

**The Handbook
For
Cancer Patients**
By
Alan Holman

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The author's family requests, and would appreciate, donations, of any amount, from individuals or groups who appreciate this work.

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Cover by Alan Holman.

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*This book is dedicated to ...
My brother Darren ...
... and my aunt Alina.*

Victims of the chemotherapy industry.

*I will avenge your unjustified deaths
by seeing that the far and wide spreading of this book
catalyzes the dismantling of the chemo industry,
and the trials of those who write its dogma.*

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MEDICAL DOCTORS DON'T KNOW

Most Medical Doctors are good people who have no idea that the financial agenda of the foundations that fund and set policy for the medical schools and the hospitals has led to medical training that does not teach Medical Doctors how to cure cancer, despite the fact that cures exist.

This book isn't anti-Medical Doctor. Medical Doctors are heroes every time they diagnose a patient with anything, and they are heroes whenever anyone needs emergency surgery. But regarding diseases, such as cancer, where big-money industries hold the reins of Medical policymaking, the "alternatives" yield better results than Medical treatments.

Thanks to "big pharma," Medical Doctors spend years studying to learn which drugs are used to treat which conditions, but they're not taught that the drugs they prescribe repurpose nutrients that are already in the bodies and cause diseases to manifest further along the line which are diseases of deficiency of the nutrient that was repurposed by the earlier drug, and the treatment for the new disease is a drug that's made by the same company that caused the new disease.

Medical Doctors spend years learning how to handle various technologies, but they're not taught that those technologies are less effective than herbs, plants ... and simply getting enough fruits and vegetables! For example, Dr. Krebs found that a chemical in apricot

kernels called Laetrile does more against cancer than any chemotherapy; however, Dr. Krebs' work was suppressed because the Rockefeller family was making a ton of money from selling chemotherapy systems to hospitals and medical schools. And David Rockefeller runs most of the world's media through an alliance he created called The Trilateral Commission. And the Rockefeller foundation is the backbone of the World Health Organization, not to mention the funder of most medical schools. So you ain't gonna read in a medical text book that Laetrile fights tumors better than chemotherapy as long as the Rockefellers are making money from selling chemotherapy devices. The only thing Doctors are taught about herbs is that some herbs have a psychoneuroimmunological effect, which is to say that some herbs work because the patient believes they'll work. The truth is that all herbs are natural substances which God put on earth for our use to heal each-other, and there are herbs for every illness which work better than all drugs.

The information I provide in this book goes against the financial interests of the drugs, surgery, chemo, and radiation business, the mainstream cancer industry, an industry which -- in the USA alone -- is worth an estimated 1 trillion dollars. series goes against the financial interests of that industry, and is for the health and well being of humanity. There will be a medical version of the Nuremberg Trials -- but until then, enjoy books like this one.

Drugs, Surgery, Radiation, and Chemotherapy, only add obstacles; it's easier to cure cancer if chemotherapy is completely avoided.

Drug side effects can sometimes be unspeakably cruel. A breast cancer drug called Tamoxifen causes uterine cancer. Pharmaceutical drugs are never preventatives because if they were then the manufacturers would lose business.

Surgery is a massive shock to the system; it uses carcinogenic anaesthesia and increases the risk of cancer in the scar tissue; it's only good when the threat to life is immediate, like an obstruction in a vital organ.

Chemo uses toxic petrochemical drugs in the hope of killing the disease before killing the patient. Often, chemo victims will die of pneumonia, either as a side-effect of the chemo or because the hospital put the patient on a saline drip with such a low pH -- such as 5.7 -- that the central nervous system and/or the immune system shut down ... those assholes did that to my brother Darren.

The chemotherapy drug cisplatin usually depletes your magnesium levels so dangerously low that it can lead to cardiac and brain damage.

If the patient has already undergone any chemotherapy, please cease chemotherapy immediately, and seek out detoxification methods, while also using the cancer treatment methods that are described within this book.

This book is merely a collection of “leads” for your cancer investigation. As such, this book is a map of information. The quality of the information must be determined by your own research.

I've read books by a lot of accomplished healthcare providers who specialize in cancer. And one of the main themes that is consistent throughout is that no one ever cures another person's cancer. Reading the books lets you know the tools that are available for treatment, and there are many tools. But all that the well-read individual can do is consult with the patient. You ask a lot of questions to determine which treatments aren't applicable to the specific case, and which treatments can be suggested. But ultimately, the patient must decide which well-read individual or individuals to take seriously, which treatments to use, etc. Or maybe the patient starts their own journey through books. The problem with that is the time limit. I spent more than the past two years reading on the subject of cancer, and testing on family members. One thing I can confidently say is that chemo adds A LOT of unnecessary obstacles. A common chemo chemical is fluorine which can cause a HELL of a lot of problems, one of which is bone cancer. Why do they treat bone cancer with a chemical that can cause bone cancer? Because of layers upon layers of cognitive dissonance and confirmation bias which occur in the high pressure medical schools, where the pressure is so high that students make mental compromises where a cluster of info is accepted as a map of a subject when in fact there are many specifics deeper into the topic which would flip the whole paradigm, and the rush of medical school doesn't give the students enough time to fully deconstruct what they're taught, to reconstruct the parts that fit into what they know.

The person who is knowledgeable about cancer knows that the patient is the only person who can cause the cure to happen. The person who is knowledgeable in the topic of cancer can only give the patient hints and clues and nudges in the right direction, but the patient makes all the decisions. And that's why the arrogance filled cancer business will never have a 100% consistent cure -- because they train the doctors to believe that the doctors are the ones who are causing the curing to

happen ... and in the case of cancer, the patient is the only one who can make the cure work.

What Is Cancer?

Insufficient digestive enzyme in humans is a requirement for supplementation with Papaya Enzyme. If insufficient digestive enzyme in humans goes untreated, a single-celled bacteria called candida is allowed to enter the intestines. Candida burrows pockets into the walls of the intestines. Undigested and not fully digested food gets trapped in those pockets, and goes rancid, then candida eats it. A digestive enzyme in candida, called CYP1B1, metabolizes that food, and the candida grows into a multi-cellular fungal mucous which is a transmutation of the candida. Let's call this multicellular transmutation a "shit monster" since it's a result of candida digestion, and since it contains the candida digestive enzyme CYP1B1.

In 1997, Professor Dan Burke, and his team at Aberdeen University, published the first evidence that all tumors contain an enzyme called CYP1B1.

The Shit Monster floats through the blood system and the lymph system, collecting imperfect cells which had been damaged by renegade particles called "free radicals". The multi-cellular Shit Monster is the fungally mucousy adhesive which imperfect cells stick to as a localized cluster which floats through the body and eventually

gets stuck or lodged somewhere in the body and is referred to as a "tumor". Since all tumors contain the Shit Monster, and all Shit Monsters contain CYP1B1 (pronounced sip-one-bee-one), all tumors contain CYP1B1. The CYP1B1 in tumors remains a powerful enough digestive enzyme that it can still metabolize salvestrols.

At Leicester University Professor Burke joined up with Professor Gerry Potter of the Cancer Drug Discovery Group, and they discovered a chemical that appears naturally in red fruits and green vegetables; this chemical is called Salvestrols; it interacts directly with CYP1B1, causing tumors to disassemble.

The best natural sources of salvestrols are raw red fruits, raw green vegetables, and many raw herbs, but some reputable web-sites sell salvestrol supplements in capsule form.

A Web-Site Where You Can Buy Salvestrols Supplements:

<http://www.salvestrol.ca/>

A healthy diet, of three meals of 90% fruits and vegetables contains 100 units of Salvestrols per day, whereas the Salvestrols supplement capsules which they sell at the aforementioned web-site contain 1000 units of salvestrols per capsule, and they recommend that a cancer patient takes six salvestrols capsules per day.

When a salvestrol comes into contact with a tumor, it is absorbed into the tumor, and it makes contact with the digestive enzyme called CYP1B1, triggering a metabolic process which converts the salvestrol into a smaller substance which releases the cluster of imperfect cells

from the Shit Monster, thus shrinking the tumor. The imperfect cells make their way into the lymph system from where they are then expelled from the body. But you've still got a Shit Monster to deal with. This so-called Shit Monster is also known as a Candida Overgrowth, and it can create more tumors if you don't deal with it.

Salvestrols are severely depleted in modern food compared with the human diet even a century ago. The introduction of modern intensive farming methods means we now use disease control spray programmes on food crops which inhibit the natural production of Salvestrols. In addition, manufacturers of fruit juices are actively removing Salvestrols to improve the sweetness of their products. Salvestrols are a bitter tasting component that is only present in trace amounts in red fruits and green vegetables.

CONCLUSION:

- raw red fruits
- raw green vegetables
- papaya enzyme (a substitute for human digestive enzyme)
- salvestrols

NOT papayas. The medicinal enzyme is only present in papayas that are picked at a certain part of the season. There is at least ten days between when a papaya is picked and when it reaches the grocery store shelf. You need the enzyme from the supplement pills that are available from health food stores.

The Rare Cancer Lie

There is no such thing as a rare form of cancer. Tumors are tumors. A tumor is called a different form of cancer based on where it is in the body, and based on how it's spreading, but all tumors are made of the same stuff. For many reasons (although usually because of high fructose corn syrup), a pancreas can produce too little digestive enzyme sometimes. At those times when the pancreas doesn't produce enough digestive enzyme, a single-celled critter in the body called candida eats the undigested food, and not fully digested food, from the sides of the intestines. That critter dies while giving birth to (or pooping-out) a multi-cellular critter which is basically comprised of fungal mucous. This multi-cellular fungally mucousy critter also has an enzyme in it called CYP1B1. This clumpy critter floats all throughout the blood system, throughout the lymph system, throughout the entire body, collecting cells that had been damaged by highly reactive particles called "free radicals." Eventually, this clump, of fungal mucous and enzyme, has collected a big enough cluster of damaged cells that it gets stuck at a random spot in the body. It's given a different name based on where it got stuck, but it's the same thing. EVERY tumor is made of the same material, every tumor is a clump of irregular cells that had been damaged by highly reactive particles called "free radicals," mixed in a clump of fungal mucous with an enzyme called CYP1B1. And all tumors are white because of the fungal component. You may have heard of people with red or blue tumors – but you wipe stuff off of it, it's white!

And not all free radicals are bad. There are many types of free radicals.

Axioms

When you try to solve a mystery, you look for the axioms. Axioms, with regards to diseases, are details that are the same in ALL cases of that disease. Axioms are very valuable. The axioms regarding cancer are:

- The bodies of everyone who has a growing tumor has an acidic pH.
- Tumors always follow an overworked pancreas.
- Tumors cannot form in a body that does not have an overgrowth of candida, and likewise an existing tumor cannot continue to grow in a body where the candida is not overgrown.

Axioms are key clues in any mystery.

Avoid Chemo

There's no such thing as "alternative medicine." There's medicine that works, and there's medicine that doesn't work. Often the medicines that are referred to as "alternatives" work, whereas often the medicines that are referred to as "medically proven" do not work.

The most important thing that people who have just been diagnosed with cancer should know is that they must, at all costs, avoid chemotherapy!

I know that the highly trained doctors want you to get chemotherapy, and I know that the media wants you to get chemotherapy. The doctors and the media work within a paradigm called “consensus reality.” That’s the reality that the lowest common denominator understand. But reality – REAL reality – works within a thing called a basal paradigm, AKA the TRUTH, and it takes a lot more studying to understand the truth.

I know that doctors are highly trained, but MODERN science hasn’t yet explored all the things which thousands of years of humans on the planet have explored. I almost wanted to say millions of years ... but most of you haven’t read a book called Uriel’s Machine ... most of you don’t know about the very real “memory holes” in our knowledge of history. But long story short, my point is: human knowledge contains way more than what modern science has studied.

And so many people who have a lot of knowledge know that you should avoid chemotherapy at all costs!

More people die from chemotherapy than from cancer!

Chemotherapy destroys the immune system so that you die from a cold or a fever, and the medical establishment tends to attribute that death to the cancer. And if the chemotherapy didn't destroy your immune system enough, the Palliative Care Unit in the hospital will put you on a saline drip with a pH of 5.7 – such a low pH will gradually destroy the immune system, and then the central nervous system; it's all about freeing up beds for the next customers.

Chemotherapy also causes other problems that make you require drugs that are manufactured by the same companies who manufactured the chemotherapies. Most tumors are in your body for more than a decade before they are detected, yet most cancer-related deaths are within the first two years after the tumor's detection – those deaths are related to chemo. Avoid chemotherapy!

Chemotherapy and radiation are only beneficial against tumors at three parts of the body ... two parts of the body if you're a woman ... whereas there are nutritional and psychological techniques which are beneficial against 100% of tumors if you've avoided chemotherapy.

If you have taken chemotherapy, seek out detoxification methods. I'd like to suggest a product called Poly-MVA.

POLY-MVA:

<http://www.polymva.com/>

I'd also like to suggest the whole body cleanses from MyBePure:
<http://www.mybepure.com>

I'd also like to suggest chelation for heavy metal toxicity. Now, they'll say that the chemo drugs don't have heavy metals in them; however, the side-effects of the chemo drugs are the same as the side effects of heavy metal toxicity, so – you know what – the molecules in those drugs are basically heavy metals; they're just not saying it.

When an average open-minded individual gets diagnosed with cancer, they're immediately rushed into agreeing to undergo chemotherapy. The chemo hurts them. While they're at home, they search the internet, and they find books such as this one, and they reach the conclusion that chemo is poison, whereas "alternative" treatments are better.

So the patient stops doing chemo, and starts doing alternative treatments, and those alternative treatments are successful in getting rid of all the tumors from that person's body.

But at the start of their cancer battle, when the patient was rushed into undergoing chemotherapy, some of those chemicals that were used in the chemotherapy are still in the body, and can stay in the body for decades. So, even after alternative treatments have resolved all of the tumors, a latent chemo chemical -- which has been laying dormant in the person's body for up to decades -- is suddenly activated, seemingly randomly, and it triggers a sudden decline in muscle mass, and fast weight-loss.

Then the patient is sent to the hospital where they're told, "it's the cancer!" And the person dies in the hospital.

... but it wasn't the cancer. Cancer is just tumors which are just bumps. The bumps cause problems when they cause obstructions, but tumors never result in the fast muscle loss and fast weight loss; those are symptoms of chemotoxicity.

The best way to detoxify the chemotherapy chemicals from your body is to do methods which are known to cleanse the body of heavy metal toxins. Even if chemo seems to have resolved your cancer issue, you still need to clean chemo chemicals from your body. So go onto the internet, and search the word chelation; it is spelled c-h-e-l-a-t-i-o-n.

A good chelation method is cilantro and chlorella. Ask your health food store for cilantro and chlorella, or for a heavy metal cleanse. It should say on the bottle how to use it.

The cilantro dislodges the heavy metals, then the chlorella attaches to them and brings them to the digestive system, so you pee them out!

Natural VS Modern, Cure VS Profit

The practitioners of modern treatments exist within a commercial paradigm in which the goal is profit; that goal is threatened by the idea of curing diseases. The American Medical Association (and similar unions worldwide) – was formed as an alliance of modern practitioners because the practitioners of original, natural cures, were

having more success. The alliance worked, thus causing modern treatments to replace original cures as the “mainstream” and “government approved” methods.

When John D. Rockefeller started the whole "M.D." (Medical Doctor) title, he set up the first medical schools to only teach the treatment of illness with drugs made out of chemicals that were already manufactured by Rockefeller's chemical company. And that hasn't really changed. Currently, the Rockefeller Foundation runs all the "mainstream" medical schools and all the "mainstream" hospitals. David Rockefeller formed The Trilateral Commission, a media alliance that regulates the content of the mainstream media, and so they censor information about cures and panaceas that would threaten the profits of their medical/pharmaceutical interests.

The practitioners of natural medicine have always had more success than the practitioners of modern (allopathic) treatments.

Natural medicine has CURES for cancer. Modern medicine has a few lucky people.

Dr. Leonard Coldwell is famous for saying that natural medicine has over three hundred cures for cancer. I urge you to look into Dr. Leonard Coldwell's materials. I've found a lot of value in his material. I've heard him say that no one is cured by chemotherapy, people that take chemotherapy are cured in spite of it.

The cures I'll suggest are not approved or endorsed by the modern medical industry because they are cheap and work, thus they threaten

the profitability of the expensive chemo, radiation, drugs, and surgery, which don't work. Surgery can remove a tumor, but usually the tumor will grow back within 1-to-5 years unless you fix the nutritional and emotional habits which caused it to appear in the first place.

Laugh

Laughter raises the body's pH. Tumors can't grow in a body that's pH is 7.36, and tumors die in a body that's pH is 7.88.

That 7.88 figure – I know it to be true from observations of individuals; however, I can't cite my source on that one because I heard it from a person who read it from a book, and I don't remember what book he said, but it's consistent with information I collected, so 7.88 – there are ways to safely raise your pH to that level, such as the Hydrogen Peroxide Protocol. You'll want to go to a health food store and get 35% Food Grade Hydrogen Peroxide. Do not drink it straight. You'll need to dilute a few drops into a cup of water. The method can be found in a book called **THE ONE MINUTE CURE: THE SECRET TO HEALING VIRTUALLY ALL DISEASES** by Madison Cavinaugh. Look up that book; she has a protocol in there for how to use 35% Food Grade Hydrogen Peroxide for how to cure cancer. I've actually heard three different protocols with regards to the Hydrogen Peroxide. When you hear the different protocols, you'll know how far you can deviate. And yes, the protocols will be explained later in this book.

Constant honest laughing will get the job done. If you're ticklish, get someone to tickle you.

The Floating Word

A person who is diagnosed with cancer is a person who has a tumor, and/or tumors, somewhere in their body. So basically, the word cancer means nothing. Tumors are the problem! Cancer is a label, a floating word put on top of a set of diseases, all of which are just names for tumors at different parts of the body, and names labeling how the tumor is spreading. For example, a tumor can be labeled a “neoplasm of the whatnot,” and “neoplasm of the whatnot” is the name of a disease which is one of hundreds of diseases which just means you have a tumor somewhere. The word “neoplasm” just means “new growth.” And “of the” is usually followed by a Latin or Greek word for the part of the body where the tumor is. They give all these different words, and call it all sorts of diseases, when it’s just the same material. What are the symptoms of cancer? Tumors. A tumor is a symptom of an overworked pancreas in an acidic body with a candida overgrowth, and possible selenium deficiency.

Regarding Dr. Simoncini

Dr. Tullio Simoncini wrote a book called **CANCER IS A FUNGUS**. Cancer isn't a fungus. Cancer is a label which means you have tumors. Tumors are PART fungus! They can be defeated with anti-fungals, such as baking soda, which is what Dr. Simoncini suggests. And, if you're going to use baking soda, please read the book that Dr. Simoncini wrote, because that will explain to you the proper way of using baking soda.

If you don't read the book, but you want to get started with using baking soda, make sure to get it from a health food store. Brand Name baking sodas may contain aluminum, and you don't want aluminum. Aluminum can cause Alzheimer's. If you use baking soda from the health food store, it should be one teaspoon mixed in a cup of water, taken three cups a day for one week, then one teaspoon mixed in a cup of water, taken twice a day for the second week, then one teaspoon mixed in a cup of water, taken once a day for the third week. Then quit after the third week. The first week is to quickly raise your pH to the right level. The second and third weeks are for maintenance. You have to quit after the third week.

Tumors are a symptom of an overworked pancreas in an acidic body, with a candida overgrowth! Simoncini likes to inject baking soda to the area of the tumor; that method destroys tumors by fixing the pH in the area where the tumor is. But unless you alkalize the entire body, and relieve the burden on the pancreas, the cancer was never cured --

tumors will form elsewhere in the body, within the body's 18 month cell regeneration period!

If you do the right things for eighteen months, your cancer will have fully been replaced with healthy cells.

Regarding Dr. Clark And Mr. Rife

Dr. Hulda Clark's overall premise is that cancer is a fungus called an intestinal fluke. She's wrong! Tumors are a mixture of fungal mucous and irregular cells and an enzyme called CYP1B1.

She describes the "intestinal fluke" as a critter, and she describes it as the cancer. Well, there's actually a critter called candida which shits out the multicellular candida overgrowth "Shit Monster" which she calls the intestinal fluke.

One of the treatments she suggests is called a "zapper." She figured out that if certain frequencies of low voltage electrical pulses are zapped into your bloodstream, it can adversely effect tumors. Her book explained how to make a device which can do this. But what she didn't know was that a man named Royal Raymond Rife discovered a similar thing with sound vibrations.

The Zapper, and the Rife Machine, do work to get rid of tumors. But someone who uses these methods will usually suffer a reoccurrence of tumors sometime between 1-to-5 years afterwards ... unless that person adjusts certain nutritional and psychological habits within

those 1-to-5 years ... but probably within the 18 month cell replacement cycle.

Psychology

Bad psychological habits require a spanking!

When I talk about psychological habits, I mean things that stress you out, like getting angry over things that just don't matter. If you were on your deathbed, all the trivial arguments in your life just don't matter, so why should they matter at the time when they're occurring? Stress causes acidosis which causes the low pH which allows tumors to form and grow. So don't let things stress you out. If you feel wronged, you could get stressed out if you don't say anything about it. Fighting for a good cause, and expressing yourself honestly, are appropriate things to learn to do more often; don't be shy. You're you. Everyone else is equally themselves. You have just as much right to be who you are as anyone who might criticize you has right to be who they are, which is absolutely full right.

The relief of stress can result in the relief of cancer. Some suggestions for cancer relieving activities include: Smelling flowers, talking to cats and dogs, watching insects, standing in a woodland stream, sitting on a rock beside a pond, while dipping your big toe in said pond while daydreaming. Taking actions to manifest the content of those daydreams. Writing and reading poetry.

And attitude is everything. People who deal with their physical problems confidently and cheerfully heal faster than others because

good moods activate the nervous system to open up the cells to accept more oxygen and nutrients.

The Sources Of All Disease

All diseases can be traced to nutritional deficiencies, toxins, electromagnetic chaos, and emotional stress. Nutritional deficiencies make you susceptible to viruses and bacteria. Nutritional deficiencies cause the body to become acidic. An acidic body leads to degenerative diseases, and triggers genetic predispositions. If you're genetically predisposed to get a tumor, you'll never get it if your body never becomes acidic.

Researchers at pharmaceutical companies are not allowed to research anything that can't be patented. You can only patent synthetics, so natural cures aren't researched at pharmaceutical companies.

Pharmaceutical companies buy the media and lobby politicians. So it may come as a surprise to most mainstream media and government education saturated brains that the most dangerous toxin is non-prescription and prescription drugs. Think about it, tell your friends.

In our modern world, toxins are in the food, water, and air. Some examples are genetically modified food, fluoride in the water, and chemtrails in the air. What? – you thought GMO food was good? You thought fluoride cleans teeth? You never heard the word “chemtrail”? Look these topics up.

(Fluoride confuses the immune system and causes it to attack the body's own tissues, and increases the tumor growth rate in cancer prone individuals.)

Electromagnetic chaos is caused by all the wireless devices and satellites, etc.

Relax! Don't get stressed-out!

Seriously ... relax. Some people believe that cancer is a physical manifestation of sleep debt. Think about that.

I'm going to go over a bunch of things that are known natural cures for cancer, but they only work if you get enough relaxation, because sleep is when the body "reboots", and because stress and nutritional deficiencies tie up muscles and organs causing breathing problems, causing lack of oxygen. The lack of oxygen causes cancer ... and it causes a lack of energy. This is why cancers are reversed when you eliminate stress and nutritional deficiencies.

According to Dr. Leonard Coldwell, almost 90% of cancers and illnesses are caused by mental and emotional stress:

- living in constant worries, doubts, fears
- lack of self confidence, lack of self love, lack of hope for the future
- living in constant compromises against yourself
- hanging onto the wrong relationship, the wrong job, etc.

So, relaxation is the most important key to curing cancer. A good way to relax is to contemplate the following metaphysical concept: "I

chose to incarnate into this lifetime for specific reasons. The hobbies I've enjoyed, the hobbies I enjoy, and the things that pleasantly surprise me, are all combining into the skills I need in order to fulfill the reasons for which I've chosen to incarnate into this lifetime. Abundance and health attract to me when my heart and mind feel in balance with my soul, and my heart and mind feel in balance with my soul when I'm performing even the tiniest actions which move me in the direction of my deepest goals, so I must always do things that are relevant to my deepest goals, and I must avoid distractions which don't contribute to this feeling of progression." Contemplate that concept very often.

Candida

The information in this book regarding candida is my interpretation of information I've looked at on the subject of candida. For the best information on this subject, and for up to date information about candida, check with Dr. Jeffrey McCombs, at <http://www.mccombsplan.com/>

Candida overgrowth is a precursor to 100% of tumors, and it feeds on undigested food particles in the bowel, producing excess mucous in order to protect itself from being eliminated by the body's immune system; its main food sources are undigested carbohydrates and proteins that enter the bowel from the stomach and small intestine. This is why a colon cleanse, such as via a coffee enema, is a recommended part of a good cancer treatment strategy. For more information about using coffee enemas as part of cancer treatment, look for the documentary called THE BEAUTIFUL TRUTH, which

features the findings of Dr. Max Gerson, the founder of The Gerson Clinic in Mexico, which is currently run by his daughter Charlotte Gerson.

Tumors cannot exist in a body that hasn't contained an overgrowth of candida. A perfectly healthy person has candida, but it's not overgrown. Everyone who's taken a pharmaceutical antibiotic in their life has an overgrowth of candida unless they've made an effort to normalize their candida levels. Several treatments that are known of in the world of alternative cancer research are treatments which do not attack the cancer; they attack the candida overgrowth. If you get rid of the candida overgrowth, tumors cannot grow any further.

Doing a candida cleanse in a cancer case is a race against time, because you're not attacking the tumor itself. You're attacking the overgrown candida (what I called the "Shit Monster") in order to stop the tumor from growing. You want to stop it from growing before it's grown too big!

Here's a simple test you can do to monitor your candida levels:

Put a glass of water beside your bed at night, put it at a place where you can have easy access to it when you wake up in the morning. In the morning, spit into that water. Don't make any efforts to make any more of a gob than whatever's in your mouth in the morning. Wait fifteen minutes, and then stir it a bit. Then observe the cup. If your spit is floating on the top of the water, or if it's dissolving or if it has dissolved, you don't have enough overgrown candida for tumors to form -- you're healthy. But if your spit has formed a cloud or if it's got

leggy strings, you've got enough overgrown candida for tumors to form and thrive.

You can do that test regularly to monitor the progress of whichever method you use for your candida cleanse. If you have cancer, or if your body CAN have cancer, your morning spit will form a cloud in the cup of water. If you don't have cancer, or if your body can no longer maintain cancer, your morning spit will float on the top or dissolve, but it'll generally be around the same consistency, or clarity, as the water.

Since overgrown candida is a component of tumors, that spit test is also an accurate indicator of whether or not you still have any tumor material in your body. So the spit test is also good as an alternative to cat-scans for people who use alternative treatments and are refused cat-scans by the medical establishment. However, a major flaw with the test is that older people might not be able to get a full eight-to-ten hour sleep, which is a necessary prerequisite for doing that test. So another alternative to getting a cat-scan, is a test that was developed by Dr. Efren Navarro, MD. He developed a urine test which measures a certain chemical to determine how much tumor material is in a patient's body. To find out how to do the test, and all relevant information about it, please go to <http://www.navarromedicalclinic.com/>

In general, you need to cleanse the body until it's too healthy to support cancer. You can google the phrase "candida cleanse" and find suggestions.

Some people think that taking 1 cup of 30ppm colloidal silver per day for a month will normalize your candida levels; I do not know if this is true. All I know is that my dad did it, and there was obvious improvement in his various health issues occurring during the time when he was doing that. We've noticed no negative side-effects, nothing that can be directly attributed to it, to our knowledge. If you're going to do a cup of anything that's in water, for a month, you might want to add eight drops of 35% Food Grade Hydrogen Peroxide to it!

COLLOIDAL SILVER

BUT WAIT -- ISN'T COLLOIDAL SILVER A HEAVY METAL?

Heavy metals are bad for you. I've done a lot of research, and I've learned that the metal-based chemical toxins that you should avoid are aluminum, cadmium, carbon monoxide, chlorine, copper, fluoride, hexavalent chromium, industrial and agricultural chemicals, lead, mercury, nitrates and nitrites, nitrogen dioxide and ozone, polynuclear aromatic hydrocarbons, synthetic and chemical drugs, and tobacco smoke.

Silver is not on that list. Silver is **HEALTHY TO INGEST** (at the colloidal/monoatomic level), and it is actually **EXTREMELY GOOD FOR YOU!!!** Silver actually helps the body remove heavy metals through a chelating process!

But let's go deeper into the science of colloidal metals.

There are fourteen metals which if burned with electricity turn into a fine white powder referred to by some people as ORMUS and monoatomics, and if burned with electricity in water become colloids. Those fourteen metals are: cobalt, rhenium, nickel, osmium, copper, iridium, ruthenium, platinum, rhodium, gold, palladium, mercury, silver, and titanium.

When any of those fourteen metals are burned with electricity in water, they become a colloidal which is suspended in the water. The colloidal versions of each of the fourteen metals don't have the "heavy metal toxicity" attributed to the non-colloidal versions of some of them. And each of these fourteen colloidal metals has different healing purposes. Colloidal silver is an antiviral. Colloidal gold helps your brain and skin. Colloidal copper makes grey hair regain its natural color. Etc, etc. Find the properties of all of them, and make a list! Put the info in your own book! Seriously.

The reason you don't know this is because these colloidal metals are substances called "superconductors," and info about superconductors rarely makes its way out of labs.

GELCAPS

A lot of supplements come packaged in gelcaps when you buy them at the health food store. Gelcaps contain a substance which is very close to MSG (Monosodium Glutamate). This substance is an excitotoxin. Fluoride in municipal tap water is also an excitotoxin, by the way. So perhaps you're asking: What the heck's an excitotoxin? Look it up! I'm trying to stick to the point without going off on tangents, so instead of explaining the topic of excitotoxicity, I'll tell you what matters to cancer patients: **ALL EXCITOTOXINS PROVOKE TUMOUR GROWTH!** Many great cancer fighting herbs come in gelcaps, and the gelcaps cancel or weaken their effect. Now re-read this paragraph and realize that although a lot of the products I'm about to mention come packaged in gelcaps, you should dump the powder out of the gelcaps and ingest that powder either by itself or mixed in a drink or on food, or however – be creative! Vegetable caps are better.

Inflamed Lymph

When you're dealing with cancer, there are a lot of situations in which one or more lymph nodes can get inflamed, and there are many herbs that can help deal with that.

-Pau D'Arco

-Cleavers

- Ginger Root
- Marigold / Calendula
- Yellow Dock
- ... to name a few!

Exercise, in the form of five-to-twenty minutes of jumping rope, can help.

While one or more lymph nodes are inflamed, it's best to avoid all meat for at least a week since much of the inflammation may be made of trapped blood protein from meat.

Some good foods to eat when your lymph is inflamed include:

- Egg whites
- Ocean white fish
- cottage cheese
- yogurt
- brown rice
- millet
- rye
- adzuki beans
- black beans
- quinoa
- celery
- apples
- pears
- strawberries
- all green vegetables, especially juices
- extra virgin cold pressed olive oil

- rice oil
- flax seed oil
- borage oil

Foods to avoid when your lymph is inflamed:

- white sugar
- soft drinks
- ice cream
- candy
- beef
- pork
- lamb
- chicken
- shrimp
- lobster
- crab
- tuna
- fried foods
- overheated fats

You can try a supplement called Lymph-FLO, from universalformulas.com

If three lymph-flo capsules per meal is not satisfactory in bringing down an inflamed lymph, try adding two extra pau d-arco capsules (per meal) to that.

Another good idea is to look at the ingredients of lymph-flo, and then buy capsules of those individual ingredients, and look at what the

bottles say about the recommended dosages of each individual ingredient, and then do some trial and error experiments about how those ingredients affect you.

Fasting from solid foods, and fasting from sodium rich foods, and avoiding sugar, may help resolve an inflamed lymph.

Other ingredients which you may find useful for experimenting with in your attempts to bring down an inflamed lymph node are: Spirulina, Apple cider vinegar, baking soda, sea salt, Potassium Iodide, castor oil.(You can mix castor oil with apple cider vinegar and rub it on the swollen part of the neck, or you can drink it.) Adding lemon or lime juice to baking soda may help. Grapeseed extract, green tea, selenium, Vit E, serapeptase, Honey. Raw foods. One gram of vitamin c every hour while awake. Echinacea/Goldenseal gargling a pinch of cayenne pepper OR myrrh in warm water. Lugol's iodine, 4-6 drops in a glass of water on an empty stomach. Try painting the lymph node with an iodine soaked qtip every day.

REBOUNDING: Rebounding (small trampoline) flushes toxins out of the lymphatic system. Since the lymph system has no internal pumping mechanism like the heart - it has to be "moved" or drained out with the assistance of exercise. The up/down motion of jumping on the trampoline allows for the valves in the system to open up - which in turn allows for the fluid (or lymph) to be shaken up and "ushered" out towards the kidneys where it will be disposed of through the urine.

green smoothies -

1 Romaine Lettuce Head OR 2 stalks of celery

4-5 stalks of Kale (or other dark leafy green)

1-2 Fuji apples (organic recommended)

1 organic lemon (remove seeds but do not have to peel if juicing)

1-2 in of ginger (optional)

Blend or juice and enjoy!

Cutting out sugar from your diet may help. Adding two cups of Apple Cider Vinegar to bathwater, plus mixing in a quarter cup of 35% Food Grade Hydrogen Peroxide to that same bath water, and adding about a cup of epsom salt to that same bathwater, mixing it all together, and then soaking in that bath for a half hour to an hour ... that could help to bring down an inflamed lymph node.

More About Candida

Pau D'Arco is good against candida, but you never know if the brand you're buying has enough of the active ingredient. Take the amount specified on the package.

Garlic is a good fighter against candida. A lot of things fight candida. But you've gotta also avoid certain things while you try to destroy candida.

Avoid sugar. Avoid anything that was made with flour. Avoid potatoes, and other simple carbohydrates such as parsnips, chips, crisps, and crackers. Avoid alcohol, mushrooms, cheeses, red meats, margarine. That's a lot of things to avoid – it might be impossible,

eh? Well don't worry. Worry causes more problems than candida ... but candida does contribute to causing cancer, so ... umm ... if it's difficult to avoid all of this stuff which provokes candida growth, try to ingest enough candida killing stuff that it's dying faster than it's growing.

Candida killing stuff include: lemons, limes, plenty of non-fluoridated water, raw garlic, onions, cabbage, broccoli, turnip, kale, fish, fowl, Olive Oil, Butter, Coconut Oil, oregano oil, natural sugarless yoghurt (mixed with two tablespoons of linseed oil, aka flaxseed oil).

In fact, the diet mentioned in the previous two paragraphs can resolve the candida issue in thirty days if, during that diet, you supplement with vitamin C and Undecenoic Acid OR Caprylic Acid.

If all of that is too difficult for you, take three tablespoons of virgin coconut oil per day, and three teaspoons of baking soda per day. Mix the baking soda in water. So that's three cups of water, with one teaspoon of baking soda in each cup. Take the baking soda before meals (on an empty stomach), and take the coconut oil after meals (on a full stomach).

All diseases can be cured if you go through all of the following comprehensive cleanses: a colon cleanse, a comprehensive liver/gall bladder cleanse, a spleen cleanse, a kidney cleanse, a heavy metal cleanse, a parasite cleanse, and a candida cleanse.

The Candida Cleanse Diet

FOR ONE MONTH...

-Avoid sugar. Avoid anything that was made with flour. Avoid potatoes, and avoid other simple carbohydrates such as parsnips, chips, crisps, and crackers. Avoid alcohol, mushrooms, cheeses, red meats, margarine.

-You can eat lemons, limes, garlic, onions, cabbage, broccoli, turnip, kale, fish, fowl, Olive Oil, Butter, Coconut Oil, oregano oil, natural sugarless yoghurt (mixed with two tablespoons of linseed oil).

-Rice, millet, rice bran, oat bran, are what are called non-glutenous grains, and they are all totally acceptable within this diet. Eggplant is a vegetable, and all vegetables fall within the boundaries of this diet. In case you're curious, this diet is not vegetarian; it can also include beef and chicken. What's most important is that for one month, you avoid the things that are in the avoid category.

-With each meal, take 3000mg of Vitamin C. Make sure that the supplements do not contain soy, artificial sweeteners, or gel.

-With each meal, take EITHER Undecenoic Acid (as directed on the bottle) OR Caprylic Acid (as directed on the bottle). It basically depends on which of those supplements you can find at a local health food store.

If you can plan a one month meal plan for yourself that fits within the rules of this protocol, the candida issue will have been resolved.

Within the first few days, you may find yourself craving sugar. Do not give in to that craving ... or you might have to start all over again.

Antioxidants

Antioxidants repurpose oxygen that's already in the body. I believe that oxygen is the cure for cancer. So when you repurpose oxygen that's already in the body, you're shuffling around oxygen. You might shuffle it to where the tumor is, thus killing the tumor. Or you might shuffle it away from the tumor, making the tumor grow. So, you should really watch it with antioxidants. Every antioxidant MIGHT help in a battle against cancer, so I'll list a few of them. Your antioxidants can include things like Melatonin, which is a neurotransmitter. If you're going to try taking Melatonin to see if it helps with your cancer, you'll want to make sure to only take it within two hours of when you're going to sleep. Then there's Vitamin C. Some people have had success against cancer by having intravenous high dose vitamin C injections; it catalyzes a process that creates hydrogen peroxide in your system, and it's that hydrogen peroxide that affects the tumor material. I believe that you should just take 35% Food Grade Hydrogen Peroxide, because I believe that adding oxygen is better than repurposing oxygen.

Anti-Cancer Nutrients

Eating your vegetables is the cure for more diseases than popping pills with long, multi-syllabic techno-sounding names.

Limit your meat intake! A cancer patient who doesn't want to become a vegetarian should eat no more than between 5%-to-10% of meat in their regular diet. At least 90% of your diet should be vegetables!

If an amateurish vegetarian diet makes your white blood-cell count too high, that's the time to start taking this mixture every other day: 15,000 IU vitamin D3, 100 mg resveratrol and same of quercetin, 4000mg of IP6 rice bran, 12000 mg of flaxseed oil, and sprinkle on some crushed garlic clove. Do that every other morning, with breakfast! (Do that on odd numbered days. And on even numbered days, take everything except the resveratrol and quercetin.) That mixture should be started when your white blood cell count is high, but it should continue during the duration of your battle against cancer. All of the ingredients in that mixture are anti-cancer nutrients, and really you should take that mixture regardless of whether or not your white blood cell count is high. The only reason I suggest starting it at that time is because that's when it converts the most white blood cells to these things called macrophages which are capable of kicking cancer's ass.

Also, do not take quercetin on the same day as when you take any supplementation of Vitamin C; that combination causes inflammation. If you make that mistake, take a teaspoon of sea salt with three cups of water, and take 1000mg of turmeric.

Take at least the recommended dose of all of the lettered vitamins on each day when you're fighting cancer. It will promote overall health, and it will help you to avoid problems that are symptoms of vitamin deficiencies.

When you take vitamin E for any reason, try to get vitamin E capsules that contain a dry powder, because the soybean oil in most vitamin E supplements is a tumor growth promoting oil.

Vitamin D is an immune supporter. You can take a lot of it at once, if you get the most pure Vitamin D that you can find. You'll want to make sure that your Vitamin D supplements don't have yeast, gluten, egg, dairy, artificial colors, preservatives, solvents, alcohol. You can actually take A LOT more of that per day than what the recommended dose on the bottle says. If you get a good Vitamin D capsule, you can take between 3000 IU to 100000 IU per day!

I believe that everybody with cancer has a selenium deficiency, because people aren't getting enough good fruits and vegetables, and selenium is in good soil that they're grown in. When taking selenium, make sure that you never get more than 100mcg of selenium per day. Some brands, which sell 200mcg tablets, are just plain insane. I've heard that if you get 400mcg or more in a day, you have a very good chance of dying of a heart attack in that day.

Selenium is also important for the normal working of the thyroid gland, a gland which regulates metabolism.

Meats are acidic, and tumors thrive in an acidic environment. Maintain a diet of mostly fruits and vegetables. The fruits and vegetables – especially green vegetables because green vegetables have chlorophyll -- keep the body's pH levels at an alkaline (non-

acidic) level so that the tumors will not grow any farther. Tumors cannot grow in a 7.36 pH environment.

You should also do a daily dose of one fresh apricot kernel for every ten pounds of body weight. And you split that up and take it with meals. So a 150 pound guy eats five with each meal, and so on. The Apricot Kernels have a chemical in them that's a combination of cyanide and something else. The only thing that separates the cyanide from the "something else" is a type of sugar that's only found in tumors. So apricot kernels are a direct chemical attack against tumors! (Tumors contain a chemical called glucosidase which unbonds the cyanide from the other atoms. And so the cyanide ONLY affects the tumors.)

The chemical in apricot kernels is called Laetrile, and it's also found in:

Almonds, cherry kernels, peach kernels, pear kernels, plum kernels, broad (*vicia faba*) beans, burma beans, bitter almonds, macadamia nuts, cashew nuts, blackberries, chokecherries, cranberries, elderberries, raspberries, strawberries, chia seeds, flax seeds, sesame seeds, spinach, oat groats, barley, brown rice, buckwheat groats, flax, millet, rye, wheat berries, bamboo shoots, and other places in nature!

Laetrile is also called Vitamin B17.

Some foods can have low amounts of Vitamin B17 -- low is below 100mgs per 100 grams of food; foods that can fall into that category are: Blackberry, Market Cranberry, black beans, black eyed peas, garbanzo beans, green peas, kidney beans, lima beans, shell beans,

cashew nuts, the leaves called Beet Tops, Spinach, the leaves called Water Cress, Sweet Potatos, and Yams.

Some foods can have medium amounts of Vitamin B17 -- medium is above 100mgs per 100 grams of food; foods that can fall into that category are: Boysenberry, Currant, Elderberry, Gooseberry, Huckleberry, Loganberry, Mulberry, Quince, Strawberry, Raspberry, buckwheat seeds, flax seeds, millet seeds, squash seeds, garbanzo beans, kidney beans, mung beans, alfalfa sprouts, fava sprouts, garbanzo sprouts, mung sprouts, and macadamia nuts.

Some foods can have high amounts of Vitamin B17 -- high is above 500mgs per 100 grams of food; foods that can fall into that category are: Wild Blackberry, Choke Cherry, Wild Crabapple, swedish lignon, elderberry, apple seeds, apricot seeds, cherry seed, nectarine seed, peach seed, pear seed, plum seed, prune seed, fava beans, mung beans, bamboo sprouts, bitter almond nuts, macadamia nuts, alfalfa leaves, eucalyptus leaves, and cassava tubers.

Vitamin B17 is a direct chemical attack against tumors, so make sure to include those foods in your diet! Many of those foods contain cofactors which resolve the underlying issues which resulted in the tumors. For example: some of those foods were grown in good soil, so they have selenium. Some of those foods are green vegetables, so they have chlorophyll which raises your body's pH from bad acid to good alkaline. Some of those foods have enzymes which aid pancreatic function. Some of those foods have various anti-candida functions. So you see, taking ONLY B17 will resolve the tumors, but it will not resolve the underlying issues which caused the tumors, so

the tumors may return. But taking the whole fruit, the whole vegetable, RAW, will not only resolve the tumors, but it will resolve the underlying issues which caused the tumors as well.

Laetrile does not affect tumors that are in some parts of the throat. Laetrile is a direct chemical attack against ONE component of the several components that make up tumors, so it can defeat tumors, but it doesn't cure cancer ... but neither does chemotherapy.

Toxicologically, Laetrile is between Class 1 and Class 2 which means it is virtually non-toxic, whereas most chemotherapies are class 6 which is super toxic. So, if given the choice between Laetrile or chemotherapy, I'd choose Laetrile.

Cancer is a set of diseases all characterized by tumors at different parts of the body. The tumors are SYMPTOMS of the underlying problems which are an overworked pancreas in an acidic body with a candida overgrowth and possible selenium deficiency. The fact that laetrile can get rid of tumors at many parts of the body DOES NOT make it a cure for cancer. Unless the underlying issues are resolved in the eighteen month cell replacement cycle, the tumors return. Many fruits and vegetables which contain laetrile can reverse cancer due to their containment of COFACTORS such as chlorophyll, in green vegetables, which can resolve the "acidic body" issue and the candida issue, trace amounts of selenium; and enzymes which can resolve the overworked pancreas issue. The best idea is to eat the WHOLE RAW fruit or vegetable, and not just the part with the laetrile, which is usually the seed or kernel.

You should also take a Zinc supplement on any day when you take laetrile. Zinc carries laetrile to where it's needed.

Raw foods are great! Here's a partial list of anticancer components that can be found in raw foods:

- * Antiestrogens and antiprogestins
- * Carotenoids, folate, niacinamide, and vitamins A, D, K, and B12
- * Coenzyme Q10
- * Ellagic acid
- * Fiber
- * Flavonoids
- * Glucosinolates
- * Glutathione
- * Glycolipids and glycoproteins
- * Immune-enhancing polysaccharides
- * Indole-3-carbinol
- * Isothiocyanates
- * Magnesium
- * Phytates
- * Protease inhibitors
- * Saponins
- * Selenium (principally in an organic form)
- * Sulphoraphanes
- * Zinc

Five to ten servings of fruits and vegetables per day should get you the right amount of those components/cofactors!

Always eat vegetables when you eat meat. The flavonoids in the vegetables will neutralize the carcinogens in the meat, especially in seared meats. They will also reduce the absorption of iron, so that you absorb only enough to maintain your body's needs.

Onions and apples contain a powerful cancer inhibitor called quercetin. Parsley and celery contain an anticancer flavonoid called apigenin, while green tea has a series of chemicals, including epigallocatechin gallate, catechin, and epicatechin, that not only suppress tumors, but also protect the heart and blood vessels.

If you've got a blender, the following fruits and vegetables can be mixed together for flavorful tumor-fighting goodness:

Beets
Kale
Broccoli
Parsley
Brussels sprouts
Purple cabbage
Carrots
Spinach
Cauliflower
Tomatoes
Celery
Turnip greens
Blackberries
Oranges
Blueberries

Raspberries
Cranberries
Red currants
Grapefruit
Strawberries

Blending any five of those ingredients together, and drinking two cups a day, is all you've gotta do to reverse most cancers ... if you avoid chemotherapy. It's best to drink it fresh, but refrigeration preserves many of the necessary enzymes.

Dr. Virginia Livingston discovered a chemical that is similar to vitamin A, called Absciscic acid; it has profound anti-cancer activity, and it is especially found in green leafy vegetables. From Dr. Livingston's book FOOD ALIVE, here is a list of foods containing absciscic acid.

Mangoes
Grapes
Avocados
Pears
Oranges, with the white underpeel and pulps
Apples, whole with the seeds
Strawberries
Peach Flowers
Strawberry Leaves
Cherry Flowers
Apple Blossoms
Pea shoots

Lima Beans
Potatoes
Peas, Dwarf
Yams
Sweet Potatoes
Asparagus
Tomatoes
Onions
Spinach
All root vegetables, especially Carrots
Seeds and Nuts of all Kinds
Mature Greens

A low, regular dose of Graviola will stop the cells in the tumor from being able to absorb energy. Start the Graviola dosages very small and gradually increasing until you experience nausea or a headache. Lower the daily dose to half the amount that brought upon the nausea and/or headache.

Here's a "lead" for your research: Look up an herb called Paw Paw.

The University of Alberta has found a cancer treatment called sodium dichloroacetate (DCA). But due to red tape from drug companies, it'll probably never hit the pharmacy shelves as a treatment for cancer. But if you google it, you can find companies who are selling it. For maximum effectiveness, mix 12.5mg per kg of the patients body weight of sodium dichloroacetate (DCA) into some cold coffee or cold tea [heat can nullify the effects / 480mg of caffeine per day is the recommendation, so 240mg every 12 hours.] and mix in 500mg worth

of crushed up vitamin B1 supplements, and drink that every 12 hours. Only do the “DCA/B1/Caffeine protocol” for a limited time. When the side-effects (ultra-mega-super urination and/or numb fingers and/or numb toes) set in, you have to stop the “DCA/B1/Caffeine protocol.” The “DCA/B1/Caffeine Protocol” only works against tumors in some parts of the body; it does not affect tumors in the throat. And even though it gets rid of some tumors, it does not deal with the underlying causes of cancer, so those tumors may reappear within the body’s 18 month cell replacement cycle.

Eat cottage cheese along with flaxseed oil! This mixture magnifies the effects of all of the above suggestions because it creates a chemical reaction in the body which makes your cells absorb a higher percentage of the nutrients that you eat.

Muffins made with flaxseed oil kill breast tumors better than chemotherapy. A person with breast tumors should also eat mushrooms, and drink green tea.

Enjoy a cup of Essiac Tea every once in a while!

Essiac was discovered by Rene Caisse who got the info from Natives, and took credit for the discovery, a discovery which was actually made by Natives. She opened a Cancer Treatment Clinic in Toronto which cured thousands of cancer patients between 1934 to 1942, until the government shut it down saying that all the thousands of people who were cured were mistakenly diagnosed. The government likes to lie like that. The primary ingredient in Essiac is Burdock Root which is also present in Hoxsiac, a mixture that was used in Harry Hoxsey's

clinics in the southern United States where his Burdock-powered Hoxsiac cured thousands of cancer patients from the 1920s to the 1960s.

Follow the instructions in this note as closely as is comfortable for you, and just relax, because when you're armed with all this info, cancer is nothing to fear!

P.S. I've heard of a village in South America where no one has died of cancer in hundreds of years because they make a tonic that cures cancer. The tonic is made with these ingredients:

Red Clover blossom, Licorice root, Buckthorn bark, Burdock root, Stillingia root, Poke root, Barberry root, Oregon Grape root, Cascara Sagrada bark, Prickly Ash bark, Wild Indigo root and Sea Kelp. But I don't know the portions of those ingredients, or any aspect of how it's prepared. All I know is that those are the ingredients for the tonic. All those ingredients are mixed together in some manner, and prepared in some way, and given to the cancer patient, and it cures the cancer. Further investigation is needed before I can say any specifics.

Like Popcorn!

Eat the following supplements like popcorn:

-Vitamin C

-Papaya Enzyme

-IP6 & Inositol

You can't overdose on those supplements, and they have anti-cancer properties. Have fun stuffing your face with them recreationally!

How To Cure Cancer!

The cure is simple oxygen. Hydrogen Peroxide dilutes quickly in water, making the water super-healthy, and in fact cancer curing. What I'm about to tell you is the safest way to raise a person's pH to the level where tumors die. Tumors stop growing in a body where the pH is 7.36, and all tumors completely die in a body where the pH is 7.88 -- this is the most closely guarded secret.

Go to a farm supply store and buy 29% Hydrogen Peroxide (H₂O₂), OR go to a health food store and buy the product called 35% Food Grade Hydrogen Peroxide. Both will work equally well. And get some kind of a dropper. DO NOT get the 3% Hydrogen Peroxide which they sell at pharmacies -- that is for topical applications and it has extra ingredients that are poisonous. The 29% H₂O₂ they sell at farm supply stores, and the 35% H₂O₂ they sell at health food stores, don't have extra ingredients; they're good.

So here's what you do ...

This will take patience.

On days 1-to-3, put three drops of either 29% H₂O₂ or 35% H₂O₂ in a cup of water that the patient drinks with breakfast, put three drops of either 29% H₂O₂ or 35% H₂O₂ in a cup of water that the patient drinks with lunch, and put three drops of either 29% H₂O₂ or 35% H₂O₂ in a cup of water that the patient drinks with supper.

On day 4, put four drops in a cup of water that the patient drinks with breakfast, put four drops in a cup of water that the patient drinks with lunch, and put four drops in a cup of water that the patient drinks with supper.

Add a drop each day, until day 25 when the patient is taking twenty five drops in a cup of water with breakfast, twenty five drops in a cup of water with lunch, and twenty five drops in a cup of water with supper.

In simpler terms ...

DAYS 1-to-3:

3 drops in a cup of water with each meal.

DAY 4:

4 drops in a cup of water with each meal.

Each day, increase at rate of one drop per meal, until day 25 when ...

DAY 25:

25 drops in a cup of water, with each meal.

What you need to know is that there is a reason for the gradual increase. It's a way to safely bring the body's pH to the level where tumors go away. Tumors stop growing at 7.36pH, and tumors die at 7.88pH. There's no reason to keep tabs on measuring pH since a person can have high pH for years before a problem develops, whereas this protocol only raises your pH for about a month.

Whenever the hydrogen peroxide causes a complication, such as dizziness or nausea, you need to take the same amount the next day, OR one less drop per meal the next day, to build your tolerance until it no longer causes that complication. Then continue raising the amount you're taking, until you're taking 25 drops per meal. You should notice some minor improvements from the get-go, but between days 15-to-25 is when it will taste bad, but it's also when you should be noticing a constant rapid improvement in your situation. You can slow down whenever you want, by lowering the dose and rebuilding, or staying on a dose for more than one day, but it's important that you never skip up to the higher doses prematurely. It's all about patience. When you get to 25 drops three times a day, it will taste the worst, but you'll be noticing the most constant rapid improvements in your situation. So stay at 25 drops with each meal for more than one day, stay there (at 25 drops three times per day) for as many days as it takes until it stops causing improvements in your situation.

If the taste is so bad that you cannot get to 25 drops, anywhere between 16-to-25 should be stayed on for about two weeks.

THE THREE H₂O₂ PROTOCOLS

#1 -- The one mentioned above, in which you gradually increase to twenty-five drops, three times a day.

#2 --Eight drops in eight ounces of aloe juice, once a day, for thirty-five days.

#3-Anything between protocols 1 and 2.

THE 18 MONTH CURE

The body has an 18 month cell replacement cycle. If you address the sources of all health problems over 18 months, you can reverse every health problem. That's because the natural state of any body is perfect health.

This protocol addresses the sources of every illness. It requires patience. You will find your wellness increasing during the protocol.

The 18 month cure protocol is based on the fact that the body has an 18 month cell replacement cycle in which EVERY cell in your body is replaced in eighteen months.

Dr. Gabriel Cousens found that diabetes can be cured if people eat right for eighteen months. Dr. Max Gersen found that cancer can be cured if people eat right for eighteen months. Researchers have found that so can AIDS.

So this eighteen month "cure" protocol is a combination of the main points in books about protocols that have been used by various Doctors and researchers to cure diseases which the pharmaceutical industry pays the media to call "incurable."

--This Protocol Will Work Best If You Drink One Cup Of Colloidal Gold On The Day Before You Begin The Protocol--

FOR THE ENTIRE 18 MONTHS

-Walk at least twelve blocks each day.

-Three meals per day. 5-to-10% meat, 90-to-95% other such as red fruits and green vegetables.

-Completely avoid fast food, "junk" food, carbonated beverages, and alcoholic beverages.

-15000 IU of Vitamin D supplements every morning. Make sure that the supplements do not contain soy, artificial sweeteners, or gel.

-No prescription or non-prescription pharmaceuticals UNLESS you compliment them with the nutrients they repurpose. To find out what nutrients a drug repurposes, you do strategic web-searches to cross reference the side-effects of the drug with symptoms of nutritional deficiencies. If you cannot do that confidently, do not take any prescription or non-prescription pharmaceuticals.

MONTHS 1, 4, 7, 10, 13, 16.

Go to a health food store and buy 35% Food Grade Hydrogen Peroxide. If your health food stores don't carry it, either buy it from an online source, or go to a farm supply store and buy 29% Hydrogen Peroxide.

For the entire month, put ten drops of 35% Food Grade Hydrogen Peroxide (or 29%) in a cup of water that you drink three times a day -- one hour before each meal, or three hours after each meal (in other words, on an empty stomach).

Ten drops diluted in a cup of water three times a day on an empty stomach for an entire month.

[You might experience short dizzy spells on the first couple of days.]

MONTHS 2, 5, 8, 11, 14, 17.

-Avoid sugar. Avoid anything that was made with flour. Avoid potatoes, and avoid other simple carbohydrates such as parsnips, chips, crisps, and crackers. Avoid alcohol, mushrooms, cheeses, red meats, margarine.

-You can eat lemons, limes, garlic, onions, cabbage, broccoli, turnip, kale, fish, fowl, Olive Oil, Butter, Coconut Oil, oregano oil, natural sugarless yoghurt (mixed with two tablespoons of linseed oil).

-With each meal, take 3000mg of Vitamin C. Make sure that the supplements do not contain soy, artificial sweeteners, or gel.

-With each meal, take EITHER Undecenoic Acid (as directed on the bottle) OR Caprylic Acid (as directed on the bottle).

MONTHS 3, 6, 9, 12, 15, 18.

-Half a cup of 10ppm colloidal silver every morning.

-1 tsp of Apple Cider Vinegar diluted in a cup of water every morning. Not big name brands. Make sure it says on the bottle that it includes the enzyme called "Mother."

-1 tbsp of Virgin Coconut Oil with every meal.

AFTER MONTH EIGHTEEN.

You've pushed the re-set button. You're in perfect health. Do whatever you want. Freedom.

P.S. Liver disease is caused by a vitamin E deficiency.

THE BIG SECRET!

Pharmaceutical drug side-effects fall into two categories:

- 1) symptoms of nutritional deficiencies.
- 2) symptoms of element toxicities.

Compliment your pharmaceutical drugs with the nutrients they repurpose, and/or with protocols that chelate the toxic elements that make up some of the drug.

If the list of possible side effects of a drug include ...

- Vision problems
- Hard bumps on skin
- Acne/blackheads
- Frequent infections
- Fatigue
- Loss of appetite
- Impaired growth
- Painful joints
- Dull hair
- Brittle fingernails
- Crooked/split teeth
- Diabetes

-Greasy hair/skin

... then that drug re-purposes vitamin A and/or D that is already in your body. The drug does not work if you don't already have enough vitamin A and/or D in your body. Vitamin A and/or D should be taken along with the drug so that the drug does not result in those side effects. But even better, don't take the pharmaceutical drug, and just several supplements or sources of vitamin A and/or D, until the condition, for which you were prescribed the pharmaceutical, subsides. My suggestion is that you should take 20,000 (twenty thousand) I.U. (international units) of Vitamin A with each meal, and 10,000 (ten thousand) I.U. (international units) of Vitamin D with each meal, until the condition, for which you were prescribed the pharmaceutical, subsides. If you are already experiencing any of the above symptoms, take vitamin A and/or D.

If your body gets enough Vitamins and nutrients, your body will put those vitamins and nutrients in their proper places for optimum health.

If the list of possible side effects of a pharmaceutical drug include ...

-Irritability

-Thoughts of suicide

-Thin hair

-Poor appetite

-Insomnia

-Constipation

-Depression/tiredness

-Mental confusion

-Hypersensitive to light

- Cracks in corner of mouth
- Craving carbs
- Headaches
- ADD/ADHD
- Fears/phobias
- Abdominal fat

... then that drug re-purposes B vitamins that are already in your body. The drug does not work if you don't already have enough B vitamins in your body. B vitamins should be taken along with the drug so that the drug does not result in those side effects. But even better, don't take the pharmaceutical drug, and just take several supplements or sources of B vitamins along with every meal until the condition, for which you were prescribed the pharmaceutical, subsides. If you are already experiencing any of the above symptoms, take B vitamins.

Do you get it yet? Pharmaceutical drugs are useless if you know which Vitamins they repurpose. Just get enough of those vitamins, and the body will put them where they need to go.

If the list of possible side effects of a pharmaceutical drug include ...

- Bruise easy
- Hangnails
- Tires easy
- Gums bleed
- Nosebleed
- Poor teeth enamel
- Slow healing
- Skin rough/dry
- Bones break easy

- Dark circles under eyes
- Can't think
- Pak pallor
- Headaches
- Craves starches

... then that drug re-purposes vitamin C that is already in your body. The drug does not work if you don't already have enough vitamin C in your body. Vitamin C should be taken along with the drug so that the drug does not result in those side effects. But even better, don't take the pharmaceutical drug, and just take several supplements or sources of vitamin C along with every meal until the condition, for which you were prescribed the pharmaceutical, subsides. If you are already experiencing any of the above symptoms, take vitamin C.

If the list of possible side effects of a pharmaceutical drug include ...

- Muscle cramps
- Joint pain
- Insomnia
- Eczema
- Tooth decay
- Hyper/anxiety
- Craves dairy
- White spots on nails
- Stretch marks

... then that drug re-purposes calcium/minerals/zinc that is already in your body. The drug does not work if you don't already have enough calcium/minerals/zinc in your body. Calcium/minerals/zinc should be taken along with the drug so that the drug does not result in those side effects. But even better, don't take the pharmaceutical drug, and just

take several supplements or sources of calcium/minerals/zinc along with every meal until the condition, for which you were prescribed the pharmaceutical, subsides. If you are already experiencing any of the above symptoms, take calcium/minerals/zinc.

If the list of possible side effects of a pharmaceutical drug include ...

- Obesity
- Slowed mental reactions
- Dry hair
- Irritability
- Cravings for salt
- Slow walking
- Yellow on the bottom of your feet.
- Creases in neck
- Slurred speech

... then that drug re-purposes iodine that is already in your body. The drug does not work if you don't already have enough iodine in your body. Iodine should be taken along with the drug so that the drug does not result in those side effects. But even better, don't take the pharmaceutical drug, and just take several supplements or sources of iodine along with every meal until the condition, for which you were prescribed the pharmaceutical, subsides. If you are already experiencing any of the above symptoms, take iodine.

If the list of possible side effects of a pharmaceutical drug include symptoms that have not been listed above, they are side-effects of element toxicities. It means that the drug actually contains elements that can make you sick. If a doctor prescribes such a drug to you, put it in his family's drinking water.

SYMPTOMS OF HEAVY METAL TOXICITY

LEAD

- Abdominal pain
- Dysfunction of brain
- Anemia
- Hyperactivity
- Reading problems
- Slow reflexes
- Clumsy
- Behavioral problems
- Poor growth
- Depression / headaches
- Restlessness
- Impaired memory
- Hallucinations
- Muscular weakness
- Nausea / indigestion
- Mental disturbance

MERCURY

- Dental fillings
- Loss of coordination
- Excessive saliva
- Diarrhea
- Tremors / vertigo
- Moodiness
- Loss of teeth

- Fatigue
- Numbness
- Memory loss
- Asthma / anger
- Learning problems
- Loss of smell / taste
- Metallic taste in mouth
- Constipation
- Frequent night urination
- Allergies

SUPPLEMENTATION REGIMEN EXAMPLES

Every cancer case is different. Yes, all cancer is tumors and all tumors are made of the same substances -- a fungus with weird mistakenly misshapen cells stuck to it, with some enzyme there but the star of the tumors are the cells, weird mutants ... sucking energy and resources, just blocking the way, obstructing all kinds of justices. Tumors are all the same thing, but each situation is different. Your lymph might inflame, it might not. Bones might be compromised, they might not get compromised. An organ might be disrupted, it might not. Breathing can be obstructed, it might not get that way. Movement might be disrupted, a bit or a lot, on any part of the body that can move! Depending upon where the tumor is positioned, you'll have a different time-line of situations, ups and downs, and you'll develop your knowledge of herbs and natural or overall rational solutions for those problems while dealing with each of them calmly, with a cool head, on a case-by-case, episode by episode, basis. Each cancer case is its own set of episodes, its own series of obstacles. So at different slices of the banana shaped time-line, various slices of that banana colored obstruction in your body will be causing all sorts of rising actions, falling actions, and whatnot, that the herbs and natural and all around rational remedies and solutions and cures and supposed cure-alls that you'll be taking will be different at any given time. Regardless, I thought that I would let you in on some things that I was giving to my dad at times when his situation was improving.

During one of the ups in his long series of events, I had him on a two day regimen which altered ... day one, day two, then back to day one, then day two yet again. Back and forth, it altered, always returning to the start, going to the end, and then coming right back to where it all began. I'm not going to tell you how long he was on this mixture, just that the following mixture caused improvement in his condition at the time when he was taking it, and I'm not even going to go into what his full conditions were, and what the effect was. The following is to illustrate one of many possible supplementation regimens.

This is an illustration of what a supplementation regimen CAN look like. Depending upon your situation, this regimen may or may not work for you. I include it because this is a regimen that caused many improvements in my dad's situation, but all situations are different.

DAY 1

BREAKFAST

Resveratrol / 265mg (1 capsule)
Quercetin / 235mg (1 capsule)
IP6 & Inositol / 4000mg (8 capsules)
Vitamin D3 / 10000IU (10 capsules)
Flaxseed Oil / 4000mg (4 capsules)
Virgin Coconut Oil / 1tbsp
Colloidal silver / 1tbsp
Pau d'Arco / 1635 mg (3 capsules)
Graviola (2 capsules)

LUNCH

Vitamin D3 / 3000IU (3 capsules)
Flaxseed Oil / 4000mg (4 capsules)
Virgin Coconut Oil / 1tbsp
Colloidal silver / 1tbsp
Pau d'Arco / 1635 mg (3 capsules)
Candida Clear (2 capsules)
Graviola (2 capsules)

SUPPER

Vitamin D3 / 2000IU (2 capsules)
Flaxseed Oil / 4000mg (4 capsules)
Virgin Coconut Oil / 1tbsp
Colloidal silver / 1tbsp
Pau d'Arco / 1635 mg (3 capsules)
Candida Clear (2 capsules)
Graviola (2 capsules)

DAY 2

BREAKFAST

IP6 & Inositol / 4000mg (8 capsules)
Vitamin D3 / 10000IU (10 capsules)
Flaxseed Oil / 4000mg (4 capsules)
Virgin Coconut Oil / 1tbsp
Colloidal silver / 1tbsp
Pau d'Arco / 1635 mg (3 capsules)
Graviola (2 capsules)

LUNCH

Vitamin D3 / 3000IU (3 capsules)

Flaxseed Oil / 4000mg (4 capsules)

Virgin Coconut Oil / 1tbsp

Colloidal silver / 1tbsp

Pau d'Arco / 1635 mg (3 capsules)

Candida Clear (2 capsules)

Graviola (2 capsules)

SUPPER

Vitamin D3 / 2000IU (2 capsules)

Flaxseed Oil / 4000mg (4 capsules)

Virgin Coconut Oil / 1tbsp

Colloidal silver / 1tbsp

Pau d'Arco / 1635 mg (3 capsules)

Candida Clear (2 capsules)

Graviola (2 capsules)

The above was an illustration of what a supplementation regimen CAN look like. Depending upon your situation, this regimen may or may not work for you. I include it because this is a regimen that caused many improvements in my dad's situation, but all situations are different.

That's what he took at a time when he was improving. We used the compartments of a threerow-by-sixcolumn tackle-box to schedule six-

day treatments. That way you just scoop out a compartment for ingestion with every meal. That's what we did for the solids, and the liquids -- like colloidal silver and some of the oils -- were already in their bottles and whatnot. But stuff like the vitamins, and the graviola, candida clear, d3's, and all the other gear like Pau d'Arco; that was the hook! Paw-d'arco is the tree of life, according to one culture somewhere, so it'll reel ya into good health. But yeah, whatever would be appropriate to put in the tackle box -- such as big sets of capsules and tablets -- those were in the tackle box. What I described my dad taking was what was right for him for deflecting the issues of the permutations and combinations of a multiply transforming status-report about the whole body, as expressed with symptoms or whatnot. The symptoms of an issue are a status report to you that there is an issue. You're the captain, captain you! But long story short, I'm not suggesting the above regimen. It was an example of what a regimen can look like in one of many possible situations. And this one happens to be big. But supplementation regimens can fluxuate many times. So I wasn't telling you to ever do that regimen, but you can if you wish. Experiment. If you're dealing with cancer, and you just decided "no more chemotherapy! Fuck this shit! I now realize that Alan was right when he told me that chemo is murder! Alan was fucking right! Tell me, Alan, tell me what to do now that I've just gotten off of chemotherapy!" Well, dood, I'd say -- stay right there. For now, go to the health food store! Get what you'd need to do the regimen I said my dad did for a period of time! Do that regimen, for starters ... do it for a while, 'till you're used to it, and however long you want to ... but, although that's a great place to start, morph it in many different ways according to your need! But never, never, never ever fucking do chemotherapy again! Jesus Christ,

we've gotta deprogram the programmed minds of the doctors and the nurses, and the people who blindly run for the fucking cure! The cure is here! It's been explained in this series! Dr. Coldwell is right that the one cure for cancer is whatever's working for you, but we've got it -- we've figured out the precursors -- we've got a lot of great places now where people can start their treatment! Places that won't kill you! Do as close as you can get to what I just said, or do this regimen for starters:

Two papaya enzyme supplements per day, with three caprylic acid supplements per meal, with one selenium supplement (100mcg) per day, with 1 apricot kernel per every ten pound of your weight per day, so if you're 150 pounds, that's fifteen apricot kernels per day, with 15000 IU of vitamin D per day! And I mean all of that on the same days, at the same time! It may look like a lot of pills, but it's one potential thing that a lot of people with cancer need, so it's something you've gotta try for starters while you find the supplementation regimen that works for you!

But I strongly suggest that you ALSO, if you do that, while you're doing that, follow some of the information that was said about 35% Food Grade H₂O₂. Some of the tablets and capsules I suggested are in the category called antioxidant. Now not only do anti-oxidants repurpose oxygen that is already in the body, but -- that's just one potential function of things that are put in the classification called antioxidant. The other function I'm aware of is that they build pathways so that oxygen can travel easier through your body to where it needs to go! But cancer is a situation where oxygen needs to go to a specific locale -- where the tumor is, and the tumor can be

anywhere, so antioxidants -- you need a specific one at a specific time, and you just never know which one you need. You may find, in your investigations, that pomegranite juice is good ... or you may find that it is not good for you. You may find, in your investigations, that Goji juice is good ... or you may find that it is not good for you. Or Noni juice too! Typically, Noni, and Goji, and Pomegranite juices are really good for someone who has cancer. Try 'em! And try adding some drops of hydrogen peroxide to it and shaking it all up and drinking it! Or don't! You must experiment! Figure it out! If you've had chemo, it's more urgent that you figure out what to do! But if you just got diagnosed, and haven't done chemo yet, you have a more fair amount of time to figure out the solution to your individual specific puzzle.

You're gonna live a long, long happy abundant life! You, and those in your heart! I love you. You'll be alright.

Peace and one love.

BOOKS WORTH READING

100 SUPER SUPPLEMENTS FOR A LONGER LIFE

by Frank Murray

THE ONLY ANSWER TO CANCER

By Dr. Leonard Coldwell

THE CURE FOR ALL CANCERS

By Dr. Hulda Clark

CANCER IS A FUNGUS

By Dr. Tulio Simoncini

**NATURAL CURES "THEY" DON'T WANT YOU TO KNOW
ABOUT**

by Kevin Trudeau

MORE NATURAL CURES REVEALED

By Kevin Trudeau

**MURDER BY INJECTION: THE STORY OF THE MEDICAL
CONSPIRACY AGAINST AMERICA**

by Eustace Mullins

[Chapter three of Mullin's book is all about the history of the cancer industry; it'll enlighten you about the foundational reasons for why the information in this book is worth paying attention to.]

CANCER: STEP OUTSIDE THE BOX

by Ty Bollinger

WORLD WITHOUT CANCER: THE STORY OF VITAMIN B17

by G. Edward Griffin

ALTERNATIVE TREATMENT FOR CANCER

by Ping-Chung Leung & Harry Fong

**ALTERNATIVE CANCER REMEDIES: FACTS FOR
HISTORIANS AND MEDICAL RESEARCHERS**

by Vance Farrell

**BREAKTHROUGH: THE MIRACLE MINERAL SUPPLEMENT
OF THE 21ST CENTURY**

by Jim V. Humble

**MARIJUANA AS MEDICINE? THE SCIENCE BEYOND THE
CONTROVERSY**

by Alison Mack & Janet Joy

**ALIVE AND WELL: ONE DOCTOR'S EXPERIENCE WITH
NUTRITION IN THE TREATMENT OF CANCER PATIENTS**

by Philip E. Binzel, Jr., M.D.

**THE HERBAL HOME REMEDY BOOK: SIMPLE RECIPES FOR
TINCTURES, TEAS, SALVES, TONICS, AND SYRUPS**

By Joyce A. Wardwell

**SIDE EFFECTS: DEATH - CONFESSIONS OF A PHARMA-
INSIDER**

by John Virapen

**ABSOLUTE BEGINNER'S GUIDE TO ALTERNATIVE
MEDICINE**

by Karen L. Fontaine with William Kaszubski

**THE DETOX REVOLUTION: A POWERFUL NEW PROGRAM
FOR BOOSTING YOUR BODY'S ABILITY TO FIGHT CANCER
& OTHER DISEASES**

by Thomas J. Slaga, Ph.D. with Robin Keuneke

**LESSONS FROM THE MIRACLE DOCTORS: A STEP-BY-STEP
GUIDE TO OPTIMUM HEALTH AND RELIEF FROM
CATASTROPHIC ILLNESS**

By Jon Barron

**THE ONEMINUTE CURE: THE SECRET TO HEALING
VIRTUALLY ALL DISEASES**

By Madison Cavanaugh

HYDROGEN PEROXIDE MEDICAL MIRACLE

By William Campbell Douglass, MD

THE pH MIRACLE: BALANCE YOUR DIET, RECLAIM YOUR HEALTH

By Robert O. Young, PhD, and Shelley Redford Young

THE FLUORIDE DECEPTION

by Christopher Bryson with Dr. Theo Colborn

NATURAL COMPOUNDS IN CANCER THERAPY: PROMISING NONTOXIC ANTITUMOR AGENTS FROM PLANTS & OTHER NATURAL SOURCES

by John Boik

DIGESTIVE WELLNESS: HOW TO STRENGTHEN THE IMMUNE SYSTEM AND PREVENT DISEASE THROUGH HEALTHY DIGESTION

By Elizabeth Lipski, Ph.D., M.S., C.C.N.

OPTIMAL NUTRITION FOR OPTIMAL HEALTH: THE REAL TRUTH ABOUT EATING RIGHT FOR WEIGHT LOSS, DETOXIFICATION, LOW CHOLESTEROL, BETTER DIGESTION, AND OVERALL WELL-BEING

By Thomas E. Levy, M.D., J.D.

THE CANADIAN ENCYCLOPEDIA OF NATURAL MEDICINE

by Sherry Torkos, B.Sc. Phm.

CANCER: WHY WE'RE STILL DYING TO KNOW THE TRUTH

By Phillip Day

THE MEDICAL MAFIA

By Ghislaine Lanctot

THE GREAT GLOBAL VITAMINS CONSPIRACY

By John M. Connor

Appendix

RANDOM TIPS AND INFO!

To avoid fluoride, brush your teeth with baking soda and peroxide. Eat tamarind to clear fluoride from your system. And for strong teeth: horse tail, oat straw, comfrey root, lobelia.

It's original medicine and modern medicine, not alternative and mainstream. There have been THOUSANDS OF YEARS more of observations regarding original medicine.

Dairy food is unnecessary. It produces mucous which inhibits your body's ability to eliminate toxins.

Root canals almost always lead to prostate cancer or uterine cancer. If a dentist suggests a root canal, say "no". Have the tooth pulled instead.

Antibiotics cause a candida overgrowth, the stage upon which cancer acts.

If you are asleep between 10pm to 6am, your body is releasing a hormone which helps your immune system, your hair, your skin, and even your growth!

According to the popular Dr. Mercola, the cure for the flu (if you have the flu and want to get rid of it), is a big dose of vitamin D. Grab a handful of vitamin D supplements and swallow 'em all. (Don't worry. You can't OD on vitamin D. Your body pisses out what it doesn't need.)

He whose profits come from establishing buerocracies will publish and promote science that does not reflect our experiences of reality.

Vitamin D uses fat to pull calcium into bones, so eating "low fat" or "no fat" foods will result in brittle bones.

A ten minute chess game per day can make a person more focused, and can have a cumulative affect on IQ in the field of a twenty point raise, whereas fluoride in the water has a cumulative twenty point effect on IQ in the opposite direction.

Vaccinations inhibit a child's ability to have lucid dreams.

Fear weakens your immune system. Also, eat lots of lemons and drink lots of lemonade ... not the alcoholic lemonade. Colloidal silver and Vitamin D are also good.

Eat strong antivirals such as oil of oregano, and garlic.

I suggest that everyone finds bliss, and gets used to bliss :)

Count lessons as blessings, and enemies as angels.

Sleep 10pm to 6am. If you sleep during those hours, your body releases hormones that are good for hair, immune system, and skin.

For cancer, all you need to do is relax, eat well, and put eight drops of 35% Food Grade Hydrogen Peroxide into eight ounces of Aloe Juice, mix well, and drink it -- do that 35 days in a row, and you'll be fine.

Pharmaceutical drugs create nutrient deficiencies when they repurpose nutrients from one place, to cover up symptoms (or deal with an issue) in another place. Even antioxidants create acidosis when they repurpose oxygen from one place, to cover up symptoms (or deal with an issue) in another place. If people just get enough good nutrients, and enough good sources of oxygen, and if people would trust raw natural food, and trust their body's ability to use all the nutrients from those raw natural foods responsibly, they wouldn't get ill in the first place.

Pharmaceutical drug side-effects fall into two categories:

- 1) symptoms of nutritional deficiencies.
- 2) symptoms of element toxicities.

The only safe way to use pharmaceutical drugs is if you're resourceful enough to compliment your pharmaceutical drugs with the nutrients they repurpose, and/or with protocols that chelate the toxic elements that make up some of the drug.

Only read relevant books, because only relevant books put you on a higher intellectual plateau. You can tell a book is relevant if it addresses a question that is on your mind, and does so in the vernacular and syntax of the intellectual plateau that you're on at any given moment, by speaking to you in a way that makes perfect sense to you, without insulting your intelligence. If a book doesn't qualify within all these criteria, then it is not relevant, and you should put it down and open another book. Raise your intellectual plateau with every book, and only read books that are on your current intellectual plateau. I don't find relevant books in libraries and schools.

The moon triggers the r-complex which activates the sympathetic nervous system which raises pH which allows cancer. Thus the moon is Space Cancer, the Big Boss of all tumors. Destroy the moon, and humans will have alkaline bodies which can't allow cancer.

The oversoul of an animal with cancer will provide that animal with dreams of eating the right herbs to cure that cancer. So set an animal with cancer free, and watch what herbs it eats. Those herbs can also be used to treat human cancers.

Every tumor is made of the same materials: an enzyme called CYP1B1 mixed in a fungal mucous that also binds a bunch of cells that had been damaged by "free radicals" together. That's a tumor.

12 drops of 30% hydrogen peroxide to every eight ounces of water, spray it in a room to purify the air.

There's information in light. So plants that absorb more light give the eater more wisdom.

Many cancers are a physical manifestation of sleep debt.

If you can perceive it, you've conceived it and you can achieve it.

"You can only build as high up as your foundation is deep ... and strong."

"Follow your bliss."

"Be teachable."

"Be able to accept change."

"Be a tincture of what you want, and build from there."

WHAT ABOUT AIDS?

AIDS can be cured by getting any or a mix of the following products, and taking them along with good nutrition and enough exercise.

-colloidal silver.

-hemp oil

-sutherlandia frutescens

-several drops of hydrogen peroxide diluted in water or aloe juice, taken daily.

- several drops of chlorine dioxide diluted in water or aloe juice, taken daily. Please read Jim Humble's books about what he calls "Miracle Mineral Solution" for more information about chlorine dioxide.

All of those, or a mix of some of those, taken persistently, while relaxing and eating your veggies and keeping fit, can and do cure AIDS .

A disease is a dis-ease, and relaxation, while taking care of yourself with exercise and a good diet, cures most diseases. Just making your life easier cures most diseases. For example: many tumors are the result of sleep-debt, meaning you haven't been getting enough sleep. Many tumors are the result of not laughing enough. Many tumors are the result of being in the wrong relationship. This is absolutely true stuff, but it seems wacky to people who are indoctrinated by the TV and the allopathic medical establishment which is just a front for the multi-billion dollar pharmaceutical industry which sells drugs that merely repurpose nutrients. If you get enough of the right nutrients, you don't need any drugs.

About The Author:

Hi, my name's Alan Holman. At the time of writing this, I'm 29 years old. I live in Saskatoon Saskatchewan, Canada. I was a devout follower of the mainstream until 2007 when the film *Zeitgeist* by Peter Joseph reminded me that mainstream ways of thinking just don't cut it. I used to be a slave to cable TV and obsessed with upcoming blockbusters, but nowadays I'm more into anime than ever, and I'm a proud fan of authors David Icke, Stewart Swerdlow, Jordan Maxwell, Michael Tsarion, D.M. Murdock, and Valdamir Valerian. Also, I enjoy watching videos of Darryl Anka's channelings of the lovable and charismatic alleged extraterrestrial Bashar; kudos to his brilliant and funny personality! Researching for this book came easy to me because I learned research skills while writing a series of TV scripts for an anime series that I hope gets produced as an actual TV series someday, called *Banana Chan*. I'm serious – if you want to learn how to research truth, write fiction! I'm also a playwright, and I have entertaining scripts which I'll happily make available for anyone who wants to act in a play that I wrote. I was an on-and-off member of the *Saskatchewan Playwright's Centre*, between 2000-to-2007, until I quit because an ex-dramaturg was blind to the reality of social class disparity in Canada, and the current dramaturg – who was the current dramaturg at the time when I quit – wanted a particular script I was writing to have a moment when the audience would feel vibes of hopelessness, whereas I didn't want the audience to ever associate that feeling with the subject of the particular play in question. I hope you enjoyed this book, and may you never feel vibes of hopelessness!