaimed orthopedic trauma surgeon and best selling author who was for 15 years on the faculty of the University of California, San Francisco, School of Medicine as Associate Professor and Vice Chairman of the Department of Orthopedics. Dr. Lorraine Day was also Chief of Orthopedic Surgery at San Francisco General Hospital and is recognized world-wide as an AIDS expert. Dr. Lorraine Day has been invited to lecture extensively throughout the U.S. and the world and has appeared on numerous radio and television shows including 60 minutes, Nightline, CNN Crossfire, Oprah Winfrey, Larry King Live, The 700 Club, John Ankerberg Show, USA Radio Network, Art Bell Radio Show, Three Angels Broadcasting Network and Trinity Broadcasting Network.

[Music]

you and i have a lot in common
maybe you're sick real sick with heart
disease
or cancer as i was or some other disease
maybe you're close to death
or maybe you're just feeling lousy tired
fatigued you know something's wrong but
you don't know what it is
on the other hand maybe you're just
smart smarter than i was for most of my
life
you just want to learn how to keep from
getting sick
well good for you whatever your interest

come on in and let's sit down and talk
for a while and i'll share with you
how i got well from cancer which had me
at one time

close to death so come on in
i've got great news for you

[Music]

americans are some of the sickest people
in the whole world but it all
hasn't always been that way years ago a
survey was done of about 125 nations
and the united states came in about 18th
in health

but more recently in a survey of 79
countries

the united states came in 79th
heart attack is the leading cause of
death in the world now

but it wasn't even diagnosed in the year
1900

when someone would die and they would do
an autopsy they didn't find
arteriosclerosis

it was not even found until about 1912.

but by 1951 heart attack

killed at least half of all the men
in this country who died over the age of
40.

an american dies of cardiovascular
disease

every 34 seconds that means a heart
attack
a stroke something related to high blood
pressure is
cardiovascular disease by the time
you finish watching the 11 o'clock news
tonight 2488 people
in this country will have died from
cardiovascular disease
today cancer deaths are increasing
by the year 2000 it is estimated that
one out of every two
will die of cancer and children are
dying of leukemia
in fact when children die from accidents
they have found arteriosclerosis or
cardiovascular disease in children
as young as six or seven chronic fatigue
syndrome is increasing
arthritis all sorts of diseases
everybody's sick
and why is this well we as a nation
are becoming sedentary we're becoming
couch potatoes
we stay indoors all the time we work
indoors we go to school indoors
our windows don't even open in many of
the buildings that we work in
and we stay out of the sun because
doctors have told us

the sun is not good for you you'll get
skin cancer
and of course we eat junk food
more than half of all the food eaten by
americans
in the united states today is junk food
it's high in sugar fat and salt and it
has
almost no nutrition we call that empty
calories
every man woman and child in america
eats approximately 700 pounds
of junk food each year that doesn't even
include
alcohol white flour products jams
jellies or meat eighty percent of all
food items
that you find now in supermarkets were
not even in existence
20 years ago and in the last 10 years
they have added 9 700
new items to grocery store shelves and
most of those of course
are processed foods for each dollar
you spend on a processed food
only 10 cents of that actually goes for
the food
itself the rest goes for advertising and
packaging and
additives chemicals that are added to

the food and of course
markup for profit so if you're sick and
tired
of being sick and tired let's discuss it
i'll give you my credentials i'm an md
i obtained my medical degree from the
university of california san francisco
i took my internship there and i spent
four years
in residency as an orthopedic surgery
resident
i continued on the faculty of the
university of california san francisco
as associate professor and vice chairman
of the department
i was there for 15 years teaching other
doctors
training them each day on how to become
a healer i thought i was also
chief of orthopedic surgery at san
francisco general hospital
san francisco general hospital is a
trauma hospital
for 20 years there i took care of
everybody who'd been shot and
stabbed and been run over by a car
or jumped out of a window or was thrown
out of a window
that's how i live my life
it's interesting and exciting of course

this is a great way to spend your life
however
i never learned anything about healing
true healing doctors learned very little
about nutrition
or true healing when they're in medical
school
my real education began when i found out
i had cancer now the information i'm
going to give you does not just apply to
cancer
it applies to virtually every chronic
disease and when i say chronic disease
i'm talking about
heart disease i'm talking about
autoimmune diseases such as rheumatoid
arthritis so
this particular program which is an
all-inclusive program
applies to virtually all chronic
diseases
a person cannot get sick unless their
immune system is not functioning
properly
if the immune system breaks down from
stress of any kind
whether it's domestic stress stress on
the job
overwork whatever is going on in your
life that's causing stress

maybe improper diet lack of exercise
then the immune system which is
there to keep you well if it stops
functioning
it can no longer keep you well
when you're not feeling well you go to
your physician
your physician makes a diagnosis and
what does he or she do
generally they give you drugs
drugs never cure
chronic diseases they only cover up the
symptoms
while the disease continues to get worse
the only way to get well is to rebuild
your immune system
so your immune system can then get you
well
and keep you well in my previous video
cancer doesn't scare me anymore i
discuss
the politics and business of medicine
and why doctors are never taught how to
really get people well
now i'll tell you exactly how i got well
i had breast cancer i had invasive
breast cancer
i had the lump removed but the cancer
had invaded
my muscle of my chest wall and

eventually went to the lymph nodes under
my arm
and above my clavicle
they couldn't get all the cancer when
they took the lump out but i told them
i would not agree to a mastectomy
i would not agree to radiation or
chemotherapy
because these are destructive agents
they destroy
what's left of your immune system and
you see my immune system already wasn't
working properly that's why i got cancer
so i knew that there must be therapies
that could get me well that wouldn't
destroy my body
when the surgeon removed the lump and he
said i can't get it all
i actually went again for another
procedure where they tried to get it all
but they still could not get it all
so cancer was left in my body but by
that time
i knew that i could still get well
i became very very sick for a time in
fact
there was one time that i didn't know
and neither did my husband know whether
i would make it through the night
in fact for weeks i could barely walk

from the bed to the bathroom so i was
very sick so don't lose heart
if you're very sick too but as i changed
my lifestyle
i started getting my strength back my
immune system started
assisting me in getting well
and do you know what happened the lymph
nodes under my arm
and one was actually as large as a
walnut
the lymph nodes under my arm and above
my clavicle
just started to disappear they melted
away
that's what the immune system does when
it's working properly
it keeps the body free from disease
so how does one rebuild the immune
system
the body is a very complex organism
but the maintenance of it is very simple
there are 10 basic rules for health i
like to call them
the 10 commandments of health it doesn't
matter what disease you have
it is a result of the breakdown of your
immune system
we are taught in medicine that there is
there is a specific

drug or treatment for every different
disease
and so doctors will tell you that's
ridiculous or outrageous to suggest
that one treatment can cure
a variety of different kinds of diseases
yet
every physician has to admit that it is
the immune
system that keeps a person well it's
also the immune system that helps you
overcome disease
so doesn't it make sense that if you
rebuild your immune system
then it can do its job of getting you
well and keeping you well
when i first started out trying to get
well i tried a lot of alternative
therapies
and these are therapies that have made
other people well but they certainly
didn't work for me
i started on a juice fast which has been
successful in other people
but i'll tell you i almost died i was so
toxic that when the toxins started
coming out of my body i got so sick that
i couldn't eat or drink
and i didn't know if i would survive it
again i say there are people

other people who've gotten well this way
but it didn't work for me
i tried a macrobiotic diet with all
these sea vegetables but i almost had to
hold my nose to eat them they smelled so
bad
when i was cooking them and i had to
discard that
i have also tried at the very beginning
loads and loads of supplements i thought
well if i'm
low in this i'll take this and i was so
full of
pills from the supplements that i'm not
sure that i could even digest them all
but finally i turned to the basic diet
the diet that is listed in this book the
bible
it's the garden of eden diet the way we
were created
to eat we're created to eat
fruits and vegetables grains
nuts and seeds the way our bodies were
meant to be nourished
because you can't improve on god
so let's get started here's the plan
that i use
it's very inexpensive and when compared
to conventional methods
it's really cheap and you can do it at

home as i did
commandment number one is nutrition
let's suppose that you or i could afford
a royals
rolls-royce or a mercedes and
uh you went to the dealer and you bought
it and the dealer said to you
i guarantee you that if you use the fuel
for this new car that i provide for you
that the car will last for a hundred
years and it will never
never need a repair not only that
the gasoline that i provide for you is
cheaper than any you can buy at a
regular gas station
would you use that gasoline in your car
sure you would and so would i
but that's the guarantee that god has
given us for our bodies
i eat designer food i eat the food
that's designed by the same creator that
created my body
the food you get off the tree or out of
the garden in its most
natural state is food designed
exactly to nourish your body
it has everything you need in exactly
the right ratio
well does that include meat
i don't think so meat was not provided

in the garden of eden
in fact nothing died and nothing was
killed
it only allows you to eat
the natural things and as close to
nature as possible
i suggest you look in the mirror now and
open your mouth
real wide you will see that the molars
in the back of your mouth
are grinding molars they're not sharp
teeth in the back of your mouth
like a cat has or a lion or a tiger or a
cougar
those are animals that are meant to eat
meat
if you tried to put your teeth into the
height of a cow
you couldn't rip out a piece of flesh
because your teeth are not meant
to chew on flesh not only that
we have an intestine that is long and
windy about 30 feet of intestine
that's the intestine that a horse or a
cow
or an antelope or a deer has they're
meant
to eat grasses and grains and things
like that
cats have a very short intestine it's

short

and it's straight so that meat can get
out of the intestine very rapidly
because otherwise it putrefies in the
intestine

also we as human beings don't have the
right enzymes

to properly digest meat cats have those
enzymes

but we don't so why do we eat meat
first we're sort of programmed to do it
and we get to the point where we really
like it

but our bodies were not made to eat meat
let me

suggest that you do an experiment take a
pound of hamburger

or a steak and put it out on your
kitchen counter

for three days turn the heat in your
house up to about a hundred degrees
and see how that meat smells at the end
of that time

whoa well that's what happens in your
body

it takes about three days for that meat
to get through this

long intestine and your body temperature
is 98.6

close to a hundred so the meat putrefies

and you take in all of those toxins into
your bloodstream

and the bloodstream distributes them all
over your body

you see that's one of the main reasons
that people get sick

so again why does everybody eat meat
because they decide they like to but it
was not

provided for us at the beginning meat is
40

fat even if you trim all the fat around
the edges the fat is actually
in the muscle fiber poultry

even if you remove the skin is still 40
fat so you're just kidding yourself if
you say well i eat

chicken and turkey and those are low in
fat no they're not

fish is also high in fat and none of
these things have any fiber

in them the fiber that you need from
eating grains and of course they're very
high in protein

much more protein than you need plus
meat the animal concentrates pesticides
that are given to the animal and the
grains that they

eat not only that all of the meat and
the poultry in the fish

are full of chemicals in
meat and poultry they give these animals
hormones they give them pesticides in
their food they give them antibiotics
and when you eat the meat you're taking
all of that into your body
not only that all of this meat is
diseased
beef has a problem with mad cow disease
at least in england
this is a terrible disease the cows
develop holes in their brain the disease
is actually called
bovine spongiform encephalopathy
encephalopathy just means that it's a
disease of the brain spongiform means
that
they get great holes in their brain and
they get demented before they actually
die
and this is a disease that is 100% fatal
they're going to kill millions of head
of cattle
in britain to try to stop this disease
a number of people have already gotten
mad cow disease
in england and some have already died
from it
now the incubation period from the time
you're exposed or you eat the meat until

you
actually get sick can be as long as 5 to
15 years
so they expect an enormous epidemic of
mad cow disease
that's been transmitted to humans
in england when it's transmitted to
humans it's called
kreutzfeld jacob disease now that's a
that's a long name and you don't have to
remember it but it is a hundred percent
fatal
now we've been assured by the experts in
america
that this will not happen in america but
i can tell you
we import meat from many other countries
to this country
and much of the meat that comes in from
other countries is not
inspected cows also have
bovine leukemia virus they also have
bovine immunodeficiency virus which is
cow aids now you say well
i quit eating uh red meat quite a while
ago
i just eat chicken chicken if anything
is more diseased
than beef and other kinds of meat
chicken and turkey all contain

salmonella bacteria
four million people get salmonella
poisoning on this continent every year
and much of it is from chicken or also
it's in milk
and it's in eggs the egg
of a chicken by the way is made to power
a baby chick for 21 days when it has no
other food it's full of fat
cow's milk is also made to turn a 65
pound calf
into a 400 pound cow it's got a lot of
fat in it too
we don't need that fish and seafood also
of course
is very polluted because all of our
streams and oceans are polluted
the average american in their lifetime
consumes get this
21 cows 14 sheep
12 pigs 900 chickens
and a thousand pounds of other animals
607 pounds of animal products
each year the average american consumes
americans ate 20 years ago a billion
pounds
of pure chemicals in their food
additives and things that were added
to the meat and to other processed food
that figure has increased greatly in the

last 20 years
so meat is difficult to digest it causes
an
increase in your blood pressure it
contaminates it contains
poisonous wastes when the animal died
it had these hormones this hormonal surge
because it was terrified as it was being
slaughtered
so you eat that in the meat it's very
excitatory
meat lacks fiber and it is high in fats
including saturated fats you also need
to know that cows are fed something
called
awful o-f-f-a-l those are the
products of other animals that are
killed the things that aren't set to
sent to market like the intestines and
things like that
so you're getting the damaged and waste
products of
other animals in the cow when you eat it
by the way
that's how they determined that
the cows in England got mad cow disease
it was a disease of sheep
but they were feeding the intestines of
the sheep to the cows and so this
disease was transmitted

to the cows within the last 100 years
meat eating has increased 400 percent
in this country fat
as i said before is in the fiber of
every muscle in the meat so you can't
just
cut it off the edges but
every 30 seconds or so someone dies of a
heart attack
in america and much of that is from
eating a diet
high in meat and animal fats
animal fats are different from plant
oils plant oils
are liquid at your body temperature
but animal fats are solid at body
temperature so when you eat animal fat
at your body temperature it is solid and
it cakes all over the
walls not only of your blood vessels
calling out causing arterial sclerosis
but it also attaches itself to your
intestine
and so your intestines don't become as
mobile and as
easily affected by the peristalsis to
move the waste out of your body
our fat requirement is only about 50
grams a day
but americans eat about three times that

every day the body has no requirement
for animal products and yet we as
americans stuff ourselves
full of animal products every day
protein meat is too high in protein you
only need
about 30 grams of protein in your diet
every day
but the average american eats 125 grams
of protein
protein cannot be stored the liver must
break it down and the liver gets worn
out
breaking down so much of this protein
animal protein is very acid in fact
cats have 20 times the amount of
hydrochloric
acid in their stomach as humans do to
break down
this very acid protein of the animals
but the meat breakdown products are
carcinogenic
they actually cause cancer particularly
in your colon
and then this also spreads to other
places in your body
fat causes coronary artery disease do
you know that in america
one thousand teenagers die every year
from

strokes meat and dairy products have
lots
lots of sodium in them too high sodium
is in the muscle tissue of the animals
and
in milk this also contributes to high
blood pressure
so a balanced diet is
a little bit of protein a little bit of
fat
water vitamins minerals and
energy which is carbohydrate
also you need some fiber and of course
one of the main nutrients for your body
is oxygen which you breathe in
now there are many sources of protein in
the vegetable kingdom
grains contain 10 protein and these are
complete proteins
legumes like beans and lentils contain
25 percent protein and green vegetables
and nuts
also contain uh 15 of protein that
includes
sprouts which are very good for you so
you don't have to worry about
getting your complement of protein
i should also suggest to you that we
have a new
idea coming from our government and from

our scientific
scientists this was an article that was
in usa today in february february of
this year
uh 1997 do you hate
veggies maybe your genes
are to blame now everything is genetic
of course
if you're overweight it's genetic if you
don't like vegetables it's genetic
if you have anger it must be genetic
these things are not genetic they're
learned behavior
we have them from our environmental
conditions which means
our home life or because our parents
taught us this or we learned it from our
peers
also you can get lots of calcium from
leafy green vegetables you don't need to
drink milk
in fact human beings are the only
animals species
that drinks milk after they're a child
and no other animal drinks the milk
of another animal did you know that
approximately 50 percent of the
population
of the world is allergic to milk they
don't have the proper

enzymes to digest milk
hundreds of years ago a cow would give
200 pounds of milk per year
today a cow
gives more than 15 000 pounds of milk
per year
the modern methods of milk production
factory farming
involves giving them hormones and
antibiotics so they'll have this great
output of milk also the u.s health
department has established
the acceptable bacterial limit for
milk do you realize that they allow a
hundred thousand
bacteria per teaspoon of milk
that's even when it's purified and
pasteurized
so again you don't need to eat these
animal products
i would also suggest to you that if you
like ice cream
listen to a rundown on the chemicals
that are in ice cream
one that's in ice cream is used to treat
lice another one is used to make
antifreeze
another one butyraldehyde is used in
making
rubber cement and the list goes on and

on
eggs are just as damaging they're high
in fat
they are frequently contaminated with
salmonella
so you don't need all of these things
why don't doctors know about this
because the average doctor in four years
of medical school
does not get more than one
hour of training in nutrition
in their entire education so that is of
course
why you don't hear about it
here's the kind of thing that you need
to eat fruits
that was the first food given in the
garden of eden
fruits are naturally delicious they're
high in sugar but the right kind of
sugar
you don't want to eat processed sugar so
you want to eat a lot of fruit
you want to eat vegetables in their most
natural state the more often you can eat
them raw the better
try to eat 65 or 75 of your food
raw that way it has all the natural
enzymes in it to help you
process that food in your body otherwise

your body has to make all those enzymes
on its own

you can have grains you can have a few
nuts but nuts are high in fat and
they're high in protein

and so you want to take it easy on the
nuts and of course there are seeds such
as sunflower seeds and sesame seeds

so you can have a few of those too let
me give you a sample breakfast of what i
eat

oatmeal it's an excellent grain you see
you've got oatmeal

you can have some fruit with it and have
some raw fruit

by the way be careful not to eat fruits
and vegetables at the same meal

because the fruit has a lot of sugar in
it

and if you're eating vegetables that
take a long time to process

with all of the fiber the good fiber
that's in vegetables

you will not be able to get that food
out of your stomach and into your

intestine for a long period of time

and the sugar in the fruit will ferment

and it will cause you a lot of digestive
disturbance and gas

so don't eat fruits and vegetables in

the same meal
so oatmeal and fruit something like that
is a very good breakfast
or fruit and whole wheat bread or whole
wheat toast is excellent for breakfast
for lunch you can either have fruit
different kinds of fruit or you can have
a great big salad with many different
vegetables in it
for dinner you can have a dinner
around a baked potato or a yam or
i can show you how to make special kinds
of french fries which don't have any oil
in them
you can have rice or some other grain
and this is the main
basis for your meal then you can have
vegetables
preferably fresh or a large salad to go
along with that
and i can tell you when you're not
eating empty calories
of all this processed food this will
satisfy you be sure that you go very
easy on the spices that you add
you don't want to have sharp spices like
peppers
and horseradish and nutmeg and
things like that that are very
excitatory do not only the taste buds

but to all the other cells
of the body you want to stick to things
like bay leaves
and marjoram and thyme and things like
that
now i'm going to give you some general
rules
about eating number one i told you don't
eat fruits and vegetables at the same
meal
chew your food until it's liquid in your
mouth
there are certain enzymes that are in
the saliva that are not reproduced
in your stomach and if you don't chew
your food until it's liquid in your
mouth it will go into your stomach
and it will never become fully digested
when it goes into your intestine even
though it's in
microscopic molecules or particles
when it gets assimilated through the
intestinal wall
into your bloodstream the blood will not
recognize it as what it should be
and it can make antibodies against it
and that's one way
you get allergies now how about drinking
i'll go into water in a little bit but
don't drink with your meals

because when you drink with your meals
then you dilute the digestive juices in
your stomach
so your food doesn't digest as well you
want to drink
not sooner than a half an hour before
you eat
and no sooner than an hour after you eat
you want to have your stomach empty
before you eat
and you want to have enough time for
digestion to begin taking place very
well
before you start putting liquid in your
mouth
i use barley green barley green
is a powder which i drink in my juices
and i drink a lot of carrot juice which
is excellent for you
i drink at least six glasses of carrot
juice a day
when i began on my plan for anyone who
has cancer i would suggest drinking
eight glasses
of carrot juice a day and it's best if
you can make it fresh
if not then you can
make it you can purchase it from a store
as long as it's freshly made in the
store but the fresher you make it

the better off you'll be the barley
green
is the powder of the green young leaf of
the barley
plant it's one of the most nutritious
foods you can buy
so i would suggest that you use some of
that a heaping tablespoon
in at least four glasses of carrot juice
now another way to get your greens is
besides eating them
of course is to make green leafy
vegetable juice and you can make that in
your juicer
from chard and green pepper and romaine
lettuce
and other dark leafy greens that you can
put into your juicer
so you want to drink at least four
glasses of green leafy vegetable juice a
day or add
a heaping tablespoon of barley green to
at least
four of your carrot juices and you want
to drink eight carrot juices a day
on top of that i drink a lot of water
and this all has to be done
in between meals on your baked potato
you can have
some flaxseed oil flaxseed oil you can

obtain in your
health food store it is an oil
that is not heated it is processed
by pressing and so it is very nutritious
in omega-3 and omega-6
oils so you want to make sure that you
don't fry anything
you only bake or cook on the stove
or you eat raw
i make sure that i don't eat more than
about 30
grams of protein a day you don't need
nearly as much protein
as you're told i try not to eat more
than about two slices of bread a day
and of course that is whole wheat bread
from the health food store
or bread that you can make yourself you
don't ever want to eat white bread
you don't even want to eat whole wheat
bread that is
enriched from the grocery store because
it is worthless they've taken almost all
of the nutrition
out of it now i'm going to discuss
a little bit about your intestines
cancer
begins in the colon including breast
cancer
or stomach cancer or brain cancer and

the reason it begins in the colon even though you may not have colon cancer is because you are taking up all of these toxins you're not drinking enough water the toxins come from meat and the processing of the food that your body does and your food that is being assimilated and turned into waste products doesn't get out of your body fast enough because the peristalsis is not working properly in your intestine because you're not eating enough fiber in your fruits grains and vegetables and you're not drinking enough water so everything slows down it takes a long time to get through your intestine if you're constipated you are in trouble you need to drink a lot more water you need to eat a lot more fiber in your diet if you're not having regular bowel movements which mean a minimum of two a day and better yet we're designed to eliminate our waste products as many times as we eat food a day you eat three meals a day

you ought to be eliminating three times
a day

you ought to be having three bowel
movements a day it is not enough
to just have one because then everything
stays around in your intestines too long
and you reabsorb those toxins

if you can't have a bowel movement every
day then you better do

some enemas until you can get yourself
cleaned out and get on a regular program
because you are eating right later on
and then your bowel will work properly
colonics which are enemas that just
put the water up higher into your
intestine are sometimes very useful
at the beginning beginning of your
program

so you can either go to a place that
does colonics

for a time or you can do colonics at
home although you'll have to buy some
special kind of equipment

you can find out more information on
colonics in any health food store they
will have books on it

but it is very important that you make
sure

that your colon is working properly if
it is not working properly

you will still have a problem with
toxicity
another rule is don't eat in between
meals
once you start eating in between meals
your body will continue
digesting it will start digesting in
between meals
and then your intestines will never have
a chance to rest
also don't eat late at night if you eat
late at night then your body has to work
all night long to try to digest the food
and that takes a lot of energy
your body gets rejuvenated at night as
you sleep
and if you constantly are eating and if
you eat late at night
before you go to bed then your body
cannot
regain its youthfulness it cannot
regenerate
it cannot rejuvenate now just
a little word on chemicals chemicals of
course in your food are bad that's why
you don't eat processed food
but make sure that you don't have a lot
of other chemicals in your environment
they're under your kitchen sink they're
in your bathroom they're in

insect sprays they're in the pesticides
you use they're also in toothpaste don't
get toothpaste with fluoride
in it and of course there's chlorine in
your water that's why you want to drink
bottled water
also you never want to microwave your
food it changes the character of the
food
and of course be careful when you have
dental work done
because if you have amalgams put in your
mouth they have mercury in them
mercury in your hand is toxic but we're
told by the dentist that when you put it
in your mouth
it's not toxic anymore so i would
suggest to you
that you really want to get the
chemicals out of your house
take those chemicals out from under the
sink and put them in the garage so
you're not inhaling those fumes all the
time
now i want to say one last word about
juicing
again you need to have your juice as
fresh as possible
you will find that carrot juice contains
a lot of beta-carotene

in it and beta-carotene is an
antioxidant
it will go around through your body and
clean a lot of the toxins out of your
body
that's also helpful with the barley
green or the green leafy vegetable juice
so there you have your whole plan
fruits vegetables grains
a few nuts almonds are the best
and then you can also have a few seeds
but be careful with the protein
if you eat like that your body will
start turning itself around it will
start cleansing itself
i want to tell you that it worked for me
with my cancer
and i want to tell you about somebody
else
that it worked for who had high blood
pressure
and an autoimmune disease let's go
and talk to her
here's someone who's been on the diet
this is my mom
right i didn't lie really now
how old are you uh 85
okay she changed her whole diet
when she was 85 years old if she can do
it you can do it too

now you develop a severe disease didn't
you what's it called
polymyalgia grammatica
polymyalgiaromatica means
poly many my myo means
muscle and algae means pain and
rheumatica
just means pain in the joint so we've
got many
muscles and joints are painful that's
what polymyalgia rheumatica
is but it's classed in the autoimmune
diseases like rheumatoid arthritis and
lupus
you've had it before haven't you yes
this is the third time
and when you had it before what did the
doctors give you
prednisone prednisone that's a
derivative of cortisone
which doesn't cure the disease it really
only covers up the symptoms now how long
did you have to take the prednisone
i was on it for five years but the first
two weeks
i had 60 milligrams a day that's a very
high dose
now uh what happened to your face oh it
blew up like this
they call it moon face that's right she

she had such a huge face i could hardly
recognize my own mother
uh how long did it take you until
you started feeling a lot
better when you were on the prednisone
now at first when you went on the
prednisone
you had a tremendous amount of energy
so much that uh had trouble sleeping
didn't you right and i'd get up
and clean my whole house ceiling to
floor
that's right that was wonderful energy
but it was false energy wasn't it you
were wearing yourself out i was but i
couldn't stop because i couldn't rest
so you had it once again a number of
years later
and you were on prednisone for how long
a year and a half
and you were also on motrin at the same
time for a long period of time
now when you developed this disease
again about
10 months ago or so i knew that if
the doctors put her on prednisone again
she would have a stroke at her age
besides by that time i had learned how
to live
better myself so i sort of kidnapped you

didn't i
yes and i brought you out to my house
and i put this food in front of you and
you were delighted weren't you
no i said i don't see how you can eat it
even
so you weren't real thrilled about
eating this way i sit and look at it for
a long time
well now did you love carrot juice
though at the beginning no i never liked
carrot juice
but you drink it now don't you oh yeah
that's right and were you a big
sugar eater oh yes everything was sugar
i loved
that's right well she was on the diet at
the beginning for only
three weeks and we had a wonderful
unexpected side effect
we got her off of all her blood pressure
medications now you had been on some
sort of blood pressure medication for
how long
for about at least 35 years all right 35
years
and then of course you would be on one
blood pressure medication and then
they would add another one and another
one and eventually

increase the dosage that's right and her blood pressure was as high even on the medication sometimes of 200 over 100 or higher than that even on the medication so within three weeks on this diet with proper rest and freedom from stress all of these things changed didn't they so we were able to get her off of all the blood pressure medications and you remain off of the blood pressure medications right been on any of it since that time not only that we were able to get her off of zantac which was for her hiatal hernia or mid-epigastric pain within four months of the time you went on the diet something else happened we got some blood tests and what did we find are you speaking of the triglycerides that's right and the cholesterol right oh yes uh my triglycerides were up as high as 570 and in a short time they were down to 140. well that the triglycerides are a measure of the fat in the blood they were up at 570 and they dropped to 140

normal is 200 or below and that was in
four months

within the same period of time your
cholesterol

normal again is 200 or below your
cholesterol had been about what two
250 and where did it drop to in four
months

120. isn't that something now this is an
85 year old woman she changed the way
she lived

so if she can do it you have no excuse
now let me ask you i'm going to ask her

one other question you've seen me
talking about this diet you know that
i've had cancer

and my mother wouldn't lie she gave
birth to me

how old am i 60 years old last february
that's right just turned 60. so you see
you can go through a lot a lot of stress
a lot of

life-threatening disease and still be
healthy

thanks mom okay i'm glad to do it

now i'm going to show you about the
juicing

here is the cadillac of juicers this is
a norwalk juicer

i'll tell you at the end of the video

how you can purchase one of these if
you're interested
they are very expensive but if you have
a life-threatening disease and you do
have the money
they're well worth it because you get
more nutrition
by juicing with a norwalk juicer than
any other juicer
i wash my carrots and then i package
them in a plastic bag
to make one glass of carrot juice it
takes about three large carrots like
this
i usually add in an apple now you can
mix fruits and vegetables if they're in
juice because then your body doesn't
really have to digest them they all go
through it once
this makes the carrot juice much sweeter
you can also mix an apple into your
green leafy vegetable juice
if you want to make more than one juice
at a time
you can do so if you put them in these
little
canning jars like this and put them
immediately in the refrigerator
then you can keep the juice for maybe
two or at the most

three days of course it's better if you drink it within five minutes of the time that you eat it because you'd excuse me the time that you mix it but you will lose some nutrition if you put it in the jars like this but if you don't have the time to make each glass of juice by itself then you can put them in these little canning jars which you can get at your grocery store this is an omega juicer this is much less expensive than a norwalk and in my opinion it is the best one in a lower price range this is significantly less than the norwalk juicer and if you don't do not have the funds to purchase a juicer like the norwalk then i would suggest the omega if you don't have the funds to purchase any juicer you can buy freshly made juice at most of your health food stores and i do know of people who've gotten well from very serious diseases such as pancreatic cancer by the use of even store-bought juice but not in cans nothing that's on a shelf but something that is refrigerated and made fresh at your

health food store

if you want a substitute for ice cream i

can tell you there is a wonderful way to

do it you can freeze bananas

like this in a plastic bag peel them and

put them in

in the freezer and freeze them then put

them in your blender

and mix them either with strawberries

or with dates

and it makes a wonderful substitute for

ice cream

and it's full of nutrition

you can have a complete meal of

fruit this is wonderful and this is the

way

god made it for you it comes in its own

packages all of its own peelings

and you can just peel it and eat it

god made it in exactly the proper ratios

with all the vitamins and minerals

to suit your body

sprouting is very easy

here are sprouts that i've just recently

been growing these are sunflower

seed sprouts you can get these little

containers to grow them in and we'll

show you how to get those at the end of

this video

here are some lentils these are just

organic lentils that i
bought in the health food store i rinse
them you put them in water first
and then you let them soak overnight you
drain them and you put them in this
little container you have to wet them
down twice a day
so they don't dry out but they grow very
very nicely you can do all of this
gardening
in your own kitchen
here's the barley grain that i take this
is called aim barley green you can get
barley green at your health food store
this happens to be one that you have to
get
through the mail you can order this over
the phone and the information we are
giving to you on how to do that
this also contains kelp what it is
is the dried powder
of the young barley leaf it looks like
this
i just put it in my carrot juice and it
adds an enormous amount of nutrition
in its most natural form except unless
you eat the barley grass itself directly
this is another product made by the same
people that make barley green
this is herbal fiber blend it's a blend

of various
herbs if you take say a half a teaspoon
to a teaspoon
in your juice it will help clean out
your intestine
it will make you more regular it will be
a good detoxifying agent
to help you eliminate your waste it is
excellent but when you take this
you must be sure that you drink a great
deal of water
you can dress up your meals by having
something besides baked potatoes over
and over again you can make
french fries in the oven i just cut them
up
and i put them in the dish like this you
want to put a little olive oil on the
bottom of the dish
you never use flaxseed oil to cook with
you only use olive oil
but you don't fry them you bake them
bake them for about 45 minutes or an
hour
and then you can put a little bit of
salt on them and
eat them as though they're french fries
they have virtually no
oil in them and they are very very
nutritious

so there are many things you can do with
a potato you can
quarter it make it into little potato
puffs or you can just bake them or you
can boil your potatoes or you can make
mashed potatoes
many different ways to cook so you can
have a lot of variety in your meals
again you can have rice you can have
sweet potatoes you can have many other
grains
on which to build your main meal
this is the way you cook your vegetable
you can use this with either
broccoli as i've cut up here or
cauliflower
you can even use it with green beans
cook them
without water the first thing you do is
take an
onion cut it up dice it
and put it in your pan like this you can
also add a little tomato to make it a
little juicier and a little more flavor
so you put your broccoli just place it
right on top
of the onion like this
put a lid on the pan and then you use
what's called a flame diffuser you can
get these at a kitchen store

and you put them directly over the blaze
whether it's gas or electricity
it doesn't matter and then you turn it
on to a very low heat
and you cook it slowly at a very low
heat
for 45 minutes to an hour that way you
don't lose the nutrients
in going out in the water and you keep
the
cells of the plant that you're going to
eat from bursting because you're cooking
them very slowly
again there are some vegetables where
this doesn't work too well such as
beets or things that are very hard
although it does work very well for
cauliflower
and and broccoli and various things as
i've shown you
so that in essence is a general way that
you prepare your food
now when you first start doing this
you're going to have
some trouble i'm sure so i'm going to
give you a few helps
and at the end of this video it will
tell you how to get these books and
videos if you're
really interested the first one if

you're having trouble getting uh
giving up meat is a diet for all reasons
this is a very fascinating video
by an md and he does it with humor he
shows you that
you really don't want to eat meat
here's another book called health and
happiness
this has the 10 laws of health in it
i can tell you it will get you in touch
with nature
and your creator and here's a book on
sprouting this is by ann
wigmore probably the the queen of
sprouting
she'll tell you every step you need to
do your sprouting
this cookbook is a companion to dr
clapper's video a diet for all reasons
showing you
that fruits grains and vegetables are
the most natural and healthy way to eat
this cooks without
eggs and without any dairy or meat
products
and then there are a variety of other
books
if you go to your health food store or
look around even in your regular
bookstore you'll find these

the one here is a garden of eden fruit
and vegetable recipes these are all raw
foods

another one is vibrant living another
one of all

raw foods and the last one

is a book by george malkmus

called god's way there are many

testimonials in here of people who have
gone to a mainly

raw food diet with a little cooked food

and how they have regained their health

so with those helps i think you can

change the way you live and go to a more
nutritious

diet

so now you know how to eat now the

second commandment

of health is exercise studies show

that by the age of 25 blood flow has
decreased by 40

and by the age of 35 blood flow in your
body

has decreased by 60 so you have to

figure

that by the time an american is between

26 and 30 energy wise they have reached

middle age regular exercise is extremely

important your body was made

to move regular exercise

causes a stronger heart and lungs
it causes an increased metabolism
better digestion sound sleep
better elimination which is extremely
important as we've talked about
it provides the energy to overcome
stress
it lowers the blood pressure it improves
the creation of energy in your body
and besides it makes you look better
it also increases your muscle strength
and endurance
and flexibility it improves your mental
outlook
and it helps you control your weight but
you must participate
in exercise at least three to five times
a week
preferably six times a week
i walk sometimes i'll ride a bicycle
and i also work out but make sure that
you try to do your exercising outside
where
you will breathe in the fresh air
because if you're in a gym
where there are a lot of people and
you're breathing air that somebody else
has been breathing
and you have a closed environment and a
lot of heavy rock music going

that is not a calm place to do your
exercise
so try either walking bicycle riding you
can even have a small
trampoline that you can use outside or
you can jump rope
any of those things are very useful for
exercise
a philosopher said something very
important about exercise
he said people who don't find time for
exercise
sooner or later will have to find
time for illness
the third commandment of health is water
your body is 75 water and your brain
is 85 percent water if you don't drink
water
you're dehydrated and dehydration causes
all sorts of different chronic diseases
when i speak of chronic disease i'm
talking about
heart disease rheumatoid arthritis lupus
all autoimmune diseases cancer
chronic fatigue syndrome anything that
you can imagine that is not just the flu
or a cold
is a chronic disease that's what
americans are suffering from
so you want to make sure that your body

is properly hydrated water distribution is important in the body because when you get dehydrated the body will make sure that has enough water to get to the brain in certain vital organs water regulates all body functions there's water in your cell membrane which acts like an adhesive and it holds special things into your cell membrane not only that it's through waterways that your body transports certain substances that act for neurotransmission to transmit the nerve impulses in your body when you're dehydrated your body has to go into drought management and it produces histamine histamine in turn produces substances like vasopressin and prostaglandins now prostaglandins produce pain and when you have chronic pain such as low back pain you can have ulcer type pain the pain of rheumatoid arthritis heart pain which we call angina or anginal pain and colitis pain these are all symptoms

of thirst
in fact one of the last symptoms of
thirst is when you're actually thirsty
so if you have one of these other
symptoms of pain most likely
you're really just thirsty
also stress which we all have in our
lives today
produces dehydration when you are
stressed
you need a lot more water whether it's
home stress
job stress whatever is causing it or
illness stress
stress produces dehydration and
dehydration produces stress so you get
into
a circular downward spiral
not only that caffeine in coffee or soft
drinks is a diuretic that takes water
out of your body
alcohol is a diuretic that leeches the
body out of your water
so if you think that you're taking a
coke or pepsi or something like that and
you're hydrating your body
because there's caffeine in it it will
take more water out of your body
than actually came in with the soft
drink

you will also develop such things as high blood pressure if you do not have enough water you need eight to ten glasses of water every day because that's how much you lose out of your body

you lose it from perspiration and of course you lose

salt when you lose water as well you lose water from breathing and you're breathing

every moment of the day your

your breath contains water if you

breathe against the mirror

it will fog up the mirror not only that your body takes in a huge amount of water from the cells

in order to make the digestive juices that you need

to digest your food now you don't want to drink water or any other fluid with your meals because your body cannot use that to make digestive juices all you will do is dilute the ones that are already there

you need to take your water in in between meals

not closer than half an hour before you eat

but you must have water for every

day that you have not been drinking
eight or ten glasses of water
you are behind i personally didn't drink
water for most of my
life so now i drink 16 to 20 glasses of
water a day
because it makes me feel better i'm not
suggesting that you can
make up for a whole lifetime of drinking
water if you drink say 30 or 40 glasses
a day that's not
the way to do it but you certainly if
you haven't been drinking water
want to start out drinking at least 10
12 or maybe even 14 glasses of water
depending on how you feel
you have to make sure of course when
you're drinking this much water that
your kidneys are working properly
you need salt for your water
when you drink eight to ten glasses of
water a day
you need to have approximately a half a
teaspoon full of salt for that much
water
now i don't put the salt in my water i
don't ever salt my food so i don't get
salt through that mechanism but i
usually take a little measuring spoon
with a half a teaspoonful of salt in it

and i'll stick my tongue in the salt
before i drink my water
makes the water go down more easily and
then i get my full complement of salt
but you also have to make sure that you
use the right kind of salt the salt that
you buy in the grocery store
is generally processed salt and it's
been heated to a high degree
sometimes 1200 or 1500 degrees
fahrenheit in an oven or a kiln
so when you buy your salt i buy it at
the health food store and i buy either
solar sea salt or real salt something
that has been sun dried
even if you buy sea salt you have to
look at the label to make sure
that it has been sun-dried and not
oven-dried or kiln-dried
otherwise the salt will be detrimental
to your body
and it will not be helpful so again
you must have your water you must have a
little bit of salt with your water
but if you are sick realize
that you may not be truly sick you may
really be
thirsty
stay out of the sun your doctor will
tell you sunlight causes skin cancer

but does it really we human beings have
been in the sun for thousands of years
we for years worked in the sun we were
at farmers
we lived outdoors all the time and skin
cancer is a
fairly new development it's mainly
occurred in the last 50 to 100 years
so what is it about skin cancer
and our lifestyle well we're eating a
lot
more dietary fat plus we're eating a lot
of empty calories
it turns out that if you're properly
nourished and you get the appropriate
amount of sun
you will not get skin cancer dietary fat
combined with sunlight will cause an
increase in
skin cancer colon cancer and breast
cancer
also an article in a journal called
cancer research way back in 1945
showed that if you put fats and oils on
your skin
such as in suntan lotions those actually
can be
carcinogenic they can also cause skin
cancer
now you certainly don't want to get

sunburned because
sunburning is bad for your skin and
actually can cause
deterioration of your skin as well but
carotene such as in beta carotene and
vitamin e will help protect you
against sunburning you do want to get an
appropriate amount of
sun such as maybe 30 minutes a day
and not at the hottest part of the day
but you do not want to go without
sunlight there is nothing on this earth
that can really grow and thrive without
sunlight
we americans have been eating more and
more polyunsaturated fats which we're
told
are good fats for us to eat and yet the
incidence of skin cancer goes
up so we don't want to have an excess of
any kind of fat in our diet
we want to keep our fat intake down to
somewhere between 20
or 25 percent of fat
sunlight is very beneficial to a human
being
it causes a decrease in the resting
heart rate
it causes the respiratory rate to
decrease appropriately

it causes lactic acid to decrease in the body which is a toxin that you want to get rid of

it causes an increase in the cellular oxygen

uptake an increase in endurance and energy

and muscular strength as well it's been found that even without exercise sunbathing can cause an increase in muscular strength

now of course it's much better if you combine sunlight and exercise that's why you see if you exercise outdoors you kill two birds with one stone sunlight causes a decrease in blood pressure it even causes a lowering of the blood sugar in diabetics

the tolerance to stress also increases with sunlight

you know when you lay out in the sun you get sleepy

do you know why that happens well

suppose you drink coffee or some other beverage that has caffeine in it

it will increase a substance called cyclic amp

in your cells when you are out in the sun

the sunlight hitting your body will
cause a
decrease in the cyclic amp in your blood
and this is beneficial to you that's one
reason it will calm you down
and it will make you sleepy sunlight and
exercise
combined have additive results
so again if you exercise out in the
sunlight
you get double your return for the same
amount of effort
sunlight will also reduce the
cholesterol in your system
the cholesterol comes out of your blood
and it goes into the skin
when it does that the sunlight hits it
and it turns it into vitamin d
when that happens your body will then
use the vitamin d
and more cholesterol will come out of
your blood for the skin
to again turn it into vitamin d
sunlight will also decrease the
triglycerides in your blood that's a
measure of the fat in your blood
it will also inhibit cancer formation in
your body
by increasing the oxygen in your body
plus it stimulates the immune system

it will also stimulate the cells in your immune system the white blood cells both lymphocytes

and what are called phagocytes those are cells that will eat up the germs or the bacteria

that are attacking your body with infectious diseases it will stimulate those cells to chew up those bacteria so they cannot

harm you sunlight is very beneficial to your system

don't believe it when people tell you don't get out in the sun

you need to nourish your body properly but then enjoy appropriate amounts of sun

temperance is the fifth commandment of health by temperance i mean

abstinence from things like drugs alcohol

caffeine theobromine that's in tea and sugar sugar that's in

food sugar that's in soda

also you want to abstain of course from smoking i'm not going to discuss

smoking smoking causes cancer everybody knows that

alcohol is very dehydrating

it takes a lot of water out of your body

plus it kills brain cells and liver
cells
so alcohol is not good for you
caffeine everybody drinks it whether
it's in caffeinated sodas or whether
it's in
coffee caffeine is a stimulant
it causes constriction of the coronary
arteries the arteries of the heart
it increases your blood pressure in
mouse experiments
coffee actually makes diabetes worse
caffeine can cause food allergies it can
cause
fluid retention and it also contributes
to cancer of the bladder
and of the ovary caffeine can even
cause chromosome damage
osteoporosis is made worse with caffeine
do you realize that you can lose as much
as
14 of the calcium in your bones
per decade every 10 years from the use
of caffeine
so you say well i drink decaffeinated
coffee well a lot of harmful chemicals
are used to decaffeinate coffee and not
all the caffeine is taken out
caffeine also causes an increase in
fibrocystic disease of the breast

that's benign masses in the breast
but if you have benign masses in the
breast
you have a four times greater incidence
of developing breast cancer so coffee
is not good for you besides if you
drink coffee and you have a decrease in
the calcium in your bones
osteoporosis you are more liable
particularly in elderly women
to fall and break your hip
caffeine causes a racing heart rate it
causes fatigue
it can cause finger tremors it can cause
restless legs agitation anxiety
not only that there are a lot of harmful
chemicals in coffee itself including
acetaldehyde ammonia and various other
chemicals
did you know that a fatal dose of coffee
is 10 grams that's
70 cups of coffee at once can kill you
but many people take one tenth of a
lethal dose
of caffeine every day if they're
drinking seven cups of coffee
women who drink only one cup of coffee a
day
have a three times greater risk of
getting

bladder cancer than those who abstain
from drinking coffee
so you see you also can
lose vital nutrients from your blood
not only calcium but other nutrients
which can cause nervous fatigue
can cause depression
caffeine is in sodas it's also in
diet sodas not only that but in diet
sodas you have a substance called
aspartame aspartame
actually turns out to be it is reported
a neurotoxin which means it's damaging
to your nervous system the per capita
consumption of sodas per year
is 49 gallons that's each individual
drinks 49 gallons of soda a year
now if you don't drink soda at all that
means that somebody else is drinking a
lot more than 49 gallons of soda
in each cola drink you will have about
the same amount of caffeine that you
would get in a third
of a cup of coffee in sodas
you frequently have colorings that are
carcinogenic
and you have a lot of phosphoric acid
this is destructive to the tooth enamel
it's also destructive to your bones
and in sodas

you also have sugar
there are 9 to 12 teaspoons of sugar
in every single soda that you drink
unless of course it has aspartame in it
which has other problems americans
consume
31 billion pounds of sugar a year
that's 125 pounds a year for
every man woman and child in america
to digest sugar your intestines must
draw
on the mineral reserve of your body
this promotes tooth decay it promotes
thinning of the hair
and a weak bone structure also the
digestion of
processed sugar consumes a lot of oxygen
and it over
causes overproduction of insulin and it
wears out your pancreas
and leads to diabetes in
later life it also robs your
body of such nutrients as chromium zinc
and we already mentioned calcium vitamin
c
b complex and it immobilizes
your immune cells when you eat sugar
it coats your immune cells so they
cannot help protect you
and eat up the germs that are attacking

you it coats them for about
four hours almost all processed foods
contain
sugar cereals ketchup canned foods
frozen foods they're even putting sugar
in
toothpaste if you can believe it
sugar causes irritability depression
confusion and excessive tiredness
when the exhilarating effect of the
sugar wears off
it gives you a yo-yo effect your sugar
goes way up and then your body produces
insulin
it destroys the sugar but not completely
and then
you want you're hungry again because you
are now maybe hypoglycemic
so you eat more sugar you see if you eat
natural sugars such as in fruit
those are metabolized slowly and they're
of a more complex nature
so you don't have this yo-yo effect but
as soon as you're using
refined sugar this will contribute
to this up and down state sugar is used
in almost
every package foods not only to sweeten
them but it prevents spoilage
it helps retain moisture and it

maintains the texture and appearance of
the food

but i can tell you sugar is a killer
if you have a significant disease
or if you just want to stay well and
healthy and live a full lifespan
you must eliminate processed sugar from
your diet

one of the elements of your nutrition
that you probably haven't thought about
is air oxygen makes up the largest part
of your body

sunlight electrifies the air it causes
an

increase in the negative ions negative
ions in conjunction with positive ions
in the air

are very helpful to you heating and air
conditioning

remove the negative charges positive
ions cause

headaches causes fatigue and it causes
dizziness negative charged ions in the
right amount produce

exhilaration and a feeling of well-being
because that's what they give you

you need the proper ratio of negative
and positive charged ions so the more
you can stay outdoors

the better you are negative charged air

has an inhibitory effect on cancer
according to an article in the journal
of cancer research
they did an experiment on two groups of
rats where
one was given common indoor air and the
other was given
negatively and positively charged air
after
one month the cancers in one group and
all of these
rats already had cancer the cancer in
one of the groups of rats that had only
gotten indoor air was twice the size of
the cancers in the ones that had gotten
both negatively
and positively charged air negatively
charged air
decreases your respiratory rate it
decreases your blood pressure
it has many many positive effects
we are living in an atmosphere now that
seems to contain
about half of the oxygen that it did
thousands of years ago they have found
air bubbles
geologists have in rocks that have been
confined from many thousands of years
ago
and found that our ancestors way back

had double the amount of oxygen in the atmosphere that we do so when you stay indoors and you're in buildings where you have windows that don't open it makes you sick oxygen concentration in a healthy human body is actually three times that found in the air so you have to breathe in pure clear air constantly in order to get proper oxygen good health and well-being depend on maximum utilization of your oxygen your oxygen is needed for your red blood cells to carry it around to your body and you need to know that that foods contain oxygen the best food for oxygen content is carbohydrate both fats and proteins contain less oxygen per volume than do carbohydrates that is one reason that you need to eat more carbohydrates and those are complex carbohydrates not refined processed foods but fruits and vegetables stress in all aspects causes an oxygen deficiency so you must be careful

when you are stressed you need more
outside air
and of course water will help you
because water is h₂o
oxygen is in water so remember that the
proper nutrition must include a
lot of fresh air if you can sleep with
your windows open
and exercise outside therefore you can
get three for one
you get your exercise you do it in the
sunlight
and you do it outdoors in the fresh air
rest is another very important element
in your program
rest is necessary to allow your body
regeneration time
rejuvenation time time to repair itself
to throw off the waste products if you
don't get enough
rest your body will age much
faster the sleep before midnight
is very important you say well i can go
to bed at midnight and get up at eight
and i still get my eight hours
but your body is regulated by the light
dark cycle
and the hormones that are produced in
your body
are directly related to this dark light

cycle

so when you spend more time up
and less time down during the night time
you will throw off what we call your
circadian rhythm or the rhythm of this
hormone production in your body
factors that decrease your chance of
getting a good night's sleep
are large evening meals
heavy foods late night snacks
too much fat or protein in your evening
meal
and of course stimulants such as coffee
or coffee containing caffeine containing
beverages
so you must get proper sleep in order to
have
your energy level high enough and your
repair mechanisms
working well to keep you healthy
digestion takes energy so you cannot
eat late at night and expect to have
rejuvenation and repair occurring
when your body is spending all of its
energy digesting your food
a fundamental requirement for a healthy
normal life one that is free from
disease
is the proper amount of rest at the
proper time of night

your biggest barrier to getting well is
overcoming the idea that you can't get
well

you're told over and over again that you
need drugs to get well

and a plan like this does not involve
drugs

this is where one of the most important
parts of the plan comes in

trust in god all of the things that i've
told you about are god's way

of naturally healing you most of them
are free

in fact all of them are free if you grow
your own food in your garden

this is an inexpensive way to get well
it's the way

everyone can get well your health is
really in your hands

but you have to trust your creator the
one who made your body

knows how to get it well he will help
you

what is trust you say trust is faith
well

one little boy once said faith is
believing something that ain't so but
that's not true

you have trust all the time you trust
your parents or you trust

someone close to you if you had a loving
mother and father
and they told you that they would say
reward you with a trip to disneyland
if you did thus and so you believed them
they weren't going to tell you a lie
that's trust
you believe someone based on your
previous
experience that they will come through
to you
that's the way you learn to trust god
but you must learn to know god before
you trust him
and that's where bible study and prayer
come in
do you know that there are lots and lots
of prayer promises in the bible
i'll read you some this is from exodus
15
26 i am the lord
who heals you and from exodus
23 25 and 26 it says
worship the lord your god and his
blessing will be on your food and water
i will take away sickness from among you
i will give you a full lifespan
psalms 103 2-3 praise the lord o my soul
and forget not all his benefits he
forgives all my sins

and heals all my diseases
i can tell you when i was at my sickest
i hung on to these prayer promises
i asked the lord to lead me to the
information
that would heal me and in fact what
you're seeing today
what i'm telling you is exactly what he
led me to
and what got me well and can get you
well too
the last two of the ten commandments of
health are
an attitude of gratitude and benevolence
be thankful for what you've got i can
tell you you can always find someone
who's worse off than you are
stop listening reading and watching bad
news
i stopped reading the newspapers i
stopped watching television almost
all of it is bad news whatsoever
is pure and noble think on these things
that's what the bible says
live every moment to its fullest give up
resentment and anger
they don't hurt the other person they
only hurt you
it's been shown in medical studies that
hanging on to resentment and anger

destroy your immune system a major
clinic in the united states has done a
study
on thousands of people with mental and
emotional illness
they found out that the one thing that
kept these people from getting well
above all others was hanging on to
resentment
and anger you are not just physical
you are mental and spiritual as well so
you must think only good thoughts
you must feed your mind with good things
and you must feed your spiritual being
with good things as well
you can't find any better things that
are found in the bible
don't wallow in self-pity constantly
lift yourself
up try to help other people
and get rid of your anger benevolence
always try to do something for somebody
else particularly those who can't pay
you back
quit being self-centered get outside
yourself
start thinking about others start
praying for other people
the lord has given us many wonderful
healing promises

one of the best is this found in
deuteronomy 7
11-15 take care to follow the commands
decrees
and laws that i give you today and that
includes god's health laws
if you pay attention to these laws and
are careful to follow them
the lord your god will keep his covenant
of love with you
the lord will keep you free from
every disease now that's quite a promise
so there you have it the ten
commandments of health
if you look at the first letter of the
first eight commandments it spells
new start that's what you're about to do
today
a new start a new life where you will be
healthy
and happy may god bless you
you

[Music]

so you've just been diagnosed with
cancer
and you're appropriately worried anxious
scared
even terrified
or maybe you've just found a lump that
you think may be cancer
you don't know which way to turn you
can't think
your brain is almost paralyzed
your doctor is pressuring you to have
surgery or chemotherapy or radiation
right away
your family is worried and upset and
they're pressuring you too and your
friends are giving their advice
everyone's telling you what to do but
you're numb
it almost doesn't seem real
you're wondering how could this be
happening to you
well i know exactly how you feel i've
been right there myself
i'm not only a doctor
but i was a patient with cancer severe
advanced cancer
at one point i was sent home to die
but i'm here to tell you that cancer
doesn't scare me anymore i had it and

got well
without chemotherapy without radiation
and without mutilating surgery
i got well by rebuilding my immune
system by totally natural methods
when you've just been diagnosed with
cancer the fear can paralyze you so you
can hardly think straight
but in this video i'm going to show you
that you don't have to fear cancer like
everyone else does
you can learn about the factors that
cause cancer and understand that you can
take control of your health and get well
i'm going to lead you through the
problems and questions that arise from
the beginning when you first get your
diagnosis or when you're just suspecting
that something is very wrong with your
health
and i'll show you how you can understand
the steps you need to take to keep from
damaging your body even more and instead
get well
these principles will apply no matter
what kind of cancer you have
cancer is serious but you have time to
make intelligent decisions don't let
anyone pressure you into rapidly making
decisions that you don't understand or

haven't had time to evaluate
your cancer took years to develop it
didn't just happen yesterday or last
week or last month
cancer has been present in your body
years before it becomes obvious or
diagnosable
now be sure you have a pencil and paper
ready to take notes
it's been said that people only remember
about ten percent of what they hear so
please take notes
and watch this video repeatedly until
you absorb and understand everything you
need to know
now let me give you my credentials i'm
dr lorraine day
i'm an md a medical doctor trained in
orthodox conventional medicine
i've never been on the fringes of
medicine
for 15 years i was on the faculty of the
university of california san francisco
school of medicine as associate
professor and vice chairman of the
department of orthopedic surgery
i was also chief of orthopedic surgery
at san francisco general hospital where
i directed the equivalent of a mass unit
i operated on the patients with gunshot

wounds and stabbings the severely
injured accident victims and all the
other victims of violence including gang
violence that occurs in san francisco
and during this time i trained hundreds
of doctors
but in 1992 i developed cancer breast
cancer
the lump was small at first about half
the size of an almond it wasn't very
worrisome to me because it was fairly
high on my chest
i didn't think it was cancer and
certainly not breast cancer because of
its location
but because it became irritated when i
fastened my car seat belt i decided to
have it removed
when the lump was removed the
pathologist diagnosis was cancer
invasive ductal adenocarcinoma of the
breast
and it had already spread into the
muscles of my chest wall
this was confirmed by numerous
pathologists who examined the biopsy
specimen
i was advised to have mastectomy and
radiation but i refused
i did allow a second biopsy through the

same small incision two weeks later by
another surgeon at another cancer
hospital to see if the surgeon could
remove all the tissue that was involved
with the cancer
but cancer tissue still remained and i
was again advised at least to have
radiation and preferably a mastectomy
my surgeon was a personal friend someone
i had known since my medical school days
we were in training at the same time and
he was concerned for my life
when he realized that i was completely
against mastectomy radiation and
chemotherapy he was astonished and
confused
and very worried about me
of course he couldn't understand my
reasoning i had taken my training at the
same university medical school that he
had the university of california san
francisco school of medicine
he knew very well that i had been a
professor there for 15 years
where had i gotten these strange ideas
i told him that i had seen too many
thousands of patients die from the
treatments we give them
he couldn't disagree with that
i told him that the way we doctors are

taught to treat cancer is barbaric and
worthy of the dark ages with our
treatments we cause additional intense
horrible suffering to a person who is
already ill
he couldn't argue with that except to
admit that that's all we're taught to do
and i discussed with him that radiation
and chemotherapy both caused cancer
and i reminded him that i already had
cancer
and i said that chemotherapy and
radiation would destroy my immune system
why would i want to do more damage to my
immune system the one system that could
get me well
he couldn't disagree with that
yet he pled with me and even pressured
me at least to sit down and talk with
the radiation doctor i refused
he pled again
i politely refused
finally he said are you just worried
that after radiation you'll have a
breast that's leathery deformed and
discolored
and i said well yeah that too
then i handed him four or five books on
alternative therapies with testimonials
of many who had reversed their cancers

i'm quite sure he's never opened the
cover of even one of those books
so i went home and dramatically changed
my diet immediately
i knew that the proper diet was critical
for recovery
i started on a totally vegetarian diet a
vegan diet that means no meat no poultry
no fish
no milk no cheese or any other dairy
products and no eggs
i also eliminated refined sugar and all
processed food i ate nothing from a box
or a can everything was in its most
natural form right from the garden or
off of the tree
and i started drinking a lot of fresh
homemade vegetable juice
everything went fine for a while
the diet was the right diet but i soon
found out that diet alone is not enough
to reverse cancer or other serious
diseases
but at that time i didn't know what else
was necessary
about nine months later my tumor
returned in the very same place
this time it was a little larger about
the size of a marble
now i was very concerned it was clear

that my dietary changes were not enough
to get me well

i had read a lot about alternative
therapies and i started trying one after
another trying each one long enough to
see if it would work

eventually i tried over 40 different
types of alternative therapies and none
of them worked

i discussed the 40 i tried and many more
on my video sorting through the maze of
alternative medicine what works what
doesn't and why

then suddenly my tumor grew from the
size of a marble to the size of a large
grapefruit and it did this just over a
period of just three weeks

here's a side view

that's tumor

and this view shows the full extent of
the tumor it was the size of a softball
by this time the cancer had spread to
the lymph nodes under my arm and at the
base of my neck and i knew i was in big
trouble

at first surprisingly the tumor wasn't
very painful but over time the pain
became more and more intense until even
the strongest narcotic pain medicine
wouldn't touch it

up until this time i was still working
which was a big mistake
i should have stopped working and
concentrated on getting well
i was even still traveling
but i found out it's impossible to stay
on the total plan necessary to get well
while you're traveling
now i became so sick i had to close my
office
as things got worse i became essentially
bedridden and the pain continued to
increase
the tumor was so heavy that when i got
up even to go to the bathroom i had to
support the weight of the tumor with my
hand
my body was in total collapse
i had symptoms of numerous other
diseases besides cancer
not only did i have this huge painful
tumor on my chest that i had to look at
every day
but i had developed a tremor in my right
hand that was a specific symptom of
parkinson's like this
in addition i had symptoms of multiple
sclerosis on the left side of my body my
leg became numb from my knee down i lost
some control of my left leg and my left

arm felt like someone was always
grabbing it
the tips of my fingers and toes became
numb and cold the disorder called
reynold syndrome
i developed what appeared to be
allergies to all foods except three
whenever i would eat any other foods i
would collapse and have to be on oxygen
and i was overwhelmed with depression
and anxiety to the point that my heart
felt like i was going to jump right out
of my chest i was a mess
for over a year i continued to get worse
all the time becoming more anxious and
more discouraged
but i kept going forward i kept studying
and trying one thing after another and i
kept studying the bible and praying
asking the lord to show me how to get
well
but nothing worked my cancer kept
getting worse
because my pain was becoming intolerable
i found one surgeon who was willing to
remove a portion of the tumor just for
pain relief without forcing me to have
mastectomy or a chemotherapy and all the
rest of the tumor was left in place
including the lymph nodes then they sent

me home to die
i became so sick that i was essentially
bedridden for six months
as my cancer progressed i became unable
to eat and then unable to take fluids
at one point i was not expected to live
through the night
my husband who saw my life rapidly
ebbing away as my breathing became more
and more labored said to me
i've got to take you to the emergency
room you're dying and i know i was
as a trauma surgeon caring for
victims of massive injuries i've seen a
lot of people die
i know what death looks like
and i was dying
but i refused to go
i knew that if i went to the hospital
they would give me drugs and i had so
little life left in me that the drugs
would kill me
i also knew that god says in his word
that he forgives all our sins and heals
all our diseases god says i am the lord
who heals you
my husband and i had been praying
together three times a day every day
since i'd been ill i had claimed the
healing promises in the bible while at

the same time following everything i
knew how to do including eating the
original diet god gave in the garden of
eden fruits grains and vegetables in
their most natural form

i decided i had to continue to trust god
i wanted to stay under his protection
and depend on him rather than depend on
human medical knowledge which is nothing
more than drugs

the english word pharmacy comes from the
greek word pharmakia

it means sorceries and witchcraft

the word druggist pharmacist comes from
the greek word

pharmacon which means

poisoner

i wouldn't take drugs

i prayed silently and admitted to the
lord that i had no idea how i could get
well at this point i had tried

everything i knew how to do and

everything had failed

but i was going to trust god completely
my husband prayed over me all night long
and i continued to pray silently i
didn't have enough energy to pray out
loud

because i'd been unable to eat for two
weeks nor taken fluids for three days i

was rapidly becoming very dehydrated
i knew i couldn't live much longer
without water
then the lord impressed on my mind
something i had heard was done in
medicine 60 or 70 years ago
before the introduction of intravenous
fluids
dehydrated patients could be rehydrated
through the colon by water dripped in
slowly by enema the colon can absorb
water and even nutrition in the form of
wheat grass juice carrot juice or green
leafy vegetable juice
that's the way i stayed alive for the
next few days until i could drink
at that point of death
i had decided to trust god with my life
and he showed me what to do
then over the next few weeks and months
i started to understand the rest of the
10-step plan
sometimes the information would come to
me through the mail anonymously
sometimes i would be impressed to study
in a certain area
and information that i had previously
read now became clear in the way it
applied to my situation
of course all the time i continued to

pray and asked the lord to show me the
way to get well
finally the entire plan became clear
from the time i started on the whole ten
step plan with one hundred percent
commitment it was just eight months
until all my cancer was gone
it went away slowly one day at a time
then it took an additional ten months
for me to regain my strength
so in 18 months i was totally well and
cancer free
i'll soon be 64 years old and i'm
healthier than when i was 30. i have
lots of energy and i don't have an ache
or a pain anywhere
so what does cause cancer
the medical establishment seems to be
continuously scratching their heads
wondering what the causes could be
and they're really only looking in one
place and that's genetics
but cancer is not genetic
a genetic link can clearly be disproved
in almost every case just by a little
common sense here's an illustration
breast cancer
since the early 1900s the incidence of
breast cancer has continued to rise
dramatically all the experts and

national medical organizations agree well in the early 1900s it was the grandmothers of today's women who were alive your grandmother and my grandmother but they had a very low incidence of breast cancer compared to their granddaughters we who are alive today clearly if the incidence of breast cancer is rising dramatically it cannot be due to a genetic transmission from one's ancestors because the ancestors of the women today rarely had breast cancer look at the incidence of breast cancer in japan in the grandmothers in japan who have been eating a diet mainly of rice and vegetables and a small amount of fish the incidence of breast cancer has been very low but take those same women and bring them to america and put them on a rich western diet which is largely meat chicken dairy products eggs and processed food and you'll find that their incidences of breast cancer and virtually every other cancer becomes the same as americans even the young women who are still in japan but who are now eating a diet

similar to the rich western diet
they're developing the same incidence of
breast cancer and many other cancers
that young american women are developing
if this were a genetic problem there
would be a high incidence in the
grandmothers who would then be passing
it down to their granddaughters but this
is not the case
it's the reverse
the grandmothers don't have breast
cancer and the granddaughters do
we see the same pattern with arthritis
autoimmune disease diabetes and many
other diseases they're not genetic
it's their diet and lifestyle
cancer and virtually every other disease
is caused by a combination of three
factors malnutrition
dehydration and stress
malnutrition is rampant in the united
states
now this has nothing to do with not
eating enough calories people are eating
too many calories
but it's a diet high in fat and protein
and very low in vitamins and minerals
from fruits vegetables and grains
so it's a diet of excess on one hand too
much animal fat and protein

and a diet of deficiency on the other
hand not enough fruit grains and
vegetables
the second factor is dehydration because
no one's drinking water anymore
everyone's drinking coffee and soda
the body is 75 water and the brain is 85
water the brain is not 85 coke and it's
not 85 percent coffee
it's 85
water
caffeine is a diuretic it takes more
water out of your body than comes in
with a drink
when cells become progressively
dehydrated they start getting sick and
malfunctioning and then you get sick
and the third cause is stress
now i'm not suggesting that you drop out
of society but there is a way to reduce
your stress and learn to handle it
properly
stress is a major cause of every disease
this booklet is published by the
american cancer society it's a cancer
journal for clinicians
this is the november december 1999 issue
and it says on page 347
that a third of all cancers could be
prevented

by a change in diet and lifestyle
by increasing the intake of fruits and
vegetables and reducing the consumption
of red meat and animal fats and by
exercising
they add that there is a wealth of new
data on diet and cancer in the last two
decades and that's continued to support
the hypothesis that nutrition is a major
influence in the cause and prevention of
cancer and that's a quote well how about
that
the american cancer society finally
admits that what you eat actually has
something to do with how healthy or how
sick you are imagine that
the harvard school of public health
makes even more dramatic statements they
admit that 65 percent of all cancers
could be prevented by a change in diet
and lifestyle
i believe that a change in diet and
lifestyle would prevent 99.9 percent of
all cancers but these other
organizations are at least recognizing
the truth somewhat
now let's use a little common sense
if
as both the american cancer society and
the harvard school of public health say

that a change in diet and lifestyle could prevent between one-third and two-thirds of all cancers then how do you reverse cancer once you have it well first of all you stop putting into your body the things that cause the cancer in the first place and yet when you go to the hospital and they fill you with chemotherapy and radiation they also bring you the very food that the american cancer society says causes cancer that's the same thing they do with heart patients who undergo coronary artery bypass the meals they bring them are meat or chicken with gravies and dessert a high sugar high animal fat diet which are some of the main factors that got the patient there in the first place if the doctors in the hospital are looking for a repeat patient for another coronary artery bypass that's the way to feed them that's also the way to increase the growth of the cancer in a cancer patient so the proper diet is critical for recovery from cancer but it's only 10 of the total plan necessary to get well diet alone even the proper one is not

enough by itself to get you well from
cancer

are all cancers different or are they
basically the same

we doctors organize the types of cancer
and categorize them into many

subcategories but cancer is cancer

virtually all cancer is a result of an
immune system that's not working
properly

it's your immune system that resists
disease and gets you well when you're
sick and keeps you well if it's
functioning properly

it doesn't matter whether it's breast
cancer or prostate cancer or cancer of
the stomach or leukemia or brain cancer
or hodgkin's or any other type of cancer

all cancer is the result of an immune
system that's not working properly

when you rebuild your immune system by
natural methods then your immune system
can fight the cancer

well don't some of these alternative
natural treatments work better for some
people and others work better for other
people since everybody is different

well i've got some shocking news for you
everybody is not different

everybody is exactly the same on the

inside

our personalities are different but
we're all the same on the inside that's
why we can have medical textbooks
textbooks of anatomy and textbooks of
physiology because everybody's the same
on the inside

what if you came to me as a patient and
you said

i have pain in my left shoulder and i
said to you well

maybe it's your appendix and you would
say no my appendix is down here in my
abdomen and i'd say well no everybody's
different we don't know where your
appendix is of course we know because
everybody's appendix is in the same
place

and everybody's stomach works like
everybody else's stomach

and your intestines work like my
intestines and your heart works like my
heart

that's why we surgeons know where to cut
to find various organs on everybody
because everybody's the same
so since your physiology and your
anatomy are the same as everybody else's
then everyone's immune system can be
rebuilt by the same natural methods

so the same health plan works for everyone

so what are these 10 steps these 10 natural laws of health

briefly

they are the following

oh by the way i discussed the plan i used to get well in great detail on my video you can't improve on god

but here's the plan in brief

first is proper nutrition as we discussed

as i said even the american cancer society and the harvard school of public health admit that a diet of fruits grains and vegetables is one of the best preventions for cancer

and that a diet high in animal fat is one of the causes of cancer

three meals a day of only natural unprocessed food and lots of fresh homemade vegetable juice that's the diet second

exercise

numerous medical studies have shown that a regular exercise program has a profound effect in reducing the incidence of cancer

for instance studies have shown that 4 hours per week of exercise results in a

66 decrease in the incidence of breast cancer in women

3 is water drinking as i said the body is 75 percent water the brain is 85 percent water we lose 10 glasses of water from our body every day just by living

if we don't replace those water losses and if we drink caffeine and alcohol both of which are diuretics that take more water out of your body than comes in with the drink

we are slowly but progressively dehydrating our body and making ourselves sick one day at a time dehydration is one of the causes of virtually all disease including cancer sunlight absolutely necessary for good health you can't grow a healthy garden nor a healthy body without sunlight sunlight boosts the immune system and decreases the size of internal cancerous tumors along with many other advantages

five is temperance that means elimination of all harmful substances such as caffeine alcohol tobacco sugar nutrasweet msg food preservatives food dyes and other food chemicals processed food and drugs both street drugs and drug medications

all drug medications have side effects
that are harmful to your body
now i'm not suggesting that anybody stop
their medications abruptly that's
dangerous
but as you get on a totally natural
program in rebuild your immune system
eventually you'll not need drug
medications anymore
fresh air outside air is essential for
good health
cancerous tumors grow twice as fast if a
person is breathing indoor air compared
to breathing outdoor air
if you're being treated for your illness
in a hospital you are continuously
breathing in the exhaled air of every
other sick patient in the hospital
hospitals frequently have the windows
sealed shut
and in the intensive care unit the
lights are often on 24 hours a day
upsetting the patient's circadian rhythm
that's their day-night cycle that's a
critical factor in causing disease
next is proper rest at the proper time
of night
the only time your body can really
repair itself is when you're sleeping
every cancer patient should be in bed by

9 30 pm at least

that's when the healing hormones begin
to be produced but you must be asleep to
get the benefit

stress relief

stress is one of the major causes of all
disease including cancer

the best way to relieve stress as

documented by medical studies is to
learn to trust in god and read the bible
eastern meditation and visualization are
to be avoided if you really want to get
well

well can i get well without trusting in
god

the answer is the better you eat and
live the healthier you'll be

but in order to reverse a serious
disease like cancer you've got to change
everything about your life

and that's impossible to do without
god's help

i hear people say but i'm not interested
in this god and religion stuff well my
answer is

look where you've gotten yourself on
your own

you have cancer as i did

i had been an agnostic for all of my
adult life but i figured i needed all

the help i could get and that included
god
nine
is an attitude of gratitude be thankful
for what you have
the words that come out of your mouth in
large part create your reality
i can tell within five minutes of
talking to a person with cancer whether
they're going to get well or not
if they're complaining and whining and
focusing on their own weaknesses and
trying to blame
others or god for their illness they
have no chance in getting well
it's the person who's committed to doing
everything necessary who has an upbeat
positive spirit who will grab hold of
the plan with one hundred percent
commitment that person will get well
and the tenth step is a spirit of
benevolence get outside yourself
selfishness is a problem with everyone
we've got to learn to care about other
people and quit focusing on ourselves so
much
the bible says that if you care for
others your health will spring forth
speedily
if you're very sick and bedridden as i

was for a long period of time while i
was ill i couldn't do things for other
people
but i could pray for them
and quit focusing on my own problems
and what you put in your mind is just as
important as what you put in your mouth
you can't get well if you watch regular
entertainment tv i had to stop watching
even the news no movies no tv no music
except high quality christian music and
classical music and i read only the
bible and high quality religious books
we must concentrate on only things that
are true
honest pure
beautiful and good
every negative thought must be
eliminated from our mind
now i know these steps seem too simple
it's hard for the average person to
believe that serious diseases like
cancer can be reversed by such simple
techniques
but as simple as they may seem they're
also difficult because they require a
change in the way you live
we want to keep on living and eating the
same way we always did and have the
doctor just give us a little pill to

solve the problem
but drugs never cure disease
cancer is not caused by a deficiency of
chemotherapy
cancer is not caused by a deficiency of
radiation or deficiency of surgery
but cancer is caused by a violation of
these 10 laws of health
there is a way for you to be well
as i said i discuss this 10-step plan
that i use to get well in detail on my
video you can't improve on god
and the good news is all 10 steps of the
entire plan are completely free except
for food and you have to buy that anyway
now you know there is a way to get well
you don't have to be pressured by
doctors or family members or friends
and even though cancer is a serious
disease and you must rebuild your immune
system to reverse it you and i know that
you don't have to be afraid of cancer
anymore
in order for you to be convinced that
this plan works you must start
investigating it for yourself watch my
videos repeatedly and take notes read
the books and watch the videos i give
you as reference material at the end of
this video and my other videos start

with one at a time
don't just believe me
learn for yourself that's the only way
you'll be convinced
now let's talk about conventional
treatment for cancer that's the
treatment your doctor will advise you to
have
in our medical training we doctors all
of us are taught only three ways to
treat cancer chemotherapy
radiation and surgery
let me tell you right up front
your doctor wants you to get well
he or she is trying their best to get
you well
but they don't know how to do it because
they've never learned they've never been
taught
all we doctors are ever taught in our
training is to try to poison out the
cancer with chemotherapy burn out the
cancer with radiation or cut out the
cancer with surgery often mutilating
surgery
but you see these methods of treatment
never cure cancer oh yes there are some
people who survive cancer after those
treatments but that's in spite of the
treatment not because of it

at first the chemotherapy seems to work
the tumor gets smaller and your tumor
marker blood test results may go down
but just because something seems to work
at least temporarily does not mean it's
good or it's right or that it will make
you well

street drugs make you feel good at first
they make you feel creative and
uninhibited and euphoric
but later you pay a terrible price
it's the same with chemotherapy and
radiation

you often end up paying with your life
here's why conventional treatments never
cure cancer

the only way you can really cure cancer
or any other disease is to understand
what causes it

when you find out the cause of any
specific disease you immediately know
the cure for it

the cure lies in reversing
the factors that cause the disease
but doctors admit they don't know what
causes cancer so how can they ever hope
to cure it

but the causes of cancer are known
these 10 steps these 10 natural health
laws that i gave you i found them all in

the medical literature when i was
searching for the way to get well
i was astonished of course to learn that
they were all there
yet no one ever told me about them
during my medical training and i never
taught the doctors i trained because i
didn't know
why aren't we taught these things
well the pharmaceutical companies
provide huge sums of money for medical
research to find
more drugs to treat disease
they're not going to provide funding to
research the effect of fresh air and
proper sleep on cancer or any other
disease
they need a financial return on their
research dollar they need another drug
to sell
fresh air and sunlight and sleep are
free they can't be patented they can't
be sold for profit
this is just one of many examples i
could give you
follow the money
when pharmaceutical companies provide
large research grants millions and
millions of dollars to medical schools
they have a lot of clout and directly or

indirectly control much of what's taught
to doctors in training
in medical textbooks the cause of
disease is termed the etiology
that's just a fancy way of saying cause
well that designation which years ago
used to be listed under each category of
disease in the textbooks has been almost
completely removed
the medical textbooks don't even discuss
the etiology of cancer or most other
diseases now because the medical
establishment admits they don't know the
cause
but treating cancer with chemotherapy or
radiation or surgery really doesn't make
any sense and here's why
because cancer is not caused by a
deficiency of chemotherapy nor
deficiency of radiation in fact both
chemotherapy and radiation actually
cause cancer
some people react to this statement with
astonishment and horror and sometimes
they get angry with me they say my
doctor wouldn't give me chemotherapy or
radiation for my cancer if these
treatments cause cancer
well the answer is yes he would or yes
she would because that's all they know

how to do

in addition if they don't prescribe those treatments they're likely to be severely disciplined by their hospital or other medical governing organizations and they may even lose their license to practice medicine

in california it's against the law for a doctor to treat cancer in any way other than with chemotherapy radiation and surgery

in fact i was handed this little booklet by the first doctor i went to it's signed by the governor of california saying that a doctor can refuse to take care of a cancer patient if the patient refuses chemotherapy and radiation

chemotherapy is poison pure and simple it does its work by poisoning the cancer cells

the problem is that it also poisons the normal cells

the doctor's hope is that since the cancer cells are multiplying faster than the normal cells that the poisonous chemotherapy will destroy more cancer cells than normal cells since the chemo is most effective against cells that are multiplying rapidly the cancer cells

but the chemotherapy often kills so many normal cells that the patient either dies rapidly after the first round of chemotherapy treatments or the chemotherapy does so much damage to the other organ systems that their body starts slowly deteriorating until all or nearly all systems fail and life is unsustainable and the patient dies

doctors readily acknowledge among themselves that giving a cancer patient chemotherapy or radiation is always a race between killing the tumor or killing the entire patient

a person cannot develop cancer or any other disease for that matter if they have a healthy properly functioning immune system

so when a patient has cancer by definition their immune system is already suppressed it's not working properly

but chemotherapy and radiation destroy what's left of the person's immune system the only system in your body that can get you well and keep you well the very system you must have in order to get well

oncology is the study of tumors mainly

cancerous tumors

this is a widely used oncology textbook

it says and i quote

disorders of immune function are the

basis of a wide variety of human

illnesses

that's just what i said

cancer is a disease resulting from a

disorder of the immune system

so is virtually every other disease

so what is the immune system

nearly every organ in the body is

involved with fighting disease the lungs

filter out bacteria the tears in the

eyes help flush out bacteria and foreign

material even the skin has unique

disease fighting capabilities

but the immune system is the name given

to a collection of organs and cells in

your body that has the primary job of

fighting disease

i won't discuss the specific function of

each cell or organ but their names are

probably at least somewhat familiar to

you

antibodies

immunoglobulins

t lymphocytes b lymphocytes monocytes

leukocytes these last four are types of

white blood cells that respond to

bacteria and viruses and help eliminate
damaged tissue that's dead and dying
tissue from your body

your lymph nodes are also part of your
immune system they produce lymphocytes
and monocytes types of disease fighting
white blood cells and the lymph nodes
act as filters keeping bacteria and
other debris from gaining entrance to
your bloodstream

the lymph nodes also filter out cancer
cells and help keep cancer from
spreading

that's why i kept my lymph nodes even
though they were involved with my cancer
i would not allow them to be surgically
removed

a major organ in the immune system is
the liver the great detoxifier of your
body

the liver detoxifies the toxins that are
produced as byproducts of digestion of
normal food or toxins that have been
added to the food such as preservatives
fillers and other chemicals in processed
food

toxins from pesticides and other
environmental pollutants as well as one
of the major causes of toxicity the drug
medications prescribed by your doctor

when the liver gets too full of these toxins it can no longer perform its job of detoxification and purification of the blood and this is one of the major causes of cancer then the chemotherapy used for cancer treatment can cause so much additional toxicity that the liver becomes overwhelmed and overburdened and the patient goes into liver failure and dies the spleen is also involved in the formation and storage of different types of immune cells in addition the spleen filters out bacteria and removes dead or damaged red blood cells from the bloodstream this in a general way is your immune system when these cells and organs don't function properly your immune system is compromised suppressed it cannot fight disease and you get sick there are many things that have an impact on our immune system what we feed our bodies the amount of exercise we get the air we breathe the amount of stress in our lives and

how we handle it how much sleep we get
and when we get it
our attitude whether it's positive or
negative
all these things either strengthen or
weaken our immune system
we can't develop cancer unless our
immune system is weakened
chemotherapy and radiation both not only
destroy the immune system but they both
cause cancer
now let's discuss chemotherapy
specifically
chemotherapy has severe side effects
including death
you can die from the chemotherapy not
necessarily from the cancer
i'm giving you information that
frequently is glossed over by the
doctors who prescribe these therapies
i know i will be severely criticized by
my own medical colleagues for telling
you the things you're about to hear
they'll accuse me of frightening
patients out of the very treatment they
need that's what they'll say
but i think you have a right to know
what's being done to you and the effect
both short term and long term it will
have on your body and mind

often the doctors won't tell you the severity of the side effects because they know that if you're fully informed you'll probably refuse the treatment so they justify their withholding of the information by rationalizing that you really need the treatment so it's okay to mislead you

as an example this is what they're also doing with vaccination information the medical establishment for years had a little information sheet that was given to the parents of children before each immunization shot it discussed the potential dangers of vaccinations it's called an informed consent

but they found that when the parents read the information they refused vaccinations for their children so committees got together and they pondered what to do about the problem and they came up with their solution they decided to water down the information and withhold from parents many of the horrendous side effects so they would agree to have their children vaccinated

and that's what's been done there are a few groups who surpass the organized medical establishment for

deceit fraud and propaganda
again i'm not necessarily talking about
your individual physician
but the organizations the ama the fda
the national cancer institute and the
american cancer society
now these are the common immediate
generalized toxicities are the side
effects of chemotherapy
suppression of the bone marrow where
your blood cells are produced this
results in decreased white blood cells
the disease fighting cells you need to
fight infection
decrease platelets the blood clotting
cells so you can have severe episodes of
bleeding and anemia a low red blood cell
count
the second is severe nausea and vomiting
third is mucous membrane ulceration
there you get painful sores in your
mouth and your esophagus and even in the
intestines so eating becomes very
painful and what's called alopecia or
baldness your hair falls out
these effects and many others that are
not so obvious occur because the
chemotherapy is poisoning your normal
cells
in this medical textbook there are 50

pages

on the toxic effects of chemotherapy
additional complications include
infections involving the teeth in their
supporting structures hemorrhage that's
bleeding
and cardiac toxicity you have ekg
changes drug induced
cardiomyopathy which causes congestive
heart failure such as a shortness of
breath enlarged liver
ankle swelling enlarged heart and fluid
in the lungs and this can occur up to
seven years after your treatment
plus
tachycardia which is a rapid heart rate
and arrhythmias those are irregular
heart rates
then there's lung toxicity
chemotherapy induced injury to the lungs
can be fatal and may occur after the
drug has even been discontinued
it can cause chronic pneumonia and
fibrosis which is scarring and fluid in
the lungs
and it causes kidney damage that can
progress to end stage disease requiring
chronic dialysis therapy
and then there's infection chemotherapy
causes patients immune systems to be

further compromised
then they're subject to a host of
serious life-threatening bacteria and
fungal infections that cause shortness
of breath chest pain coughing up blood
fever chills headache and hemorrhage
and then there's candidiasis and
cryptococcus which are other fungal
infections they cause cough chest pain
shortness of breath fever again coughing
of blood and night sweats
immune suppression from chemotherapy can
also result in viral diseases such as
cytomegalovirus that's a herpes-like
virus and that leads to hepatitis
gion beret syndrome which is a severe
paralysis that can be fatal
encephalitis
myocarditis that's inflammation of the
heart low platelets those are the blood
clotting cells infection in the stomach
in the intestines in the esophagus and
even the retina of the eye
another viral disease herpes causes
ulcers on the palate in your mouth the
gums the tongue the lip or the facial
area and leads to bleeding severe pain
and inability to eat or drink
herpes infection in the esophagus leads
to the inability to swallow and

pain behind the sternum and weight loss
another possible side effect of the
chemotherapy is herpes zoster which is
shingles this causes a deep searing
knife-like or burning pain and rash over
almost any area of the body
another disease that chemotherapy causes
is pneumocystis pneumonia that's an
opportunistic infection that aids
patients get
and toxoplasmosis another fungal
infection it has severe central nervous
system involvement in at least half of
the cases of this disease in
immunocompromised patients it causes
brain dysfunction with or without
seizures and meningitis
chemotherapy also causes constipation
diarrhea
skin necrosis that means areas of your
skin can die
and peripheral neuropathy that's the
loss of reflexes and nerve numbness or
pain and muscle wasting
a patient is usually told he or she will
have to wait a month between treatments
because the chemotherapy which is your
treatment
is so destructive to your body and the
blood forming cells in your bone marrow

that you have to wait for the bone marrow to recuperate and begin making new cells again so you can have another destructive treatment to suppress your bone marrow and your immune system even more to increase your red blood cell count so you won't be anemic a drug like erythropoietin is given but erythropoietin which has brand names like epigen or epoetin these drugs are used to treat the side effects of the chemotherapy but they have lots of side effects as well they cause headaches fatigue dizziness seizure stroke nausea and vomiting diarrhea high blood pressure joint pains swelling and life-threatening blood clots over time chemotherapy causes damage to the heart the lungs the kidneys with kidney failure the immune system and the blood-forming marrow resulting in overwhelming bacterial infections it also causes toxicity to nerves resulting in the peripheral neuropathy that we spoke about that's numbness and strange feelings including pain in the feet and legs chemotherapy also causes serious

endocrine problems such as thyroid and other hormonal problems causes premature menopause and infertility

plus it causes secondary cancers a second kind of cancer in addition to the one you already have

all these side effects are handled by the doctor prescribing more drugs with more side effects

drugs such as steroids are given to decrease these side effects but steroids like prednisone have more side effects including diabetes weight gain

osteoporosis yeast infections depression sleeplessness dementia and psychosis and increased susceptibility to infection and more suppression of the immune system

just how devastating the side effects of chemotherapy can be is revealed in an illustration told by dr john laszlo who was senior vice president for research at the american cancer society

dr laszlo is considered an expert on the complications of cancer care

this is a quote from him

not only do many patients suffer from extreme nausea and vomiting he writes but about one-quarter of the long-term patients become

so conditioned to experience these symptoms even in the absence of the actual drugs that we have seen patients drive into the hospital parking lot and promptly begin to vomit or vomit when they smell the alcohol sponge used to clean off the arm prior to the iv being replaced for the chemotherapy or even vomit when they see the nurse who administers the chemotherapy even if that person is encountered out of uniform in a supermarket or elsewhere away from the hospital

chemotherapy is a systemic poison it poisons your whole body it appears to succeed for that very reason at least temporarily the tumor shrinks

but the chemotherapy fails for the very same reason it's a systemic poison in other words it will shrink the tumor and your tumor marker blood tests may go down for a while

it appears to be working but it will also severely damage your immune system so you will be in a seriously weakened condition when the cancer returns which it always does

if you have enough immune system left to

fight it you may survive
but if you don't the cancer takes over
john karens a professor of microbiology
in the school of public health at
harvard university wrote in an article
in the journal scientific america that
quote
many of the drugs used to treat cancer
are known to be carcinogenic
cancer-causing and one of the long-term
effects of chemotherapy is that
somewhere between five and ten percent
of the surviving patients die of
leukemia
in the first 10 years after treatment
the chemotherapy the treatment
causes the leukemia
he continues if cancer specialists were
to admit publicly that chemotherapy is
of limited usefulness and is often
dangerous
the public might demand a radical change
toward non-toxic methods and toward
cancer prevention
to ward off these criticisms and demands
the use of chemotherapy is even
advocated by those members of the
medical establishment who realize how
ineffective and dangerous it can be
now let's look at radiation radiation is

x-ray

doctors and dentists tell you don't get
too many x-rays because x-rays cause
cancer

but when you already have cancer doctors
tell you now you must have huge doses of
what we otherwise tell you to avoid
because it causes cancer

let me offer you a proposition
if you have a young son or a daughter
who's perfectly healthy how about if i
offer to pay for six months of radiation
and six months of chemotherapy for them
it won't cost you a thing

would you let me do it
of course not

why because it would make your child
terribly sick and maybe even kill them
but think about it

if you won't let me do that to them when
they're well

why would you let me or any other doctor
do it to them when they're sick
it doesn't make sense

here's a whole textbook entitled
radiation protection in medical
radiography that's just a fancy word for
x-ray

this textbook discusses all the hazards
of radiation from x-rays and how medical

personnel must protect themselves from
its damaging side effects
here are pictures of an x-ray pioneer
who was exposed to radiation and first
developed tanned dried and wrinkled skin
this picture is five years later his
skin is cracked reddened and rough
notice that the damage can continue to
occur for a long time
later cancer of the skin developed and
one year later or six years after his
original exposure and after a series of
operations including amputations
the man eventually died of metastases
cancer that spread to other vital organs
and killed him
the government has very strict limits
for exposure to radiation for medical
workers all medical personnel including
doctors nurses and technicians who work
around x-ray machines of any type are
required to wear little x-ray badges
that record how much radiation they
receive during a specific period of time
these badges are turned in at certain
specified intervals to monitor exactly
how much exposure each person is getting
because radiation is so dangerous
you'll notice that when a technician is
taking an x-ray of you or giving you

radiation therapy that technician makes
sure he or she is protected behind a
lead wall

they never stay in the room with you
unless they're wearing a lead apron to
cover them that's because radiation is
so dangerous

but for you who are sick with a
life-threatening disease

the american cancer society and the ama
and the fda say radiation is safe and
effective

how can they say it's safe and effective
for you

but it's a dangerous hazard for them
here is the current radiation protection
philosophy they admit that quote
the most minuscule dose of radiation has
the potential to cause harm unquote
and that this is directly related to the
amount of radiation dose to which you're
exposed

the current philosophy however states
that radiation

also possesses beneficial as well as
destructive potential that certainly
sounds like double talk it means

sometimes bad is actually good

this philosophy proposes that when
employed in the healing arts

for the welfare of the patient the potential benefits of exposing the patient to radiation must far outweigh the potential risks involved that means that if you're healthy and well radiation is harmful for you but if you're sick especially with cancer radiation is good for you yet this medical textbook states that ionizing radiation that's the radiation we're talking about damages living systems this is a picture of a person's arm that received a radiation burn showing that cancer that occurred as a direct result of the radiation caused this terrible problem this textbook nursing care in radiation oncology discusses the problems that cancer patients have after receiving radiation treatments it takes an entire textbook to cover them all it also discusses the problems of secondary cancers caused by the radiation treatments let me read you a quote from this book it says exposure to radiation therapy or chemotherapy places an individual treated for one tumor at an increased

risk for a second treatment related malignancy

the current medical literature contains numerous case reports of persons treated with radiation therapy who have been diagnosed with other different kinds of cancer

and in this book there are a couple of pages

total pages of small excerpts from many different studies documenting many cases of second cancers caused by radiation treatment for the first cancer

and here i have many other excerpts from many different medical articles showing patients who developed cancer other kinds of cancers than the one they were being treated for after radiation therapy

radiation treatments have generalized side effects to the whole body as well as potentially severe side effects to the specific area where it's directed

here are the generalized side effects

early skin changes that can include redness of the skin peeling of the skin decreased sweating swelling ulceration hemorrhage that's bleeding and necrosis which means the death of the tissue your skin in that area can actually die

late skin changes include atrophy which is shriveling of the area increased pigmentation that's darkening of the skin hair loss ulceration and in some cases death directly related to radiation's late side effects with breast cancer radiation can result in a shriveled dark brown scarred breast as my surgeon commented to me there are pictures actually in this book other radiation side effects are fatigue nausea vomiting inflammation of the esophagus inflammation of the stomach diarrhea and anemia now listen to these documented side effects of radiation in children depending on the area that receives the radiation nausea vomiting dehydration headache skin sensitivity baldness fatigue brain swelling suppression of the bone marrow inflammation of the esophagus with difficulty swallowing future infertility abdominal cramping diarrhea inflammation of the lungs increased susceptibility to fracture the bones pericarditis that's inflammation of the sac surrounding the heart pericardial effusion that's fluid around the heart cardiac arrhythmias growth

hormone deficiency
pituitary dysfunction
hypothyroidism
dysfunction of the ovaries dysfunction
of the testicles intestinal obstruction
liver toxicity and scarring shortened
stature scoliosis that's curvature of
the spine kyphosis that's another spinal
deformity dental abnormalities with
asymmetry of the facial bones and the
soft tissue on the face
dysfunction of the endocrine glands such
as thyroid decreased intelligence memory
impairment impaired ability to think
death of areas of the brain cataracts
damage to the retina of the eye visual
impairment
toxicity to the ears with hearing loss
kidney damage and bladder scarring
brachytherapy is a special kind of
radiation involving the direct
application to a tumor of a temporary or
permanent radioactive source such as
radioactive implants as is often done in
prostate cancer
this causes the same kind of side
effects too
did radiation therapy gain such a
foothold as a treatment for cancer when
every doctor knows and every medical

organization admits that radiation
causes cancer
charges of radiation dangers have often
been voiced but most often these charges
have been ignored
initially this was due to the widespread
enthusiasm for this new technique long
ago
radiation will often cause temporary
remissions but the cancer comes back
often with a vengeance because nothing
has been done
to reverse the underlying factors that
allowed the cancer to develop in the
first place
since radiation actually causes cancer
why is it used as a treatment for cancer
radiation therapy has always been
lucrative for hospitals for equipment
and film manufacturers and for the
radiologists themselves
once millions of dollars are invested in
equipment there is a strong inducement
to use that equipment despite newer
information suggesting that its use
should be curtailed
you'll see that in this very article
in the late 1970s dr erwin gross who
held important positions at both roswell
park and johns hopkins hospitals and had

published over 300 medical articles
failed to get a renewal of his
government research grants because he
had spoken out on the subject of
radiation dangers
dr bross pointed out a 30-year cover-up
of radiation hazards and in particular
the role of doctors in promoting that
danger
he wanted to study the danger of
radiation specifically
and radiation's role in causing
additional disease when it was
prescribed by doctors for treatment
but he found out that it's almost
impossible to get government funding for
a study of iatrogenic that means
doctor-caused disease
and here's a quote he says you just
can't get people associated with the
medical profession to accept a study
that is frankly dealing with dr cause
cancer
dr bross continued quote everyone said i
was crazy to do that and they were right
but on the other hand if i had called my
study something else and they'd turned
me down anyway then the public wouldn't
know why they turned me down
i figured he said it's better that the

public should know that the national cancer institute won't support this kind of research

for 30 years radiologists in this country have been engaged in massive malpractice the doctor says which is something that a doctor will not say about another doctor

end quote

so it's clear that radiation causes cancer it does not cure cancer it severely damages the immune system and results in a lots of other horrible painful often permanent side effects as well

now i agree that not every patient develops all these side effects but radiation continues to do its damage wherever on the body it's used whether you're immediately aware of the damage or not

well how about cutting out the cancer can't that cure me if the surgeon gets all the cancer

cancer is not caused by deficiency of surgery you don't develop cancer because you haven't had enough operations in your life

so cutting out the cancer will not cure you because all the factors that allowed

you to develop cancer in the first place
are still operating in your body
if you cut out the cancer it will just
come back in the same area or it will
appear somewhere else
in order to get rid of it you must
reverse the factors that allowed it to
develop in the first place
if you keep eating the foods that cause
cancer and you keep living the lifestyle
that causes cancer you'll still have
cancer
that's the reason that women with breast
cancer in one breast have a relatively
high incidence of developing cancer in
the other breast because after they have
the first breast removed they continue
eating and living the way they always
did so the factors that cause the first
cancer are still continuing to operate
and then they develop cancer in the
other breast but that doesn't have to
happen if you truly change your diet and
lifestyle
doctors are in such darkness that
they're frequently advising women to
have both breasts cut off even when only
one is affected with cancer
some women who have a family history of
breast cancer are even advised to have

their breasts removed prophylactically
before they even develop cancer
that's unbelievable darkness i had
breast cancer breast cancer is not
caused from having too many breasts
cutting them off does not solve the
problem

i refuse mastectomy even of the breast
that was involved with the cancer i knew
there was a way to reverse the problem
according to one textbook clinical
oncology for medical students and
physicians and this is published jointly
by the university of rochester medical
school and the american cancer society
warnings are given for the dangers of
surgery and even biopsy here's a quote
experimental data suggests that surgical
trauma decreases natural resistance to
the formation of metastases this means
that the trauma of the surgery
suppresses your immune system and
increases the potential for spread of
your cancer

here's another quote
needle biopsy is occasionally used but a
needle track may harbor nests of cells
which may form the basis for a later
spread incisional biopsy of certain
highly malignant tumors through an open

operative field may be contraindicated because of risk of spread of the tumor throughout the operative field end quote

so

a surgical biopsy a procedure used to diagnose cancer in its earliest stages may actually contribute to the spread of cancer in some cases

other researchers have found in experimental studies

that major surgery has a deleterious effect on a patient's immune system and lowers their resistance to cancer

studies at the university of illinois subjected animals to various kinds of stress operations liver poisons or chemical anesthetics

all of these they found decrease the animal's resistance to injected cancer cells

in this study the chances of a tumor growing as a result of just undergoing a surgical procedure an operation increased

anywhere from 50 percent to 450 percent

so even surgery can have a serious negative impact on your immune system but here are the general guidelines i used you must make your own decisions

one

at the beginning i wanted a diagnosis i wanted to know if my lump was cancer so i had an excisional biopsy that means the main portion of the small tumor was removed remember at that time it had already spread

but also remember the main tumor at the beginning was very small about half the size of an almond and i had it removed under a local anesthetic like novocaine or lidocaine so i didn't even have the damaging effects of a general anesthetic the operation can't always be done under a local anesthetic but when it's possible it's usually better for you two i chose open excisional biopsy rather than needle biopsy because needle biopsy just samples tiny areas of the tumor so it's harder to make a definitive diagnosis of cancer areas of the cancer may be missed in the needle biopsy

three

if one has colon cancer that is obstructing the colon it's reasonable to have the obstruction relieved so you can eliminate your waste material if your tumor is pressing on a vital organ releasing that pressure is

desirable

and debulking a tumor for pain relief as

i had done is reasonable

but you must remember that major surgery

has a profound negative effect on your

immune system

so consider that when you make your

decision

knowing what i know now i would not have

had even the original very small tumor

removed because by following god's total

health plan i could have reversed it but

i didn't understand all ten steps at

that time

i now know also that in all the other

situations i have just mentioned

trust in god can change conditions in

the body that established medicine could

never dream would be possible

but you must make your own decision

the next category is hormone therapy a

popular drug now is lupron frequently

used in patients with prostate cancer

its side effects include generalized

pain headache hot flashes sweats nausea

and vomiting gastrointestinal

disturbances swelling weight gainer loss

acne facial hair muscle and joint pain

depression emotional instability

dizziness nervousness neuromuscular

disorders numbness and tingling of the hands and breast changes with tenderness and pain

estrogens such as diethylstobesterol called des are used as palliative treatment of metastatic prostate and breast cancer

palliative treatment means the doctor has no hope of curing you

but the side effects of these drugs are blood clots stroke heart attack liver tumors high blood pressure fluid retention nausea vomiting depression nervousness enlargement of the breast migraine headache overgrowth of the uterine lining and breakthrough vaginal bleeding in women

side effects in males are many of the same as i just mentioned plus impotence atrophy of the testicles and gynecomastia which is in large breasts in men

then there are the anti-estrogens such as tamoxifen

this is a drug that they're handing out like candy side effects are hot flashes fluid retention nausea skin changes blood clots vaginal discharge hair loss allergies constipation mood changes uterine cancer and liver

cancer and studies suggest even a potential increase in breast cancer when it's used for several years

there's another group of cancer drugs called biologic response modifiers these are drugs such as interleukins interferons tumor necrosis factor and monoclonal antibodies these are very expensive drugs used to treat cancer the toxicity of interleukins includes significant cardiovascular complications including seriously low blood pressure and the development of a full-blown capillary leak syndrome which means your small blood vessels break down and bleed into your tissues it also causes weight gain swelling in the legs and feet cardiac arrhythmias heart attack nausea hypothyroidism and neuropsychiatric changes that may continue to progress even after the therapy is discontinued

interleukins has side effects which include chills and fever rash with itching and peeling nausea vomiting diarrhea anorexia septic shock that means a life-threatening drop in blood pressure tachycardia which is rapid heart rate cardiac arrhythmias heart attack hallucinations disorientation delusions personality changes and

suppression on the blood formation
system requiring blood transfusions now
i'm giving you all of these side effects
because people write and ask questions
like well my doctor says i should take
tamoxifen or interleukin or interferon
what do you think so you need to know
what these drugs do then you can make up
your own mind next is interferon
this oncology textbook says interferon's
anti-tumor effects are produced directly
by poisoning of the cells the
interferons directly inhibit the growth
of both tumor cells and normal cells
unquote
the general side effects include fever
fatigue myalgia that's painful muscles
confusion numbness and tingling and pain
in the fingers and toes abdominal pain
constipation nausea and vomiting
diarrhea anorexia and gingivitis which
is inflammation of the gums it also
causes depression impaired concentration
amnesia shortness of breath inflammation
of the pharynx and sinuses and hair loss
tumor necrosis factor can cause severe
low blood pressure
the monoclonal antibodies can cause low
blood pressure shortness of breath
anaphylaxis which is collapse which can

cause death myalgias and muscle pains
and rhabdomyolysis which is muscle
destruction which can cause
life-threatening kidney failure
where did all these drugs come from why
is cancer treated with drugs that cause
cancer and who controls the cancer
industry
most patients think that the physicians
and the researchers are in charge of the
medical establishment
but these professionals are often under
the control of laypersons for example
memorial sloan kettering cancer center
in new york one of the most influential
cancer centers in the world is
controlled and managed by the board of
trustees who are more often than not
laypersons and frequently they are
executives of corporations that have the
greatest vested interest in the cancer
industry the methods and equipment used
to treat cancer patients
the major players in control of the
cancer industry including the control of
the information that you and your
physician are allowed to know are the
following first
memorial sloan kettering cancer center
in new york

two the american cancer society
three
the national cancer institute and four
the fda the food and drug administration
in the 1880s the wealthy astor family
who made their wealth from fur trading
and tenement properties what we would
today call a slumlord
provided the initial funding for the new
york cancer hospital which later became
memorial sloan-kettering cancer center
but along with their large contributions
they demanded control
they dictated who would occupy the
leading positions on the board of
directors and who would be the medical
director of the hospital
in the 1920s the rockefellers who
controlled standard oil of new jersey
signed an extensive agreement with the
german pharmaceutical company ig farben
after this partnership was established
the standard oil rockefeller empire
suddenly developed a great interest in
the worldwide pharmaceutical business
the rockefellers then began their
systematic contributions to memorial
hospital and a few years later a vice
president of standard oil was invited to
join memorial hospital's board of

managers he was subsequently made
chairman of the newly organized research
committee

when world war ii came along cornelius
rhodes who was involved in the beginning
research on chemotherapy at memorial
sloan kettering cancer center

became chief of research for the
chemical warfare service of the united
states military whose official purpose
was to carry out supposedly defensive
studies on the effects of poison gas
but human experiments with nitrogen
mustard a poison gas were also being
carried out on cancer patients under the
cover of military secrecy

nitrogen mustard a chemical warfare
killing agent and the grandfather
of

chemotherapy agents is still used on
cancer patients today

under the more acceptable names of
cytotoxin

al kharan or lucaran

it's actually here in the pdr the
physician's desk reference the bible of
drugs for doctors

nitrogen mustard is meant to kill people
and it frequently does that job very
well when given to cancer patients

by the mid-1960s the leading members of memorial sloan kettering's board were individuals whose corporations stood to lose or gain a great deal of money depending on how cancer was treated individuals like lawrence rockefeller and benno schmidt of worthington biochemical company who was chairman of the board of directors of memorial sloan kettering by 1988 over a third of the entire board of directors of memorial sloan kettering had ties to the medical industrial complex whose corporations produce a wide range of known or suspected carcinogens for example Exxon it's one of the world's major producers of benzene a major cancer-causing substance general motors is responsible for for about a third of the nation's air pollution by tonnage according to Ralph Nader and these are only the direct corporate links if you look at the other boards on which memorial sloan kettering directors serve you will find asbestos manufacturers allied chemical company manufacturer of red dyes that are known carcinogens and other producers of life-threatening chemicals

how ironic
that those who are making millions by
mass producing cancer-causing substances
now also are making money on the other
end first by controlling the types of
cancer treatment allowed then by
producing the chemicals used for
treatment of the cancers caused at least
in part by the very substances these
corporations originally produced
with these massive corporate ties that
hardly seemed surprising then that
memorial sloan kettering favors an
expensive care approach for cancer over
that of prevention
these directors bring to their jobs at
memorial sloan kettering the same
general philosophy and interests that
guide their business and financial
activities
make money
the result is that research is directed
away from prevention
away from inexpensive alternative
natural remedies and toward more
profitable treatments
why don't we hear this information
through the media
let's look at the media ties on the
board at memorial sloan kettering cancer

center

in 1988 two board members were directors

at the new york times corporation

two board members were executives at

reader's digest one board member was

president of warner communications and

one was director of cbs

when a story about a promising

alternative treatment for cancer was

dropped by united press international

and associated press the two newswire

services

investigative journalists asked why

they were told that quote all cancer

stories had to be cleared through the

science editing department of the

associated press in new york unquote so

the story didn't run

all cancer stories had to be cleared by

one group in new york city where the

american cancer society and memorial

sloan kettering had virtual total

control of all policies relating to

cancer

all cancer stories for all the citizens

of america had to be approved just as

all treatments have to be approved and

by the same

people lest you think this is an

isolated example here are a few more

illustrations documenting that the media
is controlled

here's a quote from john swinton who was
one of america's best love newspapermen
and the former chief of staff for the
new york times

he was called by his peers the dean of
his profession

in 1953 50 years ago

he was asked to give a toast before the
new york press club

after listening to numerous hypocritical
toasts to our american free press

john swinton spoke candidly to his
journalistic colleagues

quote

there is no such thing at this date in
the world's history in america as an
independent press you know it and i know
it

if i allowed my honest opinions to
appear in one issue of my paper before
24 hours my occupation would be gone
the business of the journalist is to
destroy the truth to lie outright to
pervert to vilify to fawn at the feet of
mammon and to sell his country and his
race for his daily bread you know it and
i know it and what folly is this
toasting an independent press

we are tools of the rich men behind the
scenes we are the jumping jacks they
pull the strings and we dance our
talents our possibilities and our lives
are all the property of other men
we are intellectual prostitutes end
quote

richard m cohen senior producer of cbs
political news said quote

we are going to impose our agenda on the
coverage by dealing with issues and
subjects that we choose to deal with
unquote

richard salant former president of cbs
news stated quote

our job is to give people not what they
want but what we decide they ought to
have unquote

few people know that there is a media
monopoly in the hands of a few families
and global corporations here are the
massive holdings of aol time warner
cancer is big business and they're
sacrificing your life in the process
how about the american cancer society
the revered american cancer society one
of the nation's largest volunteer health
organizations
it collects over 400 million dollars per
year

just get a checkup and send us a check
they say
yet not a single breakthrough has
resulted from this colossal collection
of money
obviously the american cancer society
benefits from the intense concern of the
public about cancer
yet cardiovascular disease is
responsible for twice as many deaths as
cancer
but the american heart association
receives far less in donations and
research funds than the cancer
establishment
why
because the american cancer society does
a splendid job of keeping the public
very conscious of cancer hardly a day
goes by without a newspaper report on
cancer
the death from cancer of former senator
hubert humphrey actor yule brenner and
john wayne former first lady jacqueline
kennedy or comedian gilda radner and
other celebrities becomes a national
drama which the public follows with
fascination
the american cancer society was
originally founded at the new york

harvard club in 1913 by none other than
john d rockefeller jr and his friends
rockefeller even provided the funds for
its founding

from the start the society's role was to
be a shaper of public opinion the main
goal was to urge the general public to
consult their physician at the very
first suspicion of cancer

in the early 1940s a group of wealthy
individuals began to plan a
reorganization of the american cancer
society

key figures among the new leaders were
elmer bost president of hoffman laroche
drug company and albert lasker a
prominent advertising man whose greatest
advertising triumph was for the american
tobacco company

his slogan reach for a lucky instead of
a suite convinced thousands of women to
start smoking in the 1930s and 40s again
follow the money

lasker made money first by encouraging
women to smoke then he made more money
through the american cancer society by
directing fundraising supposedly for
research and treatment for the very
cancers his advertising encouraged
boston lasker introduced the most

advanced madison avenue techniques into
cancer fundraising and dollars flooded
into the society

in 1978 journalist barry charka
investigated the american cancer society
and found that this non-profit agency
was hoarding and investing for profit
many millions of dollars contributed by
the public to fight cancer while at the
same time the american cancer society
was claiming that vital research was not
being done because of a lack of funds
of the money the american cancer society
spends to supposedly fight cancer 61
goes for staff salaries executive travel
office supplies and other expenses
less than five percent is allocated to
assisting patients

the american cancer society is not
interested in a cure it would go out of
business

the following incident illustrates this
point

in 1952 a county chapter of the iowa
american cancer society ran a full-page
ad in the local paper asking for the
american cancer society parent
organization to investigate claims of
four new possible cancer cures
but the chapter was promptly expelled

from the american cancer society
the chairman of the expel chapter was
astonished and said we're to lost to
know what crime we committed we were
asked to help conquer cancer we have
tried to do just that has the american
cancer society another motive
well the underlying motive is revealed
in an article that appeared in harper's
magazine

stating quote

the american cancer society was
designated by charter as an emergency
organization which must disband the day
a cure is found

why would the american cancer society
ever admit that a cancer cure exists
they would have to disband and give up
that 400 million dollars or more every
year

the national cancer institute is a
government research agency that has the
primary responsibility for funding the
so-called war on cancer it hands out
billions of your tax dollars in research
funds in support of scientists at
various institutions

both the american cancer society and
memorial sloan kettering guide the
thinking of the national cancer

institute on many matters

in 1971 the national cancer act was passed and that began the war on cancer before that in the late 1960s congress established a national panel of consultants to study the conquest of cancer

it was this committee that ultimately recommended the war on cancer to congress

of the 26 panel members who proposed the war on cancer 10 were officers of the american cancer society four were affiliated with memorial sloan kettering cancer center and several others were from chemical and pharmaceutical companies the very ones who would benefit from the millions of dollars in taxpayer money that would be handed out by the government and eventually funneled into their pockets

this is the way the national cancer institute works

a researcher applies for research funds this grant request must be approved by a wide variety of scientists bureaucrats and businessmen

it must be the result of a consensus among these many individuals almost by definition such an application

must be well within the bounds of
conventional science
these constraints make it almost
impossible
for radically new ideas to be approved
by the national cancer institute
that's why the national cancer institute
will never fund the investigation of
natural treatments for cancer or any
other disease
the recently formed branch of
alternative medicine investigation at
the nci or national cancer institute has
been nothing but a sham to appease
congress and especially to appease the
public who are beginning to understand
that the war on cancer by conventional
medical techniques is an abysmal failure
and who are clamoring for non-toxic
effective alternative treatments
furthermore the public pays for
chemotherapy drugs to be developed with
their tax money which is dispensed to
researchers by the nci
then the public pays again
this time at monopoly prices
to purchase these same drugs from the
private companies who patent them for
their own gain
and they charge you exorbitant prices to

buy the very drug that your tax money
paid to develop

what a racket

the fda is a government agency staffed
by civil servants and political
appointees its role is theoretically to
prevent harmful or useless methods of
treating cancer from entering the
marketplace

yet they strongly endorse chemotherapy
and radiation both extremely harmful
treatments

in 1974 11 fda scientists testifying in
senate hearings charged their own agency
with being a virtual pawn of the
pharmaceutical industries it is supposed
to control

they testified that they were harassed
by agency officials whenever they
recommended against approval of
marketing some new drug

in 1976 the new england journal of
medicine commented on the state of
affairs at the fda and this is a quote
there was open drunkenness by several
employees which went on for months there
was intimidation internally by people
division directors and their staff would
engage in kinds of behavior that invited
insubordination people tittering in

corners throwing spit balls

i am describing physicians people who would slouch down in a chair not respond to questions moan and groan with sweeping gestures a kind of behavior i have not seen in any other institution as a grown man unquote

one author writing about these matters suggests that this behavior seems more characteristic of an insane asylum than of a top government agency

and these are the people who brand natural healing methods as quackery

in addition

there's a revolving door between pharmaceutical companies in the fda

certain fda members push hard to get a certain drug approved and then surprise surprise they suddenly quit the fda and go to work for that very drug company and everyone pretends that it's all legal and above board

the american cancer society the national cancer institute and the fda are all in bed together they're working for themselves not for you

now let's discuss cure rates your doctor may give you statistics on rates of cure with different types of therapies

but what does your doctor mean by cure

for years the american cancer society maintained a peculiar definition of a cancer cure as a five-year survival after diagnosis

a new york times reporter once asked for a definition of the word cure and an embarrassed american cancer society vice president admitted quote

i've never gone to a dictionary to look up the definition of cure we really don't know what we mean by cure unquote and this was published in the new york times in 1979

doctors rarely use the term cure when they talk among themselves because they know that the conventional methods of treatment

really don't cure cancer

in recent years however the american cancer society's definition of cure has become even hazier for example

among the 2 million cured cancer victims in the united states the american cancer society admitted that they have included individuals who quote still have

evidence of cancer unquote

that means that a man who is treated for cancer and survives five years is entered into the record book as a cure but if his cancer later recurs and he

happens to die he'll then be in this
strange situation of having been
officially cured of cancer and yet dying
of cancer at the same time
you will hear much from your doctor
about the impressive statistics of
survival after treatment of cancer but
let's look at how those figures are
derived
in his book the cancer industry
author ralph moss magnificently details
the fraud and deceit associated with
statistics here's one illustration
dr hardin jones a professor of medical
physics at uc berkeley and an expert on
statistics aging and the effects of
drugs and radiation states quote
the notion that patients treated by
conventional therapies live longer than
untreated patients is biased by the
methods of defining the groups
if a person in the untreated category of
a study the control group dies at any
time while he or she is being studied
this as is recorded as a death in the
control group and is registered as a
failure of the no treatment approach
if however patients in the treated
category die during the course of the
treatment before the treatment course is

completed their cases completely
disappear from the data they are just
not included in the study since quote
these patients do not then meet the
criteria established by definition of
the term treated unquote so a patient
who dies on day 89 of a prescribed
90-day course of chemotherapy would just
disappear from the list of treated
patients and would not be listed as a
failure
if this biased effect is stripped out
the common malignancies show a
remarkably similar rate of death whether
treated or untreated according to dr
jones
also there is no proof that early
diagnosis affects survival
new techniques are able to diagnose the
cancer earlier on an average of about
six months earlier what does this do
it converts what used to be a four and a
half year survival rate
to a five-year survival rate which is
what they then call a cure
nothing has changed on the survival
graphs except the beginning point they
choose to measure from
naturally the earlier the detection the
longer the survival from that point and

the more time they have to give you
expensive painful treatment but you have
not affected the real survival time at
all

it's also obvious that conventional
treatments have not been able to stop
the rise in cancer mortality there has
been a steady increase in the cancer
death rate in the united states in this
century and the previous one
cancer accounted for 1 in 27 deaths in
1900 1 in 16 in 1920 1 in 12 deaths in
1930 one in nine in 1940 one in seven in
1950 one in six in 1960 and 70 and the
death rate continues to climb

it might appear that the reason for this
increase is simply that we are living
longer and that cancer is a disease of
the old and middle age but this is not
the only reason for the increase these
figures are already age-adjusted and
have already taken into account the
shift in seniority among the population
in the 1980s the standard figure for
cancer cures not really cures but
five-year survival was around one-third
33 percent

but suddenly
the american cancer society was
proclaiming that 49 will be alive five

years after diagnosis
at first glance this seems like a
remarkable improvement how did this
happen
the survival rate hadn't really
increased the cancer industry just
developed a new and different standard
to announce to the public
this was called a variant on the
five-year survival statistic and they
named it the relative survival rate
according to cancer officials relative
survival rate is considered a more
accurate yardstick for measuring cancer
progress
relative survival rates take into
account the expected mortality figures
this means that if a person hadn't died
of cancer he might have been run over by
a truck and that must be factored into
the equation
with the use of this fraudulent
yardstick now they say that 49 of
today's cancer patients will be alive
five years after diagnosis this is where
the 50 cure rate comes from
that's called lying with statistics
another serious flaw in the national
cancer institute's number was that the
nci chose to use only the figures for

white people statistics show that the cancer incidence rate and the death rate is higher for blacks than for whites so the nci chose to present the figures on whites only as the norm and ignore the death rate for blacks but these claims of great progress were exposed as a fraud when an article appeared in the new england journal of medicine revealing that these figures did not include the death rate for black people nor for lung cancer patients they just excluded those groups because their death rates were higher more lying with statistics there are books available documenting fraud and deceit in science in general and in medicine in particular but you probably won't find them in your local bookstore this book the betrayers of the truth fraud and deceit in the halls of science shows how science really works and why scientists cheat and distort both the statistics and the outcome of the studies and this book racketeering in medicine exposes the massive orchestrated suppression of alternative methods of

treatment by the government and organized medicine

here's another example of the cozy relationship between the fda and the pharmaceutical companies they're supposed to control

the fda and the pharmaceutical advertising council called pac which represents some 35 major drug companies have formed an organization called the national council against health fraud reportedly they are paying large sums of money to doctors and public health specialists to publicly discredit all non-traditional therapies particularly those that are proven to have the most promise and present the greatest threat to the pharmaceutical companies

yet the fda regularly approves dangerous often lethal drugs

and when one of these wonder drugs fails or causes serious injury or death in either one person or thousands of people no one in the pharmaceutical company the medical profession or the fda is rated arrested or jailed as often happens to alternative practitioners

at most the drug is just quietly removed from the market

chemotherapy and radiation both of which

cause cancer and both of which have been responsible for hundreds of thousands if not millions of deaths

are the only therapies that the government endorses and approves

these therapies are reportedly introduced as new and new approaches promising that sometime in the unknown future

maybe we will have a cure for cancer yet the so-called alternative therapies are consistently accused of offering false hope

on the contrary it's the government and organized medicine's phony and outrageously expensive 30-year war on cancer that has not only been an abysmal failure but has exposed establishment medicine as the most diabolical purveyors of false hope our country and the world has ever known

when the phony statistics are eliminated the long-term survival rate of cancer patients using conventional therapies remains abysmal at about three percent this was documented as recently as 1996 in the prestigious medical journal lancet

the cost of care for these millions of americans with cancer is estimated to be

between 4 trillion and 7 trillion
dollars over the last 20 years
that's a frightening amount of money
flowing into the hands of the medical
pharmaceutical cartel
is it any wonder that they won't admit
that cancer can be cured by natural
methods
dr benjamin rush a signer of the
declaration of independence had great
foresight over 200 years ago
here's what dr rush said quote
unless we put medical freedom into the
constitution the time will come when
medicine will organize into an
undercover dictatorship
to restrict the art of healing to one
class of men and deny equal privileges
to others will constitute the bastille
of medical science
all such laws are un-american and
despotic
they are fragments of monarchy and have
no place in a republic
the constitution of this republic should
make provisions for medical freedom as
well as religious freedom end quote
what a prophet he was
now i'm going to discuss several of the
most common cancers and lead you through

the process step by step of what you're going to encounter in conventional therapy we'll start with breast cancer the main diagnostic tests used to find a lump in the breast are mammograms ultrasound or a manual exam by a physician these three diagnostic methods can tell you if you have a lump but they can't tell you whether the lump is benign or malignant cancerous let's discuss these tests individually a mammogram is x-ray it's radiation radiation causes cancer many doctors suggest that a woman have a mammogram every year and for women past menopause they sometimes suggest one every six months twice a year well it's estimated that the radiation from one mammogram will increase a woman's risk of breast cancer by two percent that's four percent per year if you're having a mammogram every six months after 10 years you have increased your risk of developing breast cancer by 40 percent you have dramatically increased your chance of getting the exact disease that you're trying to avoid

ultrasound is safer and does not use radiation it's quite accurate in mainly diagnosing fluid-filled cysts but a manual examination by a physician has been shown to be just as accurate as a mammogram and it has no risks whatsoever

if you already have a lump and you want a diagnosis that has to be done by biopsy there are two kinds of biopsy there's a surgical biopsy where an incision is made or a needle biopsy where a needle only is inserted into the area of the tumor and cells or tissue are withdrawn

a needle biopsy may not require a general anesthetic but it's possible to miss the diagnosis of cancer because only portions of the tumor will be sampled so you may get a false negative diagnosis meaning your biopsy report will say you don't have cancer when in fact you do in some other area of the lump that was not sampled by the needle open biopsy is more accurate because if the tumor is small it can be surgically removed either completely or in large part and enough tissue is available for the pathologist to give a more complete and accurate diagnosis

a surgeon may want you to sign a consent for mastectomy at the same time the initial biopsy is done but that can be hazardous because if both the biopsy and the mastectomy are done during the same surgical procedure then the diagnosis of cancer has to be made on what's called a frozen section of the original biopsy let me explain what that means normally if a tumor is surgically biopsied the surgeon removes a piece of tissue which is sent to the laboratory preserved with special chemicals embedded in paraffin blocks or some other type of embedding material sliced into very fine microscopic sections placed on a small glass slide and stained with certain dyes so the pathologist can look at the tissue under a microscope for diagnosis this procedure takes several days but it is a procedure that is far more accurate than a frozen section a frozen section is prepared by freezing the biopsy tissue rapidly in the laboratory while the patient is still asleep on the operating table then that tissue is stained and then the pathologist examines the tissue under the microscope but every pathologist and every surgeon

knows that the diagnosis is not as accurate with the frozen sections as with the embedded and stained regular biopsy specimens which take several days to prepare there are horror stories of legs being amputated in young people on the basis of a frozen section or mastectomies being performed on women on the basis of a frozen section when later properly prepared regular embedded specimens have shown that the individual did not even have cancer so it's generally best to have the biopsy done as a separate procedure when you sign a consent for surgery it is an all-inclusive consent in which you are giving the surgeon the right to do almost anything he decides is necessary surgically while you're under the anesthetic when i had my biopsy i specifically wrote on the consent form that i did not give consent for mastectomy nor for lymph node removal or for removal of any other portion of my body except for the biopsy of the lump then i initialed what i had written so now if you choose to have a biopsy and the regular sections of your excised tissue are made and several days later

the pathologist looks at the slides and
makes the diagnosis of cancer
your surgeon may suggest mastectomy
and if the cancer is spread into your
lymph nodes he will probably also
suggest lymph node removal
let's first talk about mastectomy
was your breast cancer caused by having
too many breasts of course not so taking
them off does not solve the problem
what you need to do is reverse the
factors that allowed the breast cancer
to develop in the first place
and if you have cancer in your lymph
nodes that means the lymph nodes are
doing their job
think about this
if you have an infection in your foot
often the lymph nodes in your groin will
swell up because they're filtering out
the infection from the lymph fluid and
helping to prevent the spread of the
infection
would you in that case go to your
surgeon and say
the lymph nodes in my groin are swollen
from my foot infection and i want you to
remove the lymph nodes
no of course not
the lymph nodes are doing their job

they're helping you well if cancer has spread to your lymph nodes your lymph nodes are helping you in the same way your lymph nodes are part of your immune system they're filtering out the cancer to keep the cancer from spreading to other parts of your body removing the lymph nodes will eliminate important barriers to the spread of your cancer then the doctor will suggest poison in the form of chemotherapy or radiation to destroy what's left of your immune system removing the lymph nodes then poisoning your body with chemotherapy or radiation does so much damage to your immune system that now the cancer can spread everywhere and your body can't resist it i refused lymph node removal even though my lymph nodes were involved with the cancer once i started on the plan that made me well slowly those in large lymph nodes some as large as a walnut reversed themselves and over time became soft and free of cancer as i mentioned earlier some doctors will even suggest that you have the other unaffected breasts removed particularly

if you have a family history of breast cancer

but if you already have cancer in one breast it doesn't mean you'll develop it in the other breast

the reason that there's a significant incidence of cancer developing in the other breast is that the women continue to eat and live the way they did to develop cancer in the first breast

if you reverse those factors then you don't have to worry about getting cancer in the other breast because it's not in your genes

breast cancer is handed down from generation to generation all right but not in the genes this is the way it's handed down

great-grandmother teaches grandmother how to eat live and handle stress or not handle stress

grandmother teaches mother and mother teaches daughter

but this chain can be broken you don't have to eat and live the way your parents and grandparents did you can change those habits and rebuild your immune system naturally

most pathologists will automatically

order tests for estrogen receptors on
the biopsy of your breast cancer tissue
the test results will be either positive
or negative then they will suggest
certain additional drugs

i was upset when i found that the
pathologist had automatically ordered
those tests without my knowledge or
approval because it didn't make any
difference to me whether my tumor was
estrogen receptor positive or negative
because i had refused chemotherapy and
all drugs anyway

i wasn't going to put any drugs into my
body

the plan to reverse cancer is the same
whether the breast cancer is estrogen
receptor positive or negative

the only treatment options the doctors
will give you will be surgery
chemotherapy or radiation which we've
already discussed

you already know the generalized toxic
side effects of chemotherapy and
radiation

now here are the specific side effects
if you have radiation to your breast and
chest area

radiation to the chest causes damage to
the heart and can increase your chances

of a heart attack and death
it can cause shortness of breath cough
fatigue and respiratory distress it can
also cause pericarditis that's
inflammation of the sac surrounding the
heart it can cause heart valve defects
and scarring of the heart muscle leading
to decreased function of the heart as
well as changes in the esophagus and
spinal cord
a significant number of patients will
die from radiation pneumonitis pneumonia
from radiation of the chest area and
lungs
late radiation fibrosis or scarring
occurs in 50 to 60 percent of all
patients
many women are being given tamoxifen
which as i said causes uterine cancer
liver cancer and there is some evidence
that after several years of continuous
use it actually increases the incidence
of breast cancer
how about breast implants
irrespective of the great cover-up by
the fda the media and the manufacturers
of the breast implants there is enormous
evidence that silicone gel breast
implants have a severe
negative effect on the immune system

the saline implants are less dangerous
but they are still foreign material in
your body and are not helpful to your
immune system if i had breast implants
particularly the silicone gel type i
would have them removed as soon as
possible whether i had cancer or not
it is well established that the use of
estrogen for birth control or hormone
replacement therapy increases your risk
of breast cancer
but it's a well-kept secret that
abortion is an even bigger risk factor
for breast cancer i discussed this on my
video double blind what science can't
see
the national cancer institute doesn't
want you to know that
on their website they tell the
physicians but not the layperson
check out the website of the national
cancer institute here's what it looks
like
on this side the physician side they'll
give the statistics on the strong
relationship between abortion and cancer
on the other side for the lay person
they don't tell you
what if you've already had chemotherapy
and radiation

if by the time you see this video you have already had chemotherapy and or radiation for any type of cancer and you want to rebuild your immune system by natural methods you can do it but it will take longer since you have had so much more damage

if your cancer has returned and now the doctors are suggesting bone marrow transplant you should understand that in order to perform a bone marrow transplant the doctors must give you massive doses of chemotherapy to try to destroy all the cancer cells in your body before either giving you back some normal cells that were taken from your own body or to receive transplanted cells from someone else

but to give massive doses of chemotherapy to someone who is already so sick is criminal

you can see why the death rate is so high with this procedure it's truly a miracle when someone survives it

if your biopsy report shows you don't have cancer but instead you have either fibrocystic disease or a benign lump well any lump in the breast is abnormal you can be happy and give a sigh of relief that you don't have cancer but

you still need to reverse the factors that allow that lump or those cysts to develop

the breast is a water driven organ when the body gets dried out because of such things as not drinking enough water or drinking coffee or caffeinated beverages or too much stress which is also very dehydrating or the wrong diet

this encourages the formation of fibrocystic disease in breast lumps

if you change to a vegetarian diet give up milk and dairy products and eggs and concentrate on fruits grains and vegetables give up caffeinated beverages and start drinking water and fresh homemade vegetable juice learn to handle stress properly and follow the other steps of health that i gave you you will be amazed that these lumps and cysts can just disappear

there are some blood tests available that can measure certain tumor markers in some cancer patients

these tests can help you follow your progress but remember they will almost always go down initially with chemotherapy and radiation but this is only temporary and gives you a false sense of security

because when the full force of the chemo
or radiation takes its toll on your
immune system those markers can later
skyrocket

people frequently ask me well how did
you follow your progress

for over a year i followed my progress
downhill my tumor was growing massively
i was getting sicker

but i wasn't going to jump off the wagon
of god's health plan and go have
chemotherapy or radiation if i had done
that i would be dead now

i just hung on and kept doing everything
i knew how to do i never had any blood
tests done during my recovery i knew i
was well when my tumor was completely
gone by natural methods and when my
health energy and stamina returned and
the best news is that i don't have to
worry about my cancer coming back as
every other cancer patient does because
i'm no longer doing the things that
cause cancer

the psa test is commonly used to detect
and follow prostate cancer psa stands
for prostate specific antigen a
substance produced only by the prostate
cells

the psa test may be normal in early

stages of cancer and 80 percent of patients with only mild elevations of the psa such as from 4 to 10 will show only benign hyperplasia benign means it's not malignant and hyperplasia means the cells seem to be overgrowing but they're not necessarily abnormal at least not yet

if a man has benign prostatic hypertrophy bph and enlarged prostate there are a couple of herbs that seem to be helpful

saw palmetto and pygeum africanum have been shown to be effective for the prevention and treatment of an enlarged prostate

but this should be in conjunction with following the 10 steps of the health plan

if the psa test is significantly high the doctor will suggest a biopsy

if the biopsy shows the cells in the prostate are cancerous the options given by the doctor will be surgical prostatectomy removal of the prostate which results in a very significant incidence of impotence

or radiation including the proton therapy which is a more focused beam and promoted as less damaging to the

surrounding tissue however whether it's regular radiation or the proton beam it still does not cure cancer and it damages your immune system all it does is kill some cancer cells but if you're still living and eating the way you used to

you are at great risk for the cancer returning either in the prostate or in some other area in your body and of course the radiation causes general damage to your body including your immune system

radium implants are small pellets or wires of radiation that are placed in the prostate to continue delivering radiation over time

hormone therapy with lupron may be advocated but we discussed the side effects of lupron and it's obvious that a deficiency of lupron is not the cause of your prostate cancer

when the cancer progresses the doctor may suggest an orchiectomy that's removal of the testicles a psychologically devastating procedure for any man

if the cancer has spread outside of the prostate then frequently chemotherapy will be recommended this of course is

accompanied by the many side effects
that we've already discussed
if i haven't mentioned your particular
type of cancer such as
testicular cancer thyroid cancer brain
cancer stomach cancer bone or cartilage
tumors melanoma lymphoma leukemia or any
other more unusual type of cancer
understand that conventional medicine
will offer you only
chemotherapy radiation and surgery often
mutilating surgery with all their
devastating side effects
but the good news is the same rules we
discussed the 10 natural health laws
apply for reversing all cancer
stop doing the things that cause cancer
and start doing the things necessary to
rebuild your immune system
maybe your doctor has told you you only
have a few weeks or months to live
first of all he doesn't know he's only
guessing and he has no right to do that
to you
let me tell you a true story
the natives of australia are called
aborigines somewhat like our native
americans the aborigines have a ritual
if one of the male members of the tribe
breaks a certain taboo the witch doctor

is called
the witch doctor arrives with his little
bag of remedies he pulls out a chicken
bone and points it at the man it's
called pointing the bone
the man always dies either immediately
or within two or three days
why does he die
because he believes he will die the bone
has been pointed
the same thing happens in medicine
many cancer patients die right on cue
after the doctor tells them how long
they have to live the doctor has pointed
the bone
the patient dies because he believes he
will die
but you don't have to accept that
i know lots of cancer patients who
refuse to accept their diagnosis refuse
to accept the pointing of the bone and
have lived for many years and if they
followed god's natural health plan
they've actually gotten well
remember at one time i was moments from
death
but i wouldn't accept it
one last thing
disease is not physical
that's why doctors can't cure it

disease is not mental
that's why christian science can't cure
it
disease including cancer is spiritual
it begins
with heart disease but not the kind of
heart disease you usually hear about
when our heart isn't right
when our attitude isn't right when we're
filled with selfishness impatience
jealousy hate anger grudge holding
anxiety worry frustration greed
suspiciousness gossiping whining
complaining being super critical of
others excessive ambition when we're in
competition with our friends for better
jobs more money buying more cars boats
houses stuff
when we covet what others have
when we'll fight or get angry if our
child doesn't get the chances some other
child does in little league or some
other school endeavor
when the ultimate question you ask is
what do i get out of this these are the
attitudes that eventually cause physical
disease in your body
until we reverse those attitudes we
cannot be totally well
you can eat all the right food in the

world but if you're harboring anger or
greed or worry and anxiety you can't get
well

it's not just what you're eating

it's what's eating you

whether you're a hindu jew muslim

christian buddhist and agnostic as i was

for 30 years or an atheist or you if you

don't happen to give a wit about any

religion

the only perfect life for us to model

the only life that will bring perfect

health

is the life of jesus

jesus came to serve not to be served

he came to take care of others

not to benefit at their expense

businesses are run on greed and

shameless indifference to the feelings

of others employees steal lie and cheat

because they have no loyalty to their

bosses who in turn are using and abusing

the employees

but those attitudes cause damage to the

one who holds them

we think that our business methods are

so progressive that we in the 21st

century are so wise that medicine is so

advanced

but more people are sick than ever

before and they're getting sicker at
younger and younger ages and medical
science is incapable of turning the tide
the wisdom of man is foolishness with
god

one of the most brilliant minds alive
today one of the most fabulous
intellects of this century a theoretical
physicist of worldwide reputation
considered to be the greatest genius
since einstein

is confined to a wheelchair with lou
gehrig's disease he can't talk and he
can't care for himself because he
doesn't understand god's 10 simple laws
of health

he has all the knowledge of the world
but he doesn't know how to be well
the wisdom of man is foolishness with
god

when we learn to truly love our enemies
to do good to those who hate us
to forgive those who hurt us
to love the unlovable
that will cure our heart trouble
and we can get well

when we cultivate an attitude of love
joy

peace

patience kindness goodness

trustworthiness

humility and self-control

it will change our cell structure and
bring life and health to a sick and
dying body

the right diet is critical for recovery
but that won't overpower an angry or
selfish attitude

god is the healer he just does it

through his natural health plan

all 10 steps are necessary

for recovery

the good news is you can be well you

don't have to be afraid of cancer

anymore now you know what causes it and

now you know it can be reversed

naturally without drugs

and now you also know what conventional

therapy has to offer only three types of

treatment chemotherapy radiation and

mutilating surgery none of which reverse

the factors that caused your cancer so

they can't possibly cure it and all of

them cause severe suffering and often

even death from the treatment

the exact 10-step plan i use to reverse

my cancer is on my video you can't

improve on god

your decisions are now in your hands

you have to make your own choices

but now you can make those decisions

with knowledge

with wisdom

and without fear

[Music]

oh

[Music]

down

[Music]

you

[Music]

you have a medical problem you go to
your doctor you tell your doctor your
symptoms the doctor will probably
examine you and do some laboratory tests
and make a diagnosis it may be something
serious like multiple sclerosis or lupus
or maybe even cancer and you're shocked
you say doctor how can this be
how did I get this and the doctor will
more than likely respond we don't know
these things just happen
but diseases don't just happen every
disease actually has a cause even though
we doctors are taught in our medical
training that virtually 80% of all
diseases have no known cause let me give
you a simple illustration if you have a
headache you take an aspirin but our
headaches caused by a deficiency of
aspirin of course not headaches are
caused by too much tension and too much
stress and not drinking enough water or
eating the wrong food or some other
cause so why do we take an aspirin
because we want a quick fix we don't
want to deal with the underlying cause
of the problem we just want to take a
pill and get on with our life but if we
don't deal with the underlying cause

that underlying cause can end up causing a worse disease much later on I'm dr. Lorraine day I'm an MD an orthopedic trauma surgeon I was on the faculty of the University of California San Francisco Medical School for 15 years as an associate professor and vice chairman of the department of orthopedic surgery I was also chief of orthopedic surgery at San Francisco General Hospital where I trained hundreds of young doctors but doctors are never really taught to address the underlying cause of the disease we're only taught to treat the symptoms by picking out a particular drug but you see this never really gets a person well when we do not understand address the underlying cause of the disease then we never get a person really well but we're going to talk today about all the different categories of diseases and show that there is a cause for every disease but in order to do that I'm going to have to take off this white coat and get rid of the medical mindset and we're going to sit down and talk common sense we're also going to put together a plan where you can get well from your disease naturally and without drugs our bodies are made of

skin muscle bone and organs the organs are made of tissue the organs such as the brain and the liver and the pancreas and the spleen and those tissues are made of cells so in essence we're just millions of cells but those cells die out and have to be replaced so how do we replace them how do we build new cells the raw materials come from only one place what we put in our mouths if we put healthy nutritious food in our mouths we can make healthy cells but if we put bad food in our bodies then we have raw materials that will make inferior cells that will be sick cells and that can make us sick just think about it this way if you're going to build a high-rise office tower and you use concrete and steel it will be far better than if you use bamboo and tie the bamboo poles together with rope and then use mud it's not going to last it's exactly the same as with your food but we rarely rarely think about what it is that we're doing during the day when we're eating and so we put anything in our mouths to fill our stomachs let's take a look at what the average American may eat for meals every day first of all with breakfast a lot of

people are in a hurry they'll start out
with a doughnut
and a cup of coffee well of course
neither one of these contains any
nutrition the donut is totally empty
calories it contains fat and refined
sugar and absolutely no vitamins and
minerals the coffee is a stimulant a
false stimulant it causes your adrenal
glands to pour out a lot of hormones
that hype you up and it gives you false
energy well people say I don't eat that
for breakfast I eat a good breakfast and
you see here I have eggs and bacon and
sausage and hash browns and toast well
let's take a look at that first of all
yes you have some potatoes here that's a
vegetable but they're all fried in
grease all that does is stick to the
arteries of your body including your
coronary arteries the arteries of your
heart and cause arterial sclerosis and
here we have eggs an egg is really the
embryo to form a chicken it's the
amniotic fluid in the placenta of a baby
chicken and that's what you're eating
it's all fat and it's all protein it is
extremely high in cholesterol
it's meant to take a little tiny egg
into a chicken in just a matter of days

and you're eating it it's too high in fat and protein for you here we have bacon which is all fat and it comes from an animal that is a scavenger that will actually eat sewage and then we have sausage this is made from anything they choose to put into it if you went to a plant and watch them make this sausage you would be sick and then we have toast of course the toast has butter on it which is pure fat and contains all the hormones and the pesticides and the antibiotics that they give to the cow and then they concentrate it up and make it into butter and this bread white bread has virtually all of the nutrition taken out of it and it does nothing but turn to sugar in your stomach so you say well I don't do that I

I eat two cereal well of course this cereal that you get at your grocery store has all the nutrition taken out and of course it's cooked which destroys all the enzymes that maybe even in the original grain so it also frequently is covered with sugar you can put milk on it and the milk comes from a cow contains all the pesticides and the hormones and the antibiotics that they give to the cow plus all of the diseases

that the cow may have will come through either in the meat or in the milk and here's orange juice well that's pretty good except the orange juice is out of a box or out of a can and then it has preservatives in it and it has very little of the nutrition because the nutrition gets oxidized out of it when it is exposed to the air and when it is processed

well that's breakfast you see there's nothing that has any enzymes in it the enzymes are needed for health enzymes are only present in raw food as soon as you process food or you cook it all of the enzymes are gone you need those to help digest your food if you have to produce all the enzymes yourself to digest that food then your body has to cause an enormous workload on it and drain your energy for the day in fact it's been said that the energy required to digest three meals a day is more than it is required to do an eight-hour day of heavy labor so we have lunch time now here we have a cheeseburger hmm got a little bit of pickle on here and some tomato and some lettuce the bun of course has virtually no nutrition in it yes in the meat you

have a lot of fat and a lot of protein and a lot of potential disease you can get ecoli or many other diseases from eating this meat and certainly people have you've got a little bit of smattering of potato and lettuce which is not enough to really give you any nutrition and then of course the cheese cheese has just concentrated milk did you know that a lot of cheese is made from milk that's on pasteurized and the tyramine in cheese actually upsets the balance in your brain because it it upsets the neurotransmitters which is the chemicals that transmit nerve impulses from one nerve to another and then you've got french fries yes we've got a potato again but it is absolutely wallowing in grease and of course you've got a lot of salt on it so you have virtually no nutrition here except high fat and high protein or you may go to another fast-food place and get some tacos well the tacos again have the same components you have a little bit of lettuce and a little bit of tomato you've got cheese there again it has the same problems and then you've got the meat hamburger I am told by the meat

inspectors all hamburger is made from
four D meat that's meat from animals
that are either dead dying diseased or
disabled think about that every time you
pick up a hamburger to eat it and of
course millions of Americans do everyday
well you might say I eat a better lunch
than that I Oh have a tomato sandwich
with a little ham on it and maybe some
cheese here's a ham and cheese sandwich
well the same thing you're eating the
meat from an animal that is a scavenger
that will eat anything whether it's dead
or alive when you eat something that's
dead your body has to get rid of the
putrefaction from the dying and dead
things you're putting into it if you
have a piece of toast like this from
commercial bread it again has almost all
the nutrition taken out of it you see
when you use whole grains it might have
25 nutrients in it but they strip that
out to make it prettier and to make it
taste sweeter so this turns actually
almost a sugar in your mouth so you've
got the cheese we've already talked
about that you've got
the ham and then you've got french fried
onion rings absolutely filled with fat
the onions are of almost no nutritional

value to you when they're covered with fat to go with the hamburger you can have a nice milkshake do you realize that in this milkshake you have ice cream and many of the flavorings in the ice creams actually come from things chemicals that are used in rubber cement paint thinners and various other noxious substances not only that the milkshake is full of high protein and high fat with your tacos you have a soda a caffeinated beverage here we have the caffeine again which is an abnormal stimulant and you have sugar in it you say oh well I don't use sugar I use nutrasweet or some other chemical substitute well I will show you that those are actually worse then for dinner you have steak notice one thing about this steak you see the fat around the edges that fat is solid at room temperature when you eat that fat it's solid in your body at your body temperature which means it just coats the inside of your blood vessels just like it looks here and of course narrows them down to give your give you coronary artery disease to give you high blood pressure wouldn't you rather eat vegetable oils

such as olive oil because you notice that in a bottle the olive oil is liquid at room temperature that would remain liquid in your body too and your body can handle it much better so you have the steak which can contain ecoli it can also contain all the diseases that are in the animal you know when the animal is slaughtered if it has cancer some other disease the meat packers will just cut that out in the slaughterhouse and then put the rest of the animal through for you to eat but the blood that goes through that cancerous tumour goes through the rest of the animal as well so you're going to eat cancerous blood and cancerous other tissues in that animal plus any other disease that the animal may have then you have french fries again which seems to be the staple even if you had a baked potato that would certainly be better it wouldn't have all the fat in it but that's a small amount of nutrition for your total daily needs

here we have some green beans this isn't too bad except they're cooked when you cook food and you don't eat it in its raw state you destroy all the enzymes and you also lose a number of the

vitamins with that you can have a glass of milk and of course we have the same problem with cow's milk cows milk is meant for baby cows we are the only animal human beings that drink the milk of another animal and we certainly are the only animal that will drink milk from even our mothers after we're weaned so animals really have more sense than we do well you say I don't eat red meat I eat chicken well chicken is even worse according to the meat inspectors do you realize that chickens passed by the meat inspector at a hundred and twenty birds a minute by the time they could see a sick one or a diseased one it would already be in the package but when the chicken when the chickens go by the meat inspector so rapidly they are gutted by an instrument it takes out their intestines and their insides when if when that happens of course the feces from inside the intestines get all over the bird and all over the next bird and so by the time they get to the end of the conveyor conveyor belt they are covered with feces so they have to dump them in a very big tank of water to get rid of this contamination the people who work in the packing plant call this tank

fecal soup

now the government allows the chicken producers to leave the birds in that tank long enough to soak up ten percent of their body weight with that water so you will pay more for it when you go to the grocery store but just think what it's soaking up fecal soup not only its own feces but the feces from all of these other birds no wonder so many chickens contain salmonella and and other very dangerous organisms in fact recently they did a survey where they went to grocery stores and actually took samples from on top of the chicken from chicken that was already packaged waiting for you to buy it and they found something like 2/3 of those chickens actually had salmonella

Salmonella in the package when you when you're going to buy it well we've got the same green beans again cooked green beans are our specialty today I guess and we've got some potatoes now when you mash your potatoes now there's nothing wrong with mashed potatoes but when you mash them you lose more of the food value because more surface area is allowed to oxidize before you eat it the most nutrition you would get from a

baked potato

next from boiled potatoes and then the least from mashed potatoes and of course it's got the gravy on it which is thick with fat again no raw food here now we frequently throw in a little salad like this for a little raw food when you use this iceberg lettuce this lettuce that has virtually no food value in and it's only water

you get no nutrition a little spot of onion and a tiny little bit of tomato and then of course you've got the croutons that have fat all over them this is all the nutrition that you're really getting for the day except fat and protein well you say I don't eat chicken and I don't eat steak or red meat I eat fish well here we've got the fish first this has been fried with batter and so it's full of fat but even if you have fish that's broiled it's been found that anytime you broil any kind of flesh food what it's chicken or our red meat or fish it will produce carcinogens any kind of cooking will produce carcinogens which means cancer forming chemicals in the meat not only that fish are generally caught within 200 miles offshore

and those fish are all contaminated with the sewage and the industrial waste that's poured into the water here we have again the mashed potatoes and we've got more thick gravy on top of them and then we've got it cooked vegetable so if you're trying to have some nutrition into your body to build some new healthy cells to replace the ones that are automatically dying whatever you've eaten here today has given you almost no nutrition in fact it's put a terrible burden on your body because your body has to digest all this make all the enzymes for it and then get rid of the putrefaction waste that you form by using this of all the foods that we eat sugar is probably one of the most harmful in fact people worldwide eat about 31 billion pounds of sugar actually that's the that's the number for Americans Americans are the biggest eaters of sugar in the world that breaks down to about a hundred and 25 pounds a year for every man woman and child that means that you will eat a pound of sugar every two and a half days now what is sugar do sugar takes out of your body vitamin C vitamin b-complex which you need to calm down your nerves and seek a

vitamin C helps you resist infection it will also take out of your body zinc and chromium now these two are very necessary for healing they're also necessary for keeping you from wanting to overeat and they're necessary for the enzymatic reactions that take place in your body when you eat too much sugar particularly refined sugar it shoots your sugar level up so I that your body has to produce huge amounts of insulin rapidly to assimilate that sugar when your insulin shoots up high it overshoots it takes care of the sugar that you have but then it overshoots and you become hypoglycemic because now you don't have enough sugar so you were on a cycle of yo-yoing back and forth now because you're hypoglycemic you want more sugar so you go out and eat some more sugar and your insulin goes up again this wears out the pancreas that helps cause diabetes and of course it also gives you all of the symptoms of hypoglycemia which are very very similar to anxiety and hyperactivity you will get shaky you will get tremulous you will want to sometimes hide because you have phobias all of these things are caused by

hypoglycemia for years people have known that sugar could be very damaging and of course it's addictive it's actually almost addictive is addictive as cocaine and heroin and some of these other things so sugar is in almost everything you eat that is processed you look at the ingredients on the can frequently sugar will be the number one or two or third ingredient and generally they have to put them in the on the can or on the box in the order of the magnitude for which they appear in the food you say well I eat brown sugar well brown sugar is nothing more than refined sugar with the molasses fragment put back in which has been removed for white sugar it's still bad for you and honey even though it is much more natural if you take it in large quantities it does has the same effect on your body as sugar does so sugar paralyzes the immune system for four hours after you eat sugar your immune system cannot resist disease so you see if you eat in the morning you eat a doughnut or some other sweet things and then at lunch you might have a milkshake and then for dinner you might have dessert the whole day your immune system

is

completely paralyzed sugar is empty
calories it robs the body of vitamin C B
complex zinc and chromium

it also upsets the calcium phosphorous
level of your body causes hypoglycemia
it also leads to degenerative diseases
such as arthritis and heart disease and
it destroys the nervous system because
it hypes you up and makes you jittery
and it depletes the enzymes and

increases the level of fat in your
bloodstream so we have a lot of things
that we already know about that can
cause disease you say well I don't eat
sugar I eat

artificial sweeteners I don't want that
sugar in my body well you can have
nutrasweet or saccharin NutraSweet is
aspartame these things are nothing more
than chemicals do you realize that in
these artificial sweeteners such as
nutrasweet there is a chemical called
methanol methanol is what was in the
wood alcohol that was in the bathtub gin
back during Prohibition and cause
blindness there have been a number of
recorded cases of transient and some
permanent blindness with the use of
these artificial sweeteners particularly

aspartame which is marketed as NutraSweet not only that thousands of cases of grand mal seizures or convulsions of Fitts have been recorded from the use of this aspartame has been put in over 1,600 food products that you put into your body and in one series of over 500 persons with adverse reactions to these aspartate products almost 15 suffered 15% suffered from typical generalized grand mal seizures when you eat processed food you also eat a lot of MSG that's monosodium glutamate well glutamate is an amino acid and you say well my body needs glutamate but not in these strong concentrated dosages you realize that Americans eat MSG in almost everything that is per if you eat in a restaurant or if you eat something from a box or a can the chances are that it will have MSG in it well even if it says no MSG on the label look for something called natural flavorings or hydrolyzed vegetable protein both of those frequently contain MSG msg in high doses and in any dose at all is a toxin you say well I don't want to take that into my body how do I eliminate that well you eliminate it by eating your food in

its natural state if you go to the produce section of your grocery store you will be able to buy things that don't have msg and aspartame in them that's why I am suggesting that you eat as close to nature as possible when you eat in restaurants when you eat packaged food when you eat TV dinners and things like that

the chances are extremely high almost 99% that you will have msg and aspartame in all of those things when you drink caffeine caffeine is also a toxin it causes hyperactivity of the nervous system it is an unnatural stimulant it speeds up body reactions abnormally it increases the heart rate it increases increases the secretion of stomach acid which can increase your chances of getting an ulcer

it can cause insomnia which everybody knows about and in fact that effect can be pertaining to to the coffee drinking for at least 14 to 16 hours after you drink the coffee coffee caffeine causes coffee nerves anxiety irritability withdrawal headaches and it will abnormally increase your blood sugar that's one reason you get a lift from it it causes osteoporosis and increase in

hip fracture if there is an increase in benign breast tumors and of course if you have an increase in benign breast tumors there's also an increase in malignant breast tumors and caffeine has been shown to cause an increase in cancer of the bladder

if you have a little glass of wine or other alcohol with your meal you will also cause severe dehydration of your body you know that if you put alcohol on your hands your hands dry out well the same thing happens if you put alcohol in your body it dries out your body and your body needs water in order for every cell to function also alcohol kills liver cells and it kills brain cells now if you have a lot to waste you're better off than the rest of us here are some of the things that milk will cause allergies eczema and increase in your cholesterol and milk is one of the main causes of osteoporosis oh you say no I have to drink milk so I don't get osteoporosis no osteoporosis is not caused by a lack of calcium osteoporosis is caused by two main factors now smoking also enters into it certainly don't want to smoke and put all of those bad elements into your body but mainly

osteoporosis is caused by a lack of activity people aren't getting out and exercising regularly and too much protein in the diet protein particularly animal protein is very acid it causes acid in your body in order for the body to neutralize that acid it has to take calcium out of your bones so really the more milk you drink the more osteoporotic you become milk has been shown to be a major factor in the onset of diabetes type one that's called juvenile onset diabetes it seems that in the milk protein the protein we call whey--that's whey remember Little Miss Muffet sat on her tuffet eating her curds and whey well it's that whey that has a protein in it which is very much like a protein that's in your cells in your pancreas called the islets of langerhans cells that form the insulin so when you take this protein and milk into your body your body will produce antibodies I'm antibodies against that foreign protein but since the protein in your pancreas cells is much like that other protein your body will then start destroying those cells so then you can't produce insulin and that seems to be one

of the major causes and this is well documented in the medical literature one of the major causes of juvenile onset diabetes but diabetes that is so serious that requires insulin all the rest of your life

milk has shown to be a factor in an increase in breast cancer certainly is a factor in heart disease because it contains really mainly fat and protein there is an increased incidence of leukemia in milk drinkers and that's probably because something like 80 percent of the dairy herds in America are infected with the bovine leukemia virus did you know that so when you drink the milk the leukemia from the cow may be transmitted to the human now you say well the milk is pasteurized and when it's heated to a high level maybe it will kill that well first of all you have to realize that a lot of milk gets put together some of it's pasteurized this is an error but you know human error so you can get unpasteurized milk in with a pasteurized milk there is a connection of milk with multiple sclerosis with Lou Gehrig's disease which is a Mayo trophic lateral sclerosis with Crohn's disease of the

colon this is a colitis type disease and
of course it causes mad cow disease
which is in human beings it's called
creutzfeldt-jakob disease and it's
virtually the same thing as Alzheimer's
only it occurs in very young people milk
is associated with ulcerative colitis
and female infertility as well as
learning difficulties so here you've got
milk coffee caffeine or any caffeinated
beverage you know you've got sodas and
they all have caffeine in them these
days people drink them too
to help give them a lift then you have
white bread where they take all the
nutrition out of the wheat bread and
then they put in a few vitamins and
minerals and then they call it enriched
well this this does not build healthy
cells
they do the same thing with rice take
organic brown rice they can take all of
the outer coating off of the rice and
now you have white rice instead there's
something else that we discuss the MSG
in the aspartame are called excitotoxin
in fact there is a book out called
excitotoxin written by a neurosurgeon
dr. Russell Blaylock you can actually
get it at your at your bookstore these

excitotoxin --zz cause headaches they
cause grand mal seizures they cause
brain tumors Alzheimer's they contribute
to Lou Gehrig's disease amyotrophic
lateral sclerosis Parkinson's disease
Huntington's disease and they actually
have an effect on the endocrine system
so if you have hypothyroidism or
hyperthyroidism you have to actually
consider whether these things are part
of that problem

also these excitotoxin MSG and aspartame
which is the NutraSweet brand cause
difficulties in embryological
neurological development so if you are
pregnant you better start thinking about
eating natural well if it's not bad
enough that we have all of these
problems with our food we take
medications and medications of course
all have side effects

the antihypertensive drugs such as
researching and aldomet and katha press
they will cause an indoor all will cause
depression and delirium anticonvulsant
like dilantin and tegretol and klonopin
cause depression disorientation delirium
and hallucinations plus many other
problems as well

anti-inflammatory drugs like indocin and

Naprosyn can cause depression confusion
paranoia delirium hallucinations and
many of
have liver toxic effects some of them
are toxic to the kidneys and the
steroids of course like prednisone they
cause depression anxiety osteoporosis
and many other symptoms as well even
antibiotics have lots of side effects
and antibiotics even don't really cure
disease because you see when we use
antibiotics antibiotics only kill they
will kill some bacteria they don't even
do that very well anymore they do that
if we're lucky but you see if you take
antibiotics they will be wiping out the
good bacteria in your colon and so then
you are susceptible to things like
Candida or chronic fatigue syndrome
fibromyalgia things like that because
you need those good bacteria in your
colon to help digest and assimilate your
food so when we take medications they
all have side effects they all are
harmful in some way so when you when you
take a drug you may relieve the symptoms
of the disease that you're attacking but
drugs never cure disease they only
change the form or location of the
disease in fact even with antibiotics

every doctor and nurse has seen patients die who have been given doses of the appropriate antibiotic when you get well it is not the antibiotics or any other drug that gets you well there's only one system in your body that can get you well and keep you well from every disease and that is your immune system when you take drugs into your body every single drug has an adverse effect on your immune system what we really need to do is learn how to get out of the way eat right and and get rid of the medications in our life so our body can learn to heal itself now if you're on medications I want to give you a warning right now after you hear this presentation you may say I want to get off of these you can't get off of your medications rapidly don't stop them abruptly when you get off your medication you want to do it slowly and under the care of a knowledgeable health care practitioner but indeed you do want to get off of your drugs and after you hear what we have to discuss today you will see that you can be well without drugs there are a number of other things that we do every day without even thinking about it things

that are so routine they never even cross our mind if we drink water out of the tap it contains chlorine chlorine is a poisonous gas the government tells us we have to have chlorine in the water for our safety however many cities around the world are actually purifying the water with ozone treatment which is a harmless substance it's a form of oxygen and yet they add chlorine to it after the oxygen has done its work fluoride is also in the water the government is mass medicating the public we're told that it's necessary for preventing tooth decay but there's a big controversy about whether fluoride actually does prevent tooth decay and in fact fluoride is a poison it is a byproduct of aluminum production and it's used in rat poison it also causes brittle bones it causes premature aging of the skin and again it is very controversial as to whether it really prevents tooth decay not only that Congress has recently made a law that they have to have a warning on toothpaste that contains fluoride because some young children have actually died because they've swallowed the toothpaste after brushing their

teeth and some have died or gotten very sick in dental offices after they swallowed the fluoride that was put in their mouth in the special treatment there it also has a an impact on the brain in fact there's an article in the journal Brain Research 1998 that shows that one part per million of fluoride can cause Alzheimer's disease and that is the amount that is generally in our water supply then of course there are things that are good for our health that we don't

do as Americans regularly we don't exercise regularly we don't get enough oxygen out in the fresh air we don't go out in the Sun daily in fact doctors are telling us always to stay out of the Sun but Sun is beneficial for your health if you do it in the right way we don't sleep enough at the right times we don't drink enough water and we're totally stressed out and therefore our elimination of wastes is not good exercise has a number of benefits it increases circulation it increases oxygen to the total body it improves your intestinal parasites you eliminate waste it increases your body muscle so your muscle can burn fat it increases

the body's ability to withstand stress
it helps eliminate toxins it lowers your
cholesterol it decreases your weight it
lowers your blood pressure it decreases
your resting heart rate and the list
goes on and on and yet people are all
couch potatoes they sit in front of the
television
day after day instead of getting out in
the fresh air and exercising water is
another component everybody is drinking
caffeinated beverages either coffee or
soda and water is the second nutrient in
the body after oxygen we can only live a
few minutes without oxygen and we can
only live a few days without water water
decreases blood pressure decreases
anxiety decreases allergies and and
asthma and we'll discuss exactly how it
does that it decreases arthritic pain by
rehydrating the cartilage in the joint
it decreases back and neck pain by
rehydrating the little disk that's in
between your vertebrae it can cure
ulcers yes water can actually cure
ulcers because if you have enough water
in your body you can produce enough
mucus to protect the lining of your
stomach so the acid the hydrochloric
acid in your stomach will not work

through through that mucus into the lining of your stomach water can decrease cholesterol and water decreases headaches and other pain including migrant headaches sunlight is extremely important sunlight lowers your blood pressure it can lower the cholesterol because it turns your cholesterol into vitamin D when the Sun hits it in your skin sunlight enhances the immune system it kills bacteria it calms down the nervous system you know you fall asleep in the in the Sun when you lay out there it lowers blood sugar by enhancing the body's ability to put the glucose into the into the cell and absorb it it's actually like a natural insulin and sunlight increases the oxygen in the blood and it's used by the tissues of the body it decreases resting heart rate and increases tolerance to stress oxygen is so terribly important because cancer cannot thrive in a high oxygen environment and when you take more oxygen into your body you display displace the carbon dioxide which is a waste product which you want to get rid of and of course oxygen kills bacteria

and viruses so fresh air plus sunlight are very important together they help decrease the growth rate of cancer together they also lower blood pressure as we mentioned all of these things people are not doing including sleeping they sleep sometimes for in the daytime instead of sleeping and I were actually designed to go to sleep shortly after the Sun Goes Down and to wake up when the Sun comes up the only time the body can heal is when you're sleeping because when you're up and around you are expending energy so when you're sleeping the healing hormones are produced by your body and your body can repair and regenerate itself both the body and the mind becomes sick without adequate sleep in fact it's been shown that if you sleep before midnight the hours that you sleep before midnight are twice as important and as effective as the hours after midnight so if you stay up till 12:00 or 1:00 o'clock in the morning you have lost double that time sleeeeeeep the closer you can go to bed to the Sun going down the better off you are because then your rhythm of your body your biorhythms of the body are in sync with nature and you want to stay on

a regular schedule you want to go to bed at the same time you want to get up at the same time you want to eat your meals at the same time because that sort of regular schedule will enhance your body's ability to heal your hormones that come down that help you digest your food that help in all of the reactions in your body will come down at regular times if you are on a regular schedule otherwise it's all helter skelter and your body gets so confused that you do end up with a chemical imbalance and then the doctor will give you drugs to try to straighten out your chemical imbalance but drugs are just more chemicals going into your body and get you further out of balance stress is a great factor in causing depression of the immune system when you are stressed your body puts out all sorts of hormones they're called the fight-or-flight hormones it's the kind of reaction you have if you're being chased by a lion or chased by a bear you have this great rush of energy where you can run from whoever's after you but when you're in the office or at home you have this great outpouring of these same hormones and yet you are just sitting so

it has a tremendously destructive effect
on your body

you're not working them off by going out
doing hard labor outside or exercising
and so you constantly have this chronic
stress reaction in your body this stops
the peristalsis in your intestine so you
can't eliminate your waste it causes
your stomach to secrete more acid
leading to a higher chance of ulcer and
it dehydrates the body stress is very
dehydrating and of course dehydration
not drinking enough water

is stressful to the body as well so you
get into this cycle of dehydration and
more stress and more stress and
dehydration one of the things that you
can do which not too many people do
regularly when they become an adult is
laugh children laugh 400 times a day
adults only laugh on the average 25
times a day what happens to those other
375 laughs laughter decreases blood
pressure it boosts the immune system it
calms the nervous system it relaxes the
stomach and intestines and in fact it is
one of the greatest builders of your
immune system the Bible even says that
laughter doeth good like a medicine a
merry heart does good like a medicine

and of course one of the most important things that's going on in your body that you don't even think about is the elimination of waste most disease in fact virtually all disease is caused by a combination of three factors malnutrition as you saw in the food that we're eating all of America is suffering from malnutrition well it's not because you're not eating enough calories it's because you're not eating enough vitamins and minerals and enzymes you can see that that food was really totally void of nutrition fat and protein and sugar was about all that was there when you eat that kind of a diet cook food a lot of fat and a lot of protein your intestines get all caked with this processed material so you have inadequate elimination a baby when it's born has an excellent working elimination system the baby will have a bowel movement within 30 minutes of each meal that's the way we're supposed to be even when we're grown-up but we deny the call of nature we don't drink enough water we eat all of the wrong foods and so our intestinal tract becomes very sluggish so we are suffering malnutrition and because we're eating

the wrong foods and and in excess of those wrong foods and not eating the right foods and we're dehydrated we're not drinking enough water and we're drinking caffeine caffeine is a diuretic it takes more water out of your body then comes in with the drink so the more caffeinated beverages you're drinking the more dehydrated you are becoming when you are dehydrated your waste products cannot move well through your long 30-foot coiled intestine and get out of your body and that's one of the things that causes constipation too much fat too much protein too much sugar not enough raw food not enough vitamins and minerals and not enough water and of course the dehydrating action of caffeine so you're not eliminating your waste properly and then on top of it everyone is stressed everybody is stressed going to work coming back from work while they're at work at home and everybody's pushing too hard when that happens your stomach is in a knot your intestines are contracted and the the peristalsis just stops and all of these stress hormones are produced in your body all of these things suppress the immune

system and your elimination suffers terribly when you are constipated and by the way laxatives are the number one selling over-the-counter drug in America because everybody's constipated when you are constipated then your waste materials cannot get out of your body and you reabsorb those toxins you say well why doesn't my doctor tell me this an article in a journal called the British Medical Journal in 1991 is entitled where is the wisdom this article shows that only 15% of all the treatments and interventions doctors apply to patients or the treatment plan they give to the patient only 15% are backed by good scientific studies 85% is just well I'll do this or I'll do that or my professor told me this or the books say this it is not backed by hard scientific data so you can see that when you go to your doctor your doctor may tell you something with a very definite tone of voice but in fact there is a lot of controversy over when it whether any of these treatments really work and as the way we were taught to just diagnose a set of symptoms and give a drug to cover up those symptoms you can see how you will really never get well by that

approach according to the American Medical Association and the government cardiac disease is the number one cause of death included in cardiac disease or heart disease are angina which is just heart pain heart attack of course which is referred to as a myocardial infarction coronary artery disease which just means that your coronary arteries the arteries of your heart are filled up with fat and protein stored as fat arteriosclerosis just means the same thing only it applies to the arteries all over your body and then transient ischemic attacks are like many strokes where you can have the blood cut off to one of the vessels to your brain and so that frequently is the precursor of a real stroke and then of course hypertension that's high blood pressure what is it that all these have in common well they're all due to a narrowing of the arteries you go to your doctor and the doctor will give you drugs sometimes they'll give you a drug to try to open your arteries so you won't have the pain of angina which just means your heart is not getting enough blood if you have a heart attack sometimes they'll give you drugs to try to increase the output of

your

and if you have coronary artery disease

frequently they will suggest the

coronary artery bypass well let's just

think about that is angina caused by a

deficiency of say nitroglycerin of

course not

nitroglycerin has side effects all these

drugs have side effects is coronary

artery disease caused by a deficiency of

a coronary artery bypass of course not

and if you have a coronary artery bypass

where they take the veins out of your

leg or they may take a vessel in your

chest and bypass those arteries that are

stopped up in your heart what's to say

you're not going to just get it again in

fact some people have one bypass after

another at an expense of about forty to

sixty thousand dollars if you have a

stroke strokes are not caused by a

deficiency of medication strokes are

caused because you're not getting enough

blood to your brain because the vessels

are too narrow high blood pressure is

not caused by a deficiency of high blood

pressure medications let's talk about

what all these have in common well when

you eat fat and sugar which is stored as

fat and too much protein in the diet by

the way the average American eats a hundred and twenty five grams of protein a day all any adult really needs average-sized adult is about forty grams of protein when you eat all that excess protein it's stored as fat so you've got all this fat going around in your blood and the fat in your blood makes your blood thicker you're also not drinking enough water so that makes your blood thicker too and this fat collects on the walls of your arteries making the walls thicker and the opening in your vessel smaller so your heart has to push harder to get this thicker fatty blood through a small or opening what do you think that causes it increases the pressure in your arteries causing high blood pressure also it causes a decrease in the amount of blood and therefore the amount of oxygen getting to your heart muscle which can give you a heart attack it also can cause slowing of the blood and a clot to your brain which will give you a stroke so you see it's not very difficult to figure out what it is that's causing these problems and in fact it is well known by all doctors that a change in diet and lifestyle will

prevent or reverse heart disease there are at major university medical schools major programs to reverse these kinds of diseases they put you on an exercise program they put you on a better diet they decrease your sugar they decrease the amount of flesh food that you're eating and in fact many people get better but they say it doesn't work for any other disease well we'll find out today that it does in fact work for many many other diseases I want to show you a letter I just recently got which says urgent product withdrawal there is a notice on a drug called paws accor which is an antihypertensive and an anti and giant drug and they've taken it off the market because its side effects are so damaging there are many other drugs that are on the market that people are taking right and left which have lots and lots of side effects here is a an article from the University of California San Francisco Medical School showing that their program with just without drugs with just exercise and a change in diet and general lifestyle will improve heart disease here's another news letter from a doctor in this country which shows that anger causes a rise in blood

pressure and heart disease anger causes constriction of the arteries so you have less blood getting to your brain into your heart anger causes the production of a lot of hormones that damage your immune system and in fact the American Medical Association has said in articles as recently as 1995 and 1998 that the plan of change in diet lifestyle will actually prevent all of these diseases I have a previous video called you can't improve on God where I interview my 85 year old mother she had a severe autoimmune disease called polymyalgia rheumatica and i put her on the same plan that i used to get well from cancer and she was able to get off all four high blood pressure medications she had been on for as long as 35 years she got off of them in three weeks by following this plan of a major change in diet and lifestyle getting the fat out getting the excess protein out getting the sugar out of her body drinking lots of water eating good food with a lot of raw food getting plenty of rest some exercise fresh air and sunshine these things all seem too simple doctors say we need drugs but drugs don't cure disease in fact all

drugs have side effects if we look in the physicians Desk Reference which is a huge book it's this big and it's very fine print and it has the all of the side effects of the drugs are in this huge book it's put out by the pharmaceutical companies you will find that there's not one single drug in that entire book that does not have side effects some of them are so serious that they cause death now why would you want to die from a drug you're taking which is problem

a far worse side-effect then the disease can cause in your body so you see that cardiac disease is not caused by a deficiency of bypass surgery it's caused by too much fat and cholesterol and cholesterol is found in animal products cholesterol is not found in vegetable products you don't get cholesterol in broccoli and cauliflower and celery you only get it by eating animal products cardiac disease is caused by too much protein that's in meat poultry fish dairy products and eggs because this excess protein as store is stored as fat it increases the level of your triglycerides which is a measure of the fat in your blood

smoking also causes cardiac disease in fact one cigarette causes a rise of ten to fifteen points in your blood pressure it increases the work for the heart and it increases the carbon monoxide in the body and decreases the ratio of carbon monoxide to oxygen we need a lot of oxygen in our body and we need to get rid of the carbon monoxide sugar is stored as fat and has the same problems aspartame which is nutrasweet causes abnormal heart rhythm shortness of breath chest pain and high blood pressure caffeine can cause arrhythmias or irregular heart rate lack of exercise of course contributes the heart disease because you don't work off the fat you don't get the oxygen going around to your muscles including the muscle of your heart fluoride causes calcification of arteries and dehydration causes thicker blood and then when you don't eat enough nutrition enough good raw fresh fruits and vegetables you don't get enough antioxidants into your body which help go around your body and destroy the toxins and destroy the waste materials that are produced by the everyday reactions in your body again it's not a mystery you can get rid of

your heart disease you don't have to undergo coronary or we bypass there is a short shorter term solution which is not the ultimate but there is a treatment called chelation which is the use of EDTA which is a it is a chemical and it is not the final answer but this is used by many doctors MDS and doctors of Osteopathy where they can put a solution into your in to you intravenously through an IV and it will help decrease the amount of plaque in your arteries now again this is not a long-term solution it is a short-term solution but it can give you some buying time if you are close to having a coronary artery bypass now this procedure has been ridiculed by a lot of doctors who don't understand how it works in fact this EDTA we have used for patients many times who have heavy metal poisoning we've given it to them in the emergency room but this is being given on a chronic basis you go and you have one IV treatment after another until you slowly decrease the amount of plaque in the arteries and that will be a short-term solution but the only way you can really have a long-term solution is

to change the way you eat and change the way you live now it's not just your diet and it's not just drinking water and it's not just eliminating all the bad things that you shouldn't eat it is also getting hold of the stress in your life and getting it out of your life stress alone is one of the major causes of death in America and if you are holding grudges or if you have anger or if you are under tremendous stress at your work or in your home or whatever you're doing this all causes an increase in the fat content of the blood it causes constriction of the arteries and it helps increase your possibility of heart disease you really can't get well from heart disease unless you change your lifestyle you can have one bypass after and but it's not going to do the job only if you change your diet and lifestyle can you actually get well there are lots of different types of cancer at least we in the medical profession break them down into various grades and various types cancer includes Hodgkin's disease and leukemia which is nothing more than cancer of the blood just of a different organ multiple myeloma affects the bones

and other tissues throughout the body
malignant melanoma is a cancer that
appears the cod to start in the skin but
really can be a disease that can kill
you it's different from regular skin
cancer and then of course we have cancer
of the brain and breast and prostate
stomach colon liver pancreas many
different organs and even AIDS is a form
of cancer

however cancer is cancer we have all
these different designations but all
cancer is caused by suppression of the
immune system cancer is really a
deficiency disease you know years ago
back in the 1500s when sailors went out
on ships during the Crusades and and
other endeavors many of them died in
fact they thought a terrible disease was
sweeping the country and they were
giving them the drugs that they had at
that time but these sailors died in
large numbers finally someone decided to
put limes on the ship and the sailors
ate the limes because they were really
suffering from a deficiency disease
which was a vitamin C deficiency scurvy
when the sailors ate the limes they did
not die they remain healthy and that's
why English sailors got the name limeys

well it took about 200 years or 250 years for the rest of the medical profession to pick up on this and realize that this was nothing more than a deficiency disease well by the very same token cancer is the deficient disease cancer is caused by the same three things we talked about before it's caused by malnutrition because you're not getting enough good nutrition into your body and you're getting an excess of bad nutrition it's caused by dehydration because the body runs on water we're not getting enough water into our body and then stress so if you put these three things together I think you will see as we talk today that these are the real main causes not only of cancer but of all disease I became very interested in cancer myself because I develop cancer cancer is probably the most dreaded disease known to man and in fact it's probably the most dreaded word in the English language I developed severe advanced cancer first I developed a lump that was small I had it biopsied and it was ductal adenocarcinoma the invasive type carcinoma of the breast this was biopsied at one major medical university a hospital as well as another

hospital that has a very large cancer unit so this was documented by the pathologist to be invasive ductal ductal adenocarcinoma of the breast the lump was very high up on my chest here so after I had the the lump removed they found that they couldn't get clear margins during the procedure in other words the cancer had already spread into my chest wall muscle it wasn't yet in the nodes under my arm so I had another surgical procedure where they tried to go in through a small incision and get the cancer all out but they couldn't do it it had spread too far I changed my diet dramatically but I hadn't addressed the other factors in my life including stress and I didn't know about the importance of a lot of water drinking but I changed my diet to fruits grains and vegetables got all the sugar out the caffeine out and all the other bad things out of my diet but my tumor returned

and I will show you the pictures of how bad I really was this is a picture of the upper portion of my chest as you can see the base of my neck is here and this is the scar where I had the first removal the tumor grew back here it's

about the size of a marble it stayed that size for several months while I was trying to do a number of things to make it go away because I knew at that point I was not going to have chemotherapy and radiation because chemotherapy and radiation destroy your immune system the exact system you need to get well suddenly within a period of about three weeks this tumor grew to the size of a large grapefruit here is a picture showing massive growth and in fact it was almost getting ready to burst on my chest and here is a side view of the same tumor this is not breath this is tumor it was huge and it became very painful and here is another shot where I am leaning back against the couch here is my neck here is my right shoulder and here is this tumor it is huge as you can see it doesn't involve just the red portion at the top but it goes way down into the chest area and it actually became the size of a large grapefruit now this became as I said very painful and I didn't know what I was going to do because I knew I wouldn't have chemotherapy and radiation finally I was able to find a surgeon who would take out a portion of this tumor because it

was getting ready to burst onto my chest and I didn't want to have an open wound on my chest by this time I had involvement of the nodes under my arm and the nodes of both my clavicle the nodes under my arm some were as big as the size of a walnut and I was in a lot of pain any pain medicine that I took would not relieve the pain so I found a surgeon who thought that he would just do me a favor palliative surgery by taking out portion of the tumor and he did that and then sent me home to die at that time I still had a lot of tumor in the central area tumor in my chest wall muscle and the tumor in the lymph nodes I refused to have any lymph nodes taken out because you see lymph nodes are part of your immune system so I went home and I got on the total plan the plan that is shown on my video you can't improve on God which is the plan that made me well I started drinking lots of water as well as the carrot juice and the green leafy vegetable juice and and all natural food in fact 75% of my food raw and I learned to get the stress out of my life it's very important to be able to give my problems over to the Lord

I tried meditation and I tried visualization early on but I had some very very bad experience was with those and I realized that only the Lord can take away the stress in our life so I started spending a lot of time in Bible study in prayer getting the stress relief from my life when I did this within eight months the cancer was completely gone now I had a lot of tough times during this period of time this was not an easy task it was like a roller coaster ride and I had to hang on for dear life because I had some severe ups and downs lots of anxiety lots of depression I had all sorts of symptoms I had some symptoms of multiple sclerosis I developed a pill rolling tremor of Parkinson's disease

I had such severe allergies that I was allergic to everything except three foods when I would eat any of those foods I would collapse and have to be on oxygen we had oxygen at home and I got so bad at one point that I was not expected to live through the night I was not able to eat or able to drink so I can tell you that this plan works I was so close to death that I was not expected to live and yet here I am alive

and healthy and cancer-free as I said it
took me eight months
to get rid of the complete cancer
without chemotherapy without radiation
without mastectomy and then it took me
another ten months to get my strength
back so you see I have been to hell and
back I can show you how to get well
cancer is not an incurable disease
radiation and chemotherapy both destroy
your immune system the very system you
need to get well remember we talked
about headaches not being caused by a
deficiency of aspirin
well let's carry that a step further
cancer is not caused by a deficiency of
chemotherapy cancer is not caused by a
deficiency of radiation and in fact both
chemotherapy and radiation destroy the
immune system the system you need to get
well not only that both chemotherapy and
radiation actually caused cancer now
we're told that the cause of cancer is
unknown but if that's not true the
American Medical Association has
published an article in the Journal of
the American Medical Association where
they have said that 65% of all cancer
could be prevented by a change in diet
lifestyle now I say it's 99% but they at

least admit 65% now let's see if 65% of cancer can be prevented by a change in diet and lifestyle then what is the cause of cancer it's the wrong diet and lifestyle

well they'll sort of admit that except they say when you do get cancer there's nothing you can do to treat it then except have chemotherapy and radiation and have your organs out well let me tell you this cancer is not caused by an excess of organs so why do we keep having organs out what we really need to do is realize that cancer can be prevented and even when you have it it can be cured you don't want to destroy the only system you have and that you need to get well cancer cannot form in your body unless your immune system is already severely suppressed you see all of us get cancer cells in our body every day it's just that when our immune system is working properly it will destroy the cancer cells but when the immune system is not working properly because we're eating too much sugar and eating too much fat and eating too much protein and too much chemicals and all the other things then it cannot destroy the cancer cells so

the cancer cells are allowed to build up and they form a tumor then the doctor can see it or you can see it and he or she can make a diagnosis but then you see they tell you you have to have something for treatment that actually causes cancer you know when you go down to get a mammogram women mammograms are radiation your doctor and dentists will both tell you don't get too many x-rays x-rays cause cancer but then they say well you need to have x-rays to see if you have cancer and then if you have cancer we have to give you huge doses of what we tell you to avoid because it causes cancer that doesn't make any sense you see but we have been brainwashed to think that so often let's take a look at some of the drugs that are used to treat cancer chemotherapy just means that it's a chemical used for treatment chemical chemo therapy treatment now these are some of the common chemicals used to treat cancer the chemotherapeutic drugs a lot of people don't realize that anti-estrogen such as a remedy X and tamoxifen are also chemotherapy they think that they're in a different group but all of them have side effects

in fact this book which is called the
physicians Desk Reference is in every
doctor's offices it contains lots and
lots of side effects of the medicine
it's very small print and every doctor
has this

but frequently they don't tell you all
the side effects of these drugs let me
just go through a few cytoxan is one of
the oldest ones it was from nitrogen
mustard one of the first chemotherapy
drugs nitrogen mustard was actually used
in World War two to kill our enemies
when World War Two was over they said
what will we do with it they said let's
give it to cancer patients maybe we can
kill the cancer without killing the
patient but it does its job very well it
kills a lot of people cytoxan causes
many types of cancer itself chemotherapy
causes cancer

it causes hemorrhagic myocarditis that's
bleeding around the heart it causes
hemorrhagic colitis bleeding in the
colon and bleeding in the ureters of the
urinary system and it causes pulmonary
fibrosis that makes your lungs scar down
it also of course causes nausea and
vomiting and hair loss

methotrexate has a big black box warning

in the PDR physicians Desk Reference
saying that toxic reactions can be fatal
death have occurred during treatment for
malignancy and of course it is also used
for psoriasis and rheumatoid arthritis
and yet is a it is a deadly drug it
causes cancer in animals it causes
ulceration of the mouth the esophagus
and the stomach it can actually cause
paralysis on one side of the body
convulsions and renal failure
now the anti-estrogen drugs which
doctors generally don't classify in the
chemotherapy are Arimidex which causes
high blood pressure
it causes convulsion anxiety blood clot
causes vaginal hemorrhage paresthesia
where you have numbness and your
fingertips chest pain shortness of
breath and vomiting and of course a very
common one tamoxifen also the brand name
is Nova dex where doctors are sometimes
putting people on tamoxifen who don't
even have breast cancer just because
they have a family history of it well
tamoxifen causes uterine cancer liver
cancer increased bone and tumor pain
depression ovarian cysts blood clots in
the lungs cataracts and retinopathy
problems with the retina of your eye

and then of course we have radiation it burns everything in its path way when the immune system is so severely damaged it has a very difficult time getting well although if people have had these treatments sometimes they can change their diet and lifestyle dramatically and get well but but you actually have to try to pull yourself out of a hole once you've had these treatments so you say well how about cutting out the cancer doesn't that just get rid of it I'm asking a question if your child has chickenpox and they're very sick would you go to the store and get medicine to try to burn out those chickenpox or would you go to a surgeon and ask him to cut all those chickenpox marks out of your child's skin so then the child would be rid of the chickenpox of course not you can cut those up but the child still has chickenpox because the pox marks in the skin are only a local manifestation of a systemic disease that's what cancer is cancer is just a local manifestation of a systemic disease your whole body is very sick because your immune system is not working properly so when you just cut out the cancer you have to realize that

all the factors that allowed cancer to develop in the first place are still in your body unless you change all of those factors your cancer can either return in the same place or in a different place or you'll get some other serious disease well how about removing a lymph nodes doctors say well if you've got cancer in your lymph nodes you've got to take them out if you had an infection in your foot and you developed swollen glands in your groin would you go to the surgeon and say take out these glands because they're involved with the infection of course not because those glands those lymph nodes in your groin are helping keep the infection from spreading well that's the same thing your lymph nodes do when they're involved with cancer your lymph nodes are part of your immune system when the the lymph nodes have cancer in them it's because they're doing their job they're keeping the cancer from spreading other places so if you go to the surgeon and have those lymph nodes removed you're taking down the the little policemen that are at the gates trying to keep the cancer from spreading then you get chemotherapy or radiation which both destroy your

immune system and then after that the cancer has no barriers at all it can spread everywhere so you see this is not the way to conquer cancer you need to feed your body you need to feed your body the nutrition that it needs people say well I have cancer because I inherited it my mother had cancer maybe breast cancer and her mother had breast cancer let me ask you this if you see a very large woman walking down the street she's got way too much weight on her and she has a child on either side holding their hand and they're also very large do you think those children developed their increase weight because of a genetic problem unlikely you see mother feeds herself and mother feeds her children we can certainly inherit these patterns in our lives but there is a very small amount of cancer that is actually inherited the way we get it from our parents is the way we learn how to eat and how to handle stress our parents by their actions show us how to handle stress and it may not be in the right way so when your mother has breast cancer or your mother has any kind of cancer or there's a cancer in your history your family

history you will learn from your mother and your grandmother how to eat and usually on all of us it's not good and in fact you see I gave myself cancer I didn't mean to but we all give ourself disease

we do it because we're ignorant we don't understand that everything we're putting in our mouths either makes us more well or sicker you see everything we do whether we exercise or not whether we get out in the sunlight and fresh air these things have a major impact on our health so when we get these diseases we have to take responsibility for them we have to learn how to get rid of the disease and how to prevent other diseases from happening so these things are rarely inherited we do it to ourselves the first thing you need to do is take responsibility for your disease again we don't do it on purpose I didn't give myself cancer on purpose but most of us go to the grocery store and we put the cancer-causing things in our shopping basket and we take it home and we eat ourselves into cancer we also stress ourselves into cancer and the very things that we do routinely every day give us cancer as I said you cannot

get cancer unless you have an immune system that is severely suppressed so what you want to do is learn how to build your immune system naturally now let's just take a look at the things that cause cancer

first of all lots of medications that you're taking can cause cancer if you look in this big red book that I just showed you you will see that many antihypertensives and and even some medicines given for anxiety and depression actually can cause cancer some high blood pressure drugs also cause cancer estrogen therapy estrogen replacement therapy can cause cancer can cause an increase in breast cancer can cause uterine cancer it can cause all of these other different cancers in your body

fluoride there seems to be a link between fluoride and cancer according to some experts including dr. John Jana Yama's who has written a book called fluoride the aging factor aspartame NutraSweet is associated with tumors particularly brain tumors cancerous tumors we do know that with meat and poultry and fish not only do the animals have disease

which we can potentially get from them when we eat the meat but anytime you cook it not only broiling but anytime you cook these meat these meats they produce carcinogens any kind of cooking whether it's meat poultry or fish dairy herds are infected with bovine leukemia virus and the bovine AIDS virus milk is infected with the bovine leukemia virus and in fact a 1980 study showed that there was an increase in human leukemia in areas with high levels of bovine leukemia in the dairy herds sugar immobilizes the immune system for four hours after you eat it your white cells cannot resist disease caffeine and alcohol are both dehydrating agents and they look like they have a relationship to breast cancer preservatives are in all packaged foods in cans and boxes and some of these actually cause cancer so do the food dyes which are known to be carcinogenic this new fake fat the olestra will take the fat soluble vitamins out of your body you need those vitamins in order to have a healthy body and prevent cancer processed food white rice white bread all the chemicals and the lack of nutrients that's in processed foods all of these things

contribute to a sick body also something else that has shown a lot of evidence of suppressing the immune system are silicone gel implants in the breast I would strongly suggest that if you have silicone gel implants in your breasts to have them removed there are all sorts of cases of women who have had severe autoimmune diseases because it looks like because that they have had these silicone gel implants in their body and in fact there are lawsuits going on about that at the present time smoking produces tars you know that there is there an association between smoking and lung cancer there's also an association between smoking and uterine cancer and cancer the mouth esophagus bladder kidney and pancreas lack of sunlight sunlight actually decreases the size of internal cancerous tumors lack of fresh air and exercise cancer thrives in a low oxygen environment and then of course all of these cancer chemotherapeutic agents cause cancer too and then if those don't work they want to do a bone-marrow transplant on you in order to do a bone-marrow transplant they have to destroy all of your immune system well

what can that possibly do it's your immune system that you need to get you well not only that if you have a transplant of an organ such as a kidney or a liver they give you the same chemotherapeutic agents to wipe out your immune system so you will not reject the transplant as you can see what you really need to do to get well and to prevent cancer is to feed your body will hydrate your body will by drinking a lot of water because it has been shown clearly that dehydration is one of the major factors in causing cancer and in fact I could not get well until I started drinking large amounts of water I'm talking about the average person needs a minimum of 10 glasses a day just to replace their water losses for every day I had not been a water drinker all of my life in fact I was drinking coffee and caffeinated soda so I found out I was about 18 years behind in my water drinking these are the simple things you can do fresh air exercise water good food these will not only prevent cancer but this is the exactly the way that I got well from cancer now I have two videos out I will tell you at the end of this video how you can get well from

cancer and many other diseases but this video called you can't improve on God is the exact step-by-step plan that I use to get well from cancer and this video cancer doesn't scare me anymore shows you what you shouldn't do if you have cancer

it shows the destructive effects of chemotherapy and radiation and documents it from the medical literature it tells you why cancer is big business and why doctors are not really being taught how to get patients well the next category is autoimmune diseases at least that's the way we categorize them in medicine rheumatoid arthritis lupus or systemic lupus erythematosus scleroderma polymyositis dermatomyositis and then polymyalgia rheumatica all of these are really related to joint and tissue problems and so the doctor may tell you that your immune system is too strong but it's impossible for the immune system to be too strong that's like being too healthy when you're too healthy you're just as healthy as you can be when your immune system is working properly it's not going to make you sick if you have one of these diseases it

means that your immune system is not working properly and it's suppressed because of some of these things we've been talking about now let's take another look at what these doctors treat these diseases with these drugs that are so harmful the drug of choice for these diseases is actually cortisone or prednisone most doctors treat every one of these diseases with prednisone what are the side effects of this disease we'll right out of the physicians Desk Reference it will tell you cortisone causes peptic ulcers osteoporosis softening of the bones with spontaneous fractures mental disturbances psychosis degeneration of the nerves acne hirsutism which is excessive growth on the face phase of hair particularly in women diabetes hypertension disturbances in the metabolism and utilization of proteins and fats reactivation of tuberculosis it causes retention of salt and water in the tissues it also can cause you to work when you don't have energy and a tremendous appetite so you will gain weight when my mother was on cortisone years ago for a problem she had her face got about as big as the moon also

cortisone suppresses the immune system and can lead to cancer this is not the way to treat these diseases for rheumatoid arthritis doctors will often put a patient on high doses of aspirin but aspirin can cause gastric ulcers ulcers of the stomach ringing in the ears and anti-inflammatory drugs that you can get either from the drugstore or by prescription from your doctor cause gastrointestinal bleeding peptic ulcers with perforation liver damage kidney failure and high blood pressure methotrexate is now considered the treatment of choice by some doctors for rheumatoid arthritis well methotrexate we just saw in the cancer portion is a chemotherapy agent that can cause death it can also cause cancer it causes ulcerations in the entire gastrointestinal tract now you see these diseases are actually from nutritional deficiencies not getting enough of the food you need eating too much of the food you don't need having improper elimination not drinking enough water in fact I know many patients who have gotten well from rheumatoid arthritis in fact many of them who have been in

wheelchairs who have been able to get up from their wheelchairs and get well now if you have severe permanent destruction of joints I'm not telling you that you're going to be out dancing but I can tell you that you can stop the progression of the disease and reverse the changes that are not permanent my mother as I told you before at the age of 85

this severe autoimmune disease called polymyalgia rheumatica and she got well within six months with no drugs whatsoever just on the plan that we will discuss later on how you can get well from virtually every disease i interview her on this tape you can't improve on God and you will see that at the beginning she wasn't too happy about changing her diet and lifestyle but not only did she get well from polymyalgia rheumatica when she was terribly sick she was unable to even dress herself and she had severe pain but her triglycerides which is a measure of the fat in your blood dropped four hundred points in four months her cholesterol dropped from 280 to 120 so we go back to the very same thing and see that these autoimmune diseases are really caused

from malnutrition dehydration and stress
we will also see that sugar suppresses
the immune system and can cause joint
pain water the lack of water dehydration
from caffeine and alcohol can also cause
joint pain fluoride decreases the immune
system's ability to keep you free from
disease silicone implants seem to be
associated with autoimmune disease and
immune suppression arthritis has been
shown in medical literature to be caused
from a diet low in nutrients alcohol
aspirin and saturated fats which are
found in meat and dairy products
produced prostaglandin e2 which
suppresses the immune system carbonated
drinks are high in phosphates which
change the mineral balance of the body
and a lack of exercise also can cause
you to have stiffness in your joints and
not get enough oxygen to your entire
body it's not a mystery why people get
sick it's the same thing with autoimmune
disease as it is with cancer and heart
disease
we give these diseases to ourselves
drugs never cure disease they only
change the former location of the
disease by causing side effects these
are diseases of the neurological system

Parkinson's of course you can develop what we call a pill rolling tremble tremor and have a shuffling gait and actually sort of turn to stone and eventually it affects the brain hunting's disease Huntington's disease is very similar to that amyotrophic lateral sclerosis also called Lou Gehrig's disease where you have involvement of your nervous system starting at the lower portion of your body and eventually it gets up to your lungs in your throat and you can choke to death and it's considered to be a hundred percent fatal multiple sclerosis is a disease of the muscles but just think about this all of these diseases have these strange names multiple just means many and sclerosis means hard parts it just got many hard parts in the muscle it doesn't really tell you what causes the disease Alzheimer's is of course dementia but it's just named after the person that first described this kind of dementia and again these titles only are Latin terms for describing the symptoms they don't tell you what causes the disease and then seizures are also a part of these neurological abnormalities well how do

they treat these prednisone is one of
the main things they use to treat and we
just we've just gone through the side
effects of prednisone or cortisone
they're very destructive with
Huntington's they use phenothiazines
which all have side effects with
Parkinson's they use certain drugs that
have side effects of restlessness
confusion depression edema nausea
constipation anorexia these are the
things that are very destructive to a
Parkinson's patient you see they already
have a serious problem and now they have
confusion
and possibly hallucinations from their
drugs some of the drugs the
anticholinergic drugs they put them on
cause nausea constipation palpitations
and you see all of these diseases are
made worse by a person not being able to
eliminate their waste so anytime they're
taking drugs that cause constipation
you're going to be worse off levodopa
which is used in Parkinson's patients
causes nausea vomiting hypotension
cardiac arrhythmias confusion tremor and
tics and restlessness and of course a
multiple system lateral sclerosis there's a
drug that's used to treat that where one

of the adverse reactions is attempted
suicide it can also cause massive
infection ulcers in the gastrointestinal
tract bleeding in the gastrointestinal
tract hallucinations delusions stupor
delirium psychosis lung cancer heart
attack congestive heart failure the list
goes on and on and then when we get down
to seizures dilantin is one of the main
drugs of choice for seizures now again
I'm telling you when you're on these
drugs don't stop them abruptly because
if you stop something like de lanten
rapidly and abruptly you can go into a
constant seizure which is called status
epilepticus but the side effects of
dilantin are lymphoma which is cancer
Hodgkin's disease which is cancer
slurred speech eight Axia which is an
unstable gait mental confusion decreased
coordination dizziness insomnia motor
twitchings headache in other kinds of
things called dyskinesias where suddenly
your arms and hands do strange things
and you can't control them liver damage
nausea and vomiting constipation
hepatitis and blood formation
suppression in other words your bone
marrow is suppressed you can see that
these drugs do not cure these diseases

in fact they make the worse you have a
short term gain
because some of your symptoms are
decreased for a long-term disaster what
causes these diseases well Parkinson's
is contributed strongly by these
excitotoxin remember I talked about them
they are the MSG and the nutrasweet or
aspartame also dehydration makes
Parkinson's much worse and there is some
suggestion that the use of caffeine can
actually contribute to Parkinson's
because it upsets the nervous system
amyotrophic lateral sclerosis has been
shown by medical studies to have an
association with yes milk cows milk also
the excitotoxin x' make this much worse
dehydration and possibly also caffeine
and sugar because they unbalanced the
nervous system so much multiple
sclerosis has had tremendous improvement
with drinking huge amounts of water and
eliminating dairy products Alzheimer's
disease seems to be contributed largely
by excitotoxin
again MSG and aspartame nutrasweet
dehydration is associated with
Alzheimer's and with brain atrophy you
see the brain is 85% water and it weighs
about three and a half pounds in an

adult if you squeeze all the water out of it it only weighs 10 ounces there's an article in the medical literature where they talk about they can't figure out why this person has brain atrophy and when they are on high blood pressure drugs actually the brain atrophy does not get better they've associated brain atrophy with people who have high blood pressure well it's because they put people with high blood pressure on diuretics diuretics takes water out of your body you need to have water in your body in order to decrease your hypertension because when you have hypertension it's because your body knows it doesn't have enough water and it produces a chemical that will actually constrict your arteries to make sure that you have enough blood to go and around and fill all of your vascular channels because when you don't have enough water you don't make enough serum to have enough blood volume so when you get high blood pressure you've got thicker blood that's being pushed through narrower channels because your body has produced certain chemicals like histamine vasopressin and renin-angiotensin these constrict the

arteries so your blood has to pump thicker blood through narrower arteries if you have high blood pressure what you want to do is drink more water if you have Alzheimer's disease what you want to do is drink more water and that's of course a great way to prevent it also the aluminum in antacids that people take for ulcers seems to be associated with the onset of Alzheimer's and so does a high-fat diet because the fat clogs up the arteries and then the the brain can't get enough oxygen seizures seem to be intensified by sugar in the diet by the excitotoxin is msg and aspartame by food additives by a lack of nutrition and by a lack of water dehydration and possibly caffeine these are problems that many women have fibrocystic breast disease is accentuated by having caffeine in the diet now that's not only from coffee and caffeinated soda but there is a caffeine like compound in tea and in chocolate so all of these things must be eliminated also fibrocystic breast disease is increased by a high-fat diet any tumors whether benign or malignant are abnormal by getting your body back in balance by eating right by living right your body

can get rid of those tumors you don't
have to always have them cut out
menopausal hot flashes I had terrible
hot flashes I tried to get off my
estrogen replacement therapy many times
but I would have such hot flashes I
couldn't stand them but when I found out
I had breast cancer I knew I had to stop
those estrogens immediately and I was
dreading what would happen to
when I stopped the estrogens but as soon
as I changed my diet to a totally vague
and diet no meat no dairy products no
eggs no poultry no fish I never had
another hot flash and of course you want
to drink a lot of water as well there
are some herbs that are helpful in
decreasing menopausal hot flashes such
as dong quai blue cohosh black cohosh
wild yam root root fennel and licorice
root however I think that what we should
do is try to get our body back in
balance and not even use herbs as drugs
if you decrease the fat and the protein
in your diet and you eat a natural diet
almost always the hot flashes will go
away but just say well I don't want to
get osteoporosis and my doctor tells me
I've got to be on estrogens well
osteoporosis is not caused by a

deficiency of estrogen in fact as we discussed before osteoporosis is caused mainly by lack of activity and too much protein in the diet particularly too much animal protein so if you will get your diet down to eating less than 40 grams of protein a day then you won't get osteoporosis of course you want to also eliminate the medications like cortisone that cause osteoporosis and of course smoking causes osteoporosis and caffeine contributes to it so you want to rectify those factors but you need to get exercise and you need to get the proper amount of protein in the diet you don't want to keep taking calcium because osteoporosis is not a calcium deficiency per se what happens as I said is that when you eat too much protein or you drink too much milk the body becomes very acid and it has to take the calcium out of your bones to neutralize the acid now a lot of women say well my doctor has put me on Fosamax well if you go to the physicians Desk Reference again the PDR the big red book you will find that Fosamax causes ulcers of the esophagus of no pain and gastritis that's inflammation of the stomach bone muscle

and joint pain headache dizziness and
acid regurgitation of your food Fosamax
will not cure your osteoporosis
osteoporosis is not due to a deficiency
of fosamax wood it is due to a
deficiency of the proper nutrients and
you want to get rid of the excess bad
food in your diet now infertility can be
rectified by the total plan that we're
going to talk about male and female mice
exposed to msg early in life actually
suffered from infertility in laboratory
experiments there is some evidence that
fluoride particularly fluoride in the
water and in toothpaste contributes to
the infertility problem and also a lack
of antioxidants
well the antioxidants should be in the
food that you eat
not necessarily in supplements because
those aren't natural the nausea of
pregnancy is in large part caused by
dehydration when a woman gets pregnant
her body has to take huge amounts of
water from her cells to form all the
amniotic fluid for the baby when you get
dehydrated you can get nauseated so you
want to make sure that if you're
contemplating becoming pregnant make
sure that you are drinking lots of water

your body is well hydrated and that you are eating proper nutrition and then premenstrual syndrome actually this is also truly cured by getting your body back in balance by getting the stress out of your life drinking lots of water exercising and eating a an all-natural diet estrogen replacement therapy as we talked about for menopausal hot flashes or to try to prevent osteoporosis these caused cancer the uterus breast cancer abnormal blood clotting nausea and vomiting enlargement of uterine fibroids and sometimes spotty darkening of the skin particularly skin of the face these things are easily solvable solvable by getting yourself back on schedule getting the body back in balance they are never solved by drugs it seems like everybody is suffering from some kind of joint pain or back pain or neck pain osteoarthritis is somewhat different from rheumatoid arthritis at least we doctors categorize it differently but all of these really play into the same factors that cause them osteoarthritis and back pain and neck pain are basically due to inactivity the wrong diet and not enough water you see water is necessary to make synovial

fluid that's a special kind of fluid that the body makes to nourish the joint surfaces when the joint surfaces get too dry they wear out and they can cause back pain and neck pain but you can rehydrate those joint surfaces if they're not too bad

sciatica is pain down the back of the buttock and down the leg and is caused generally from a herniated disc or a slipped disc that's because the discs are dehydrated because people are not drinking enough water and the discs aren't being nourished enough by proper exercise I had severe disc problems before I understood my need for water I actually had them operated on a number of years ago and then the pain came back and when I moved to a hotter climate and I wasn't drinking enough water my pain got severe but as soon as I started drinking large amounts of water over a number of months I was able to rehydrate the discs and actually the discs plump up and they stopped pressing against the nerve roots you know as women particularly get older they get shorter well how do they do that it's because their discs collapse in between their vertebrae but you can rehydrate those

discs and increase their size and
increase your ability not only to move
about and have
freedom from pain but you can move that
disc out of the way by its rehydration
and plumping up so it's not pressing
against the nerve root sugar also causes
joint pain it suppresses the immune
system it is very dehydrating and you
need the water for your nourishment of
your joint surfaces
caffeine is dehydrating alcohol is
dehydrating and of course a lack of
exercise your your joints get stiff if
you don't move them lack of nutrients
also can cause these diseases you have
to eat right and sunlight gives you
vitamin D to give you strong bones
cortisone and the anti-inflammatory
drugs will always make these things
eventually worse because even though
they cover up the symptoms to begin with
they cause worse problems down the line
so what you want to do is the same old
song eat right exercise and get rid of
the stress in your life and will show
how you how to do that total plan in
just a minute there is an increasing
body of evidence to confirm that the
onset of diabetes type 1 that's juvenile

onset diabetes is associated with the use of cow's milk and other dairy products in very young children even if you use insulin throughout life that will not stop the progression of the disease the disease is a disease of blood vessels these people can become blind they can have terrible ulcers of their feet and actually lose their feet or lose their legs what we need to do is eliminate all sugar because you see sugar also intensifies the diabetes we should remove all excitotoxin x' the MSG and aspartame and all chemicals from the processed food smoking makes diabetes of any type much worse we must institute a diet rich in vitamins minerals and enzymes and I have seen people with diabetes type 1 who have been able to reduce their insulin dosage tremendously once the cells in the pancreas have been destroyed I have not seen them revive and regenerate but you can reduce your insulin dosage tremendously and be a lot healthier but the most important thing is to try to prevent the onset of juvenile diabetes which is by eating healthy and eliminating cow's milk from all diets

now diabetes type 2 is easily removed by eating a healthy diet even your doctor will tell you that that if you eat fruits grains and vegetables and you eat a low-fat diet and eliminate the sugar that you can and an exercise of course that you can eliminate diabetes type 2 that's very important because the drugs they put you on to treat diabetes type 2 or adult onset diabetes one of them is Glu cotrol also called glipizide which comes with a special warning on it it says there is an increase of cardiovascular mortality meated which means heart attack it can kill you plus it causes nausea diarrhea jaundice anemia low white blood cell count and low platelets which are associated with clotting dizziness headache and drowsiness another drug that's commonly used is called glucophage Woodhead which has almost the same side effects including this increased risk of cardiovascular mortality which is death so what you want to do is get on your proper diet the same song now hypoglycemia is really caused mainly by eating too much refined sugar when you bring that sugar into your body it's a big jolt like you've taken a hit of

cocaine or something and your insulin shoots up well then your insulin eats up all that that sugar and then you become hypoglycemic and you become shaky and nervous and irritable and all of that and when people tell me they have hypoglycemia I know almost always what's happened they're eating too much refined sugar

their diet so if we exercise if we eat right if we eat fruits grains and vegetables and get the fat the high protein and the sugar out of our diet plus drink lots of water we can certainly get rid of diabetes type 2 and it looks like we can prevent diabetes type 1 and hypoglycemia well as we've learned headaches are not caused by a deficiency of aspirin migraine headaches are not caused by a deficiency of drugs headaches are caused by the excitotoxin MSG and aspartame milk-producing allergies poor elimination due to dehydration from caffeine and alcohol and not eating enough raw food dehydration from not drinking enough water stress of course leads into this as well and stress is very dehydrating sugar withdrawal can actually cause not only headaches but migraine headaches

caffeine withdrawal can cause headaches
so you see if you eat your balanced diet
if you eat fruits grains and vegetables
you can eliminate these problems chronic
fatigue syndrome I think everybody seems
to be suffering from that this is caused
by sleep disturbances and sleep
disturbances are caused by stress not
drinking enough water and eating the
wrong foods over a long period of time
sugar causes the ability for Candida to
grow in your intestine and this
contributes to chronic fatigue syndrome
this is a fungus that can grow in your
intestine and it can get into your
bloodstream this side Candida is
increased by the use of birth control
pills or any estrogens and also the use
of steroids cortisone and antibiotics
because the antibiotics will wipe out
the good bacteria in your colon
so the candida can over grow possibly
get into your bloodstream and contribute
to chronic fatigue syndrome also it's
contributed to by poor elimination by
dehydration by lack of exercise and by a
lack of nutrients not getting enough
vitamins and minerals into your body
and in fact eating too much fat and
protein and also sleep disturbances as I

said before has been shown to cause chronic fatigue syndrome now how about fibromyalgia fibromyalgia is increased by too much sugar in the diet poor elimination lack of exercise the excitotoxin z' msg and aspartame too much fat and protein in the diet and again it has been shown that you can take a healthy person and by purposely disturbing their sleep over a period of three nights you can have induced symptoms of fibromyalgia which is pain and discomfort in the muscles and sometimes in the joints as well and a feeling of fatigue and weakness now candidiasis as I told you plays into all of these others and is produced by overgrowth of this particular bacteria fungus in the in the intestine and by the use of antibiotics by the use of too much sugar flu and colds we can include in this group too because all it is the result of is suppression of the immune system if your immune system is working properly you're not going to get flu and the colds they did a study once where they took a number of volunteers and they took pure cold virus and put it right up into their nose and they put their feet in cold water and blew cold

drafts on them and only something like
15 percent of the people got a cold
because it had to do with how well their
immune system was operating at the time
they were exposed you know that
sometimes you can be around a person who
has a cold and you will get it and
sometimes you won't all we have to do is
keep our immune systems working properly
by feeding them right by doing all the
right natural things that we've talked
about and we can eliminate all of these
problems now they don't happen
immediately it doesn't happen that you
get well within a few days this takes
months you see we get sick one day at a
time it takes us years to get into this
situation it
may take a year or 18 months of really
hard duty in obeying all of the right
rules the ten laws of health for us to
get out of this problem when the body is
dehydrated a water regulating mechanism
is triggered the body produces histamine
which is the number one water regulator
it makes sure that the brain and the
vital organs get enough water but what
you see when histamine is produced in
your body then you want to have
antihistamines and you go to the

drugstore you go to your doctor and you get antihistamines but what you really need is water because the body produces histamine because it doesn't have enough water in it you need lots of water there are also some common causes of allergies which include dairy products milk cheese butter cottage cheese yogurt and sugar all of these things cause allergies also there is an association with asthma allergies and bronchitis not only with dehydration a lack of water but with fluoride with MSG aspartame medications many medications cause constriction constriction of the bronchi they can cause other allergies and they can cause asthma fats and fried foods decrease immune function and animal products cause an increase in mucus formation which can make these problems worse now they frequently treat these diseases such as asthma with something called sera vent which causes heart palpitations nausea and vomiting abdominal pain joint and back pain muscle aches nervousness and fatigue and another one called asthma court causes facial edema abdominal pain vomiting joint pains and muscle pains toothache chest congestion voice alteration and

urinary and vaginal infection sugar is irritating to the mucous membranes and reaches the body's calcium reserves generally lowering your resistance smoking of course is bad for all of these things

and the drugs that the doctor may give you have cortisone in them and this suppresses your immune system even more so you see what you really need to do if you have these three problems any one of the three is you have to increase your water so you can turn off the histamine system in your body your body knows it needs water so it produces histamine don't use antihistamines drink water and get the dairy products out of your body all of these gastrointestinal diseases have basically the same cause with maybe the exception of gall stones gall stones are really caused from too much fat in the diet primarily but constipation and hemorrhoids and diverticulosis and Crohn's disease of the colon these are due to not enough water not too much fat in the diet too much high protein which goes through and is stored as fat these kind of things all cause problems with your intestinal elimination when you are constipated

this can cause hemorrhoids if you have ulcerative colitis these are frequently exacerbated these diseases by stress diverticulosis is when food gets caught in little pockets in your intestine and these pockets are caused because your intestinal contents are not moving out of your body fast enough irritable irritable bowel syndrome is caused by an increase in stress not eating the right food not drinking enough water so what you want to do with each of these instead of taking steroids cortisone for this disease in this disease and sometimes for this disease you want to change the way you're eating change the way you're living get exercise drink water eat a proper diet without too much fat and without all the sugar that you've been eating and of course gastric and duodenal ulcers can actually be cured by drinking water now your doctor may say you need a bland diet but it is the water that is necessary to produce the mucus to line your stomach so the acid in your stomach does not eat through into the lining when you do that in fact you can cure ulcers 2,000 cases of ulcer have actually been cured by nothing more than

water this has been reported in 1983 in
in the Journal of Clinical
gastroenterology so these things are
even though they can be serious problems
if you get on the right diet if you
drink a lot of water and if you get the
stress out of your life
these can miraculously go away well you
probably have a good idea of what you
need to do to get well we're gonna
formulate that plan now and I'm going to
give you a lot of resource material the
books and tapes that I'm going to show
you will all have ordering information
on the end of the video you don't order
them from me you order them from the
same place I got them and these were
very helpful in my recovery from cancer
and they've been very helpful in the
recovery of other people from many
different kinds of diseases
first of all nutrition what do we eat we
eat fruits grains and vegetables in
their most natural form we want to
eliminate the dairy products the meat
the poultry the eggs the fish all of
these animal products because they all
contain disease they all contain
hormones and antibiotics and pesticides
and things like that which make you sick

not only that they contain carcinogens when you cook the meat one excellent book is called move-over milk and it shows you how there is a relationship between diabetes and osteoporosis and and these neurologic diseases that we talked about it is excellent it gives you all the documentation in the medical literature or why milk is very harmful for you then there is the book mad cows and milk gate this is written by a medical doctor and it shows you that mad cow disease actually is in this country the country of America and how it got here and how you can protect yourself there's another book on nutrasweet aspartame written also by a medical doctor dr. H J Roberts showing all of the problems with aspartame the FDA approved this knowing that it contained this product called methanol which can cause blindness and can cause convulsions and then there's a book excitotoxin x' the book was written by dr. russell Blaylock who is a neurosurgeon this book will tell you how MSG and aspartame including hydrolyzed vegetable protein and natural flavorings which frequently contain MSG can make you sick they can cause brain tumors

they can cause seizures they contribute to Parkinson's disease and Lou Gehrig's disease so what do you eat how do you change over from this meat based diet this animal flesh based diet to a vegan diet or two fruits grains and vegetables well I am including in ordering information at the end of this tape how you can get some cookbooks and some raw food preparation books which will help you this one is called Edie Mae's natural recipes which tells you how to prepare raw food that has all the enzymes in it you see when you cook food you destroy all the enzymes anything that's heated to above 107 or 110 degrees will destroy all the enzymes it's been found that if they feed cats food that is cooked within about four generations they can no longer produce and the breed will die out here's another book called absolutely vegetarian where you can have excellent recipes that are made from fruits grains and vegetables with dairy and no eggs and certainly no meat poultry or fish another excellent book is recipes for life written by Rhonda Malkmus and this is recipes from God's garden again no milk no eggs no flesh

foods only fruits grains and vegetables
there are also many raw food recipes in
this recipe book as well so this is a
way for you to start you can start
changing over gradually if you're just
looking for a better lifestyle but if
you have a serious disease as I had with
my cancer you better change over all at
once and you might say well I don't like
to eat that way well what does that have
to do with it if you want to be well now
the next thing is you have to start
exercising exercise is the second law of
Health if you have back problems you
want to really start exercising as much
as you can right off the bat now if you
have too much pain then you better start
drinking a whole lot of water but
exercise will help you eliminate your
back and joint pain this is a book by an
MD dr. Batman Delich and this is a video
that goes along with it that will show
you how you can rehydrate and expand the
discs in your back and of course you
need exercise for just your general body
health the next thing is water if you
don't drink enough water your body can't
function if your children go out and
play in the mud and they come in and
they have filthy clothes and you put

their clothes in the washing machine and
you pour in two cups of water and turn
on the machine how clean will the
clothes get well that's the way with
your body your body produces waste
products in the cells if you don't drink
enough water it can't get those waste
products out of the cells and then the
cells become sick and cause you problems
so this book your body's many cries for
water now it has a new cover just
recently that they had put on a new
cover but it's the same book this is
also written by dr. Batman Delich and
was there
very critical in my recovery from cancer
and it is very important in every
disease the next thing is sunlight
we've got nutrition exercise water and
now sunlight sunlight is important for
curing and improving every disease known
to man once you start nourishing your
body properly by eating right and
drinking enough water you will not be
vulnerable to the harmful rays of the
Sun I'm not saying get out there and get
fried and get out there at the hottest
time of the day you have to use some
common sense but this is an excellent
book showing how every part of your body

is affected by sunlight then we have to get rid of the sugar get rid of the alcohol and the tobacco and all of the things that are harmful to our bodies that's the next law which is called temperance and of course fresh air fresh air is absolutely essential for the body without it your body cannot function properly and rest rest at the proper time of night you cannot force your body to work past its capacity and expect to be well the only time the body can repair itself or regenerate itself is when you are sleeping if you have a serious disease you should be in bed by 9:00 o'clock

try to go to bed soon after the Sun Goes Down and get up when the Sun comes up however if you are sick with a serious disease you need to rest a great deal in fact those of you who have cancer or other serious diseases when you exercise of course walking is the very best exercise do not exercise to the point of fatigue you have to conserve your energy and your breaking down your body if you're actually exercising too much so we have now we have nutrition exercise water sunlight temperance which means gets to get the bad things out fresh air

proper rest and then of course the most important of all the way to get rid stress and that is trust in God this is the users an owner's manual for your body your body was created by God he also created the food that you eat you see I eat designer food I eat the food that is designed by the same being that designed my body and the food is given to us with all the right nutrients with all the right enzymes in it for us to eat and of course it's best the way God made it and that is raw well do we want to have it cooked so we take all the nutrition out of it but really if we follow this book we will find out how to get rid of anger we will find out how to love our enemies we will find out how to get rid of grudges and learn to forgive you see when we are stressed when we were angry when we are holding grudges our bodies cannot assimilate the food even if we put good food into it because our intestines don't work right and the peristalsis stops and our stomachs are contracted and our brain cannot function properly when we are all tied up with these wrong emotions and then the last two steps are an attitude of gratitude be thankful for what you've got and of

course benevolence help other people get
outside yourself stop being so
self-centered

stop honing in on only your problems and
learn to help other people take care of
them and have an interest in them if you
spend time with the Lord in Bible study
in prayer every morning and I spend an
hour a day because I need it in fact I
have found that people who do not spend
time with the Lord are unable to get rid
of the stress in their lives stress is
killing us it is one of the biggest
killers and in fact two Christian
psychiatrists have said that the number
one cause of death in America is
suppressed anger we have to get rid of
it we have to let it go we have to learn
how to live with other people we have to
learn how not to be angry all the stress
that's happening around us is making us
sick we're not meant to live like this
if you follow these ten steps of health
you can be well

[Music]