“We are surrounded everyday by forces we cannot control. Diet is not one of them. Follow the guidelines outlined in this book, and you will be on the road to a long, fulfilling, healthy future.”
Neal Barnard, M.D.

Unravel the Mystery

A simple, effective approach to beating cancer

Ann Malkmus
This book is intended as a reference resource only, not as a medical manual. The information given here is designed to help you make informed decisions about your health. It is not intended as a substitute for any treatment that may have been prescribed by your doctor. If you suspect that you have a medical problem, we urge you to seek competent medical help.

Consult your physician prior to making any modifications to your diet and exercise program. Do not take yourself off of prescription medications without first consulting your physician.

The statements within this book have not been evaluated or approved by the FDA. This book has not been approved or endorsed by any cancer organization or any medical association.
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In 1976, Rev. George Malkmus was pastoring a successful church in upstate New York when he was told he had colon cancer. He had a protruding tumor the size of a baseball in his abdominal area. He had just witnessed his mother, who was a registered nurse, die from colon cancer after going the traditional medical route. He witnessed first-hand the terrible side effects his mother experienced as a result of the treatments. At the time, he felt the treatments had more to do with accelerating her death than the cancer did itself. When he was faced with the same type of cancer just a short time later he believed that there must be another way of dealing with this vicious disease.

A pastor friend explained to Rev. Malkmus that the body has the ability to heal itself if it is given the proper nourishment. Overnight, Rev. Malkmus changed his diet and within one year from making this diet change the tumor was gone as well as his arthritis, high blood pressure, and allergies. Even simple things like pimples and dandruff went away. It is now 2014 and Rev. Malkmus will turn 80 this year. He has never had an issue with cancer since his body healed itself nearly 40 years ago.

The program that Rev. Malkmus used is the basis for what we call the Hallelujah Diet Recovery Program today. Though it has been modified based on new findings from science and personal application, the basic principles are what many have used over the years to support their bodies while they battled cancer and other diseases. While it has taken science many years to catch up, Rev. Malkmus was sharing the message of hope and healing for the past 25 years.
Acknowledgement Two

There are many people who have assisted in getting this book to you. From the staff at Hallelujah Diet, Olin and Michael performing final reviews over the weekend, Alan, the graphic designer, to George and Rhonda Malkmus who pioneered this concept, to our children who have had to be patient with us this last year.

But there is one person who has been the most instrumental and has made all of the difference in getting this book to you; that man has been patiently praying for me, keeping me balanced, supporting my efforts and working by my side. He has been my editor, my publisher, my greatest critic and the most ardent supporter.

To my husband, Paul, who would balance so many details to get this book where it needed to be. Your sweet spirit throughout has been pivotal in keeping this book and me on track. Your exceptional guidance, direction and contributions are felt in every page of this book. I am deeply humbled by your attention towards me and the priority you gave to complete this book.

Finally, my most humble heart goes to my Creator. The One who embraced us as we buried our child from cancer. The One who placed the seed in my heart to reach out and speak the truth in love for all those confronting this disease. May He bless this work and all those who will read it, knowing that He is still the One who has control. No matter what anyone says, as long as you have breath, you have hope.
The process of writing this book was a bittersweet experience. Though it was my first book, the topic is near and dear to my heart. My husband, Paul and I are quite familiar with cancer. We know what chemotherapy treatments are and their horrible side effects. We know the sense of hope with the news of “remission” and the sense of despair each time we hear the phrase “it’s back.”

In life, you believe your children should outlive you. Unfortunately, that doesn’t always happen. When our youngest was only 14 and just beginning his high school years, he was diagnosed with Hodgkins Lymphoma. He was introduced to this diet and lifestyle but chose a different direction. We cared for him as he went through the conventional methods and we rejoiced with him during the times of remission. It always seemed though, that the cancer came back around Christmas each time. Finally, when it was too late, he made an attempt at changing his diet and lifestyle.

About a month after he graduated from high school, Joshua Dean Malkmus went to be with the Lord and has been our guardian angel ever since.

We are one with those who have been in this battle against cancer. We truly see how difficult it is to not consider the conventional approaches when they are seen as absolutely the only chance and we are humbled by the incredible attention he received from the health care professionals.

As he was realizing that his time was near, he told his dad that he must have gotten this cancer for a reason and that he thought it might help people in some way. We believe that this book will help people and through their adopting this lifestyle, and subsequent victory, our son will live on. We love you Joshua!
Introduction

What an incredible body!

Have you ever wondered just how the body really works? How does everything just . . . happen? The millions of processes that are running simultaneously without you ever having to give it a conscious thought.

• The heart beats effortlessly around 100,000 times, pumping 2,000 gallons of blood through 60,000 miles of blood vessels each and every day. No effort required, and you can’t stop it by your thoughts no matter how hard you try.
• The lungs just automatically inflate and deflate bringing in 2,642 gallons of new oxygen into the body every day while expelling carbon dioxide. And it’s doing this while continuing to pump blood.
• The skin feels, the eyes blink, the ears hear, the brain thinks, the kidneys and liver cleanse, the colon – well it does its thing – all without any effort.

So many bodily functions all taking place simultaneously in perfect harmony without any support or assistance needed by the person – You.

When you cut your finger the body immediately responds. Blood is rushed to the area to help cleanse the wound. Then the blood creates a scab that protects the area from the outside environment while the cells underneath begin the job of repairing. The body automatically starts to knit the skin back together knowing that it needs to fill in any gaps. As your cells multiply, nutrients and building blocks are carried to them through a blood supply that adapts to the particular size and shape of the wound. If blood vessels were destroyed, the growth of new blood vessels is spontaneously initiated to take their place, and they grow into the tissues within mere hours.

As the wound heals, the cell replication process is turned off. Your body’s cells know exactly when to grow and exactly when to stop, and
when it’s all said and done, you’re left with a near perfect replacement for the skin you previously lost.

So if this self-healing is inherent to the body then why do we develop cancer? There are approximately 37 trillion cells in an average adult body. About 300 million cells die and are replaced each minute – that’s over 400 billion per day. As these cells are dying and being replaced there are from time to time cells that malfunction and become rogue. It is estimated that the average immune system eliminates cell mutations and their development into cancer over 10,000 times per day.

The amazing part is that this intelligence is automatically built within each of us. Just like our body automatically pumps blood and breathes, it heals while replacing cells that have outlived their purpose or could cause harm.

If all of these processes are going on behind the scene then what happens that allows cancer to develop? Are we focusing on what truly matters when we discuss “cure”? Or should we really be asking, “What is the cause?” Maybe the “cure” is more easily found in the “cause.”

This book has been an interesting journey for me.

I learned first hand in the 1990’s that my body could heal itself when I overcame Irritable Bowel Syndrome (IBS) and fibromyalgia. After my recovery I became a nutrition enthusiast. I couldn’t get enough information. I studied everything I could get my eyes on. Eventually, I left my position as the Academic Dean of a college and ended up working for a company that teaches people how to use diet and lifestyle modifications to help their bodies heal.

While working for this company, I have seen some truly amazing things and I have had the privilege of working alongside many of the thought leaders in the functional medicine/alternative health movement. It’s been amazing to learn how the body truly works and how nearly all sickness is caused by nutritional deficiency and toxicity. I’ve also had the privilege to work with people around the world learning their cultural lifestyles and helping them understand that by making simple (not always easy) changes that they too can find healing regardless of the disease or severity. The humbling part of this is, each year when we return to that part of the world, the testimonies that greet us are indeed remarkable and miraculous!
Over the last several years, two members of our family were diagnosed with cancer. One was our nephew, a 26 year-old veteran from the Iraq war. He had been diagnosed with colon cancer after his return from Iraq. He was married and had children. He followed the principles outlined in this book. It is now 6 years later and he is alive and cancer free today and has 5 beautiful children.

The other young man was diagnosed with Hodgkin’s Lymphoma the end of his first year in high school and he was our son. He chose a different path, as he couldn’t embrace the information in this book. He struggled to incorporate it into his life even after he came to live with us at the age of 15. His path included the conventional approach to treating cancer. This is when we saw first-hand the devastating effects of chemotherapy as his primary caregivers.

He was able to go into remission two different times. Each time the cancer returned, he chose the conventional approach. By the third time the cancer returned, the conventional approach no longer was effective. As we reflect on his lifestyle, his eating habits, his frame of mind and exercise routine, we realized that as a teenager it is hard to believe that this disease can take you. Blind faith in what appeared to be a convenient method of killing the cancer (just go to chemo once a week and get a few weeks off before you do it again) seemed easier than drinking a lot of carrot juices and eating a lot of unsalted, unsweetened vegetables. We lost our 18-year-old son to cancer on July 2, 2011. He had graduated from high school just 4 weeks earlier. He had chosen a college and had talked of marriage.

About this book

Have you ever thought you knew a lot about a subject only to discover later that you hardly knew anything of the topic? That’s what happened to me in writing this book. I’ve understood for a long time the impact diet and lifestyle has on disease but it wasn’t until I started compiling the scientific research for this book that I put so many pieces together as it related to health and sickness in general but to cancer specifically.

The more I have studied, the greater appreciation I’ve gained for our magnificent bodies. I knew they were self-healing and that toxicity and deficiency were the primary causes of sickness and disease, but I didn’t realize the role that toxicity played in cancer specifically.
I was astonished by the amount of scientific studies that have been conducted and the associated research that is available directly linking certain substances to cancer.

The evidence is undeniable and overwhelming. Why this information isn't made more readily available is unconscionable. People need to know that so many of the things that they have put in and on their bodies for many years is actually responsible for the cancer they are experiencing today.

**How does cancer develop?**

The body’s job is to keep everything working in harmony; a perfect balance. When something happens that threatens this balance the body quickly reacts to neutralize the situation and re-establish balance. As long as the cells have all of the resources that they need, the body is able to fend off the many threats it might be exposed to on a day-to-day basis – viruses, bacteria, bugs, stress, and even some toxic substances like cigarette smoke. But when cells are not being fed with adequate nutrition the immune system starts to become lethargic, losing its efficiency. The body cannot continue to remove toxins and repair the body simultaneously.

Because of this sluggish cell structure the body has a weakened immune system that isn’t able to respond as quickly and effectively. Its power to protect and heal becomes compromised. As time goes on the body begins to fall further and further behind – too many stressors on the body without enough cell energy to continuously remove toxins and repair and rebuild healthy cells. This is when cancer begins to develop.

Cancer can take as long as 20 years to develop as the body gradually falls behind. Or, it could be triggered by a traumatic event that coupled with a weakened immune environment, is a breeding ground for cancer cells to develop. This event could be a divorce, loss of a loved one like a spouse or child, or it could be spawned by a move or loss of employment. In any of the above situations, the cells were in a weakened state allowing the disease to begin.

Once cancer has formed, the approach that tens of thousands have found successful includes flooding the cells with food that will make them strong and vibrant again while simultaneously identifying and removing those things that are causing additional stress – we call these toxins.
How do you give your cells the most energizing foods possible in a way that maximizes healthy new cell growth? This book goes into extensive detail on not just what to feed the cells but it also answers the why’s and how’s too. You’ll learn the superfoods and supplements that will enhance and support the immune system if you choose chemotherapy that will significantly reduce or eliminate the devastating side effects.

Are you considering incorporating some alternative therapies? The options presented here have been specifically chosen so they won’t cause harm to your body while working to attack the cancer cells and some of the methods will enhance your immune system.

Because toxin buildup plays such an important role in the formation of cancer a major section of this book identifies the toxins that may have contributed to a person’s cancer. Documentation for the damage these toxins cause is provided with recommendations for how to reduce or eliminate exposure entirely. In some instances information is even provided that will assist in the safe removal of these toxins from the body.

The information in this book is presented in a way that will help you connect the dots ... what needs to change so the body will start healing itself of the cancer it is experiencing.

This book is for those who want to live. It is for those who are willing to place effort and faith in their own bodies. God gave everyone an incredible, self-healing body. We must not allow others to dissuade us of this extraordinary gift and fact.

As you read through this and observe the powerful testimonies of those who chose this approach, remember, you can do this too. Cancer isn’t a death sentence. Your body has the power and the capability to be healthy – you just need to do your part and give it what it needs so it can do what it does best – heal itself.

I trust you will learn as much from reading this book as I have learned from the research that has gone into its creation. May your minds be open to the wonders that your body can create!

“Nothing great becomes great without overcoming great resistance.”
Unravel the Mystery
What is Cancer?

Cancer is the second leading cause of death for Americans. The National Cancer Institute at the National Institution of Health estimates that there were 1,660,290 new cancer cases and 580,350 deaths from cancer within the United States in 2013. Among men, the top three cancer diagnoses are prostate cancer, lung cancer, and colorectal cancer. The leading types of cancer among women are breast cancer, lung cancer, and colorectal cancer. Cancer is a term used for diseases in which abnormal cells divide without control and are able to invade other tissues. Cancer cells can spread to other parts of the body through the blood and lymph systems.

According to the National Cancer Institute the nation is losing ground in many important areas that need attention:

- Incidence rates are rising for melanoma of the skin, non-Hodgkin lymphoma, childhood cancer, cancers of the kidney and renal pelvis, leukemia, thyroid, pancreas, liver and bile duct, testis, myeloma, and esophagus.
- Lung cancer incidence rates in women continue to rise.
- Death rates for cancer of the pancreas, liver, bile duct, and uterus are increasing.
- Initiation rates among 18-25 year olds have risen.
- More people are overweight and obese.
- Alcohol consumption has risen slightly since the mid 1990s. Fruit and vegetable intake is not increasing. Red meat and fat consumption are not decreasing.
- Cancer treatment spending continues to rise along with total health care spending.

Depending on the location in the body, normal healthy cells will typically divide; some, more often than others. A normal cell will divide an average of somewhere between 50 and 60 times during its lifetime. With each division, a cell runs the risk that its DNA will become damaged. The more times a cell divides the more chance of an injury. If the DNA is damaged, the injury is carried over to the newly formed cell. As this continues over time, if there has been no cellular repair, the
genes that control the instructions on how much the cell should grow or divide will become damaged.

Each of the new, injured cells will no longer listen to the signals being sent out by the normal cells. The rogue cells gain so much strength that they no longer die. Cancer cells have been shown to divide thousands of times. They begin to produce and secrete a dangerous, poisonous substance to nearby tissues that only serve to accelerate and multiply the growth of these free radical cells.

Cancer cells have two characteristics in common:

1. They grow and divide uncontrollably
2. They have the ability to metastasize (spread)

Every living organism makes defective cells all the time. Human beings are no different. But the human body has numerous mechanisms in place to silence those free radicals so they cannot create too much damage and maintain control. Our cellular structure was designed to continue to produce antioxidant proteins and antioxidant enzymes that continuously fight those free radicals.

Through nutrients derived from food, these antioxidants will repair the damage done to the cells and continue this defensive process throughout our entire lives.

Another way of looking at this is known as “Immune-enhancement.” If we continue to eat healthy foods, stay hydrated, keep our emotions and stress in check and ensure our bodies are not overfilled with toxins, the process of maintaining control over cancer cells is likely to be successful.

There are more than one hundred different varieties of cancer. Most types will be one of five broad categories:

1. Carcinoma - cancer that begins in the skin or in tissues that line or cover internal organs. There are a number of subtypes of carcinoma, including adenocarcinoma, basal cell carcinoma, squamous cell carcinoma, and transitional cell carcinoma.
2. Sarcoma - cancer that begins in bone, cartilage, fat, muscle, blood vessels, or other connective or supportive tissue.
3. Leukemia - cancer that starts in blood-forming tissue such as the bone marrow and causes large numbers of abnormal blood cells to be produced and enter the blood.

4. Lymphoma and myeloma - cancers that begin in the cells of the immune system.

5. Central nervous system cancers - cancers that begin in the tissues of the brain and spinal cord.

According to the American Cancer Society, 50% of all men and 33% of all women in the United States will develop some form of cancer at some point in their lives.

Some of the causes of cancer includes:

- Viruses
- Chemicals
- Inflammation
- Bacteria
- Fungus
- Foreign bodies
- Chronic infection
- Ionizing radiation

Other risk factors include:

- Growing older
- Tobacco
- Certain hormones
- Genetics
- Alcohol
- Poor diet
- Lack of physical activity
- Overweight

As we will discuss later, toxins abound in our lives. Internal and external toxins actually start accumulating upon conception. This continuous barrage of toxins through the years will wreak havoc on our filtering systems and inevitably weaken them and the entire body which will then allow the growth of yeast, bacteria, fungus and even a small virus that can create great difficulty for the body to recover.
Unravel the Mystery

Our diet, lifestyle and thought patterns are major factors to maintaining vibrant health. And the continuous consumption of inferior nutrition causes severe nutritional deficiencies that can lead to serious health problems.

These cancer statistics can be changed. Cancer doesn’t need to be feared. This book will help guide you through the process of making wise decisions that will dramatically improve the odds of not getting cancer but of also beating this terrible disease if it does develop.
Section One

Toxicity
A new video released in October, 2013 called The Human Experiment suggests that there are over 80,000 chemicals used legally in the United States and only 130 have been tested enough to be identified as hazardous to our health. As the incidences of cancer, and other immune suppressed issues continues to increase there is a definite validity in considering the role of toxins in this increase. Years ago, people could breathe clean air, drink pure water and eat vegetables that were raised in more pristine soil that was rich in nutrients and poor in pesticides, herbicides and other toxins. In this chapter we will discover some of the many chemicals, substances and environments that either contribute to or are a direct cause of many of the cancers that occur today.

Toxins are elements or substances that cause harm to an organism. Organisms that can be impacted include animal, plant or bacterium. Toxins not only can impact the whole of the organism but effects can be seen at the cellular level as well as in organs such as the liver.

Today, most people agree that smoking cigarettes is hazardous to the body. But, that hasn’t always been the case. It wasn’t until 1964 that the Surgeon General, Luther Terry, concluded that smoking is the direct cause of three diseases — lung cancer, heart disease and emphysema (now COPD). 40 years later the Surgeon General, Richard Carmona, released a report that for the first time linked conclusively smoking cigarettes and leukemia, cataracts, pneumonia and cancers of the cervix, bladder, kidney, pancreas and stomach. Although I don’t blame them, my parents knew no better when they were both heavy smokers throughout all six of us children’s young adult lives and before any of us were conceived. No one knows what effect that has had on each of us. As long ago as that was, it will not likely come up in any doctor’s office questions if any of us were to develop a disease today.

How then can we feel confident that science today has caught up with the newest technologies of plastics, wireless, hybridized food, genetically modified organisms, and so on? Although there may not be studies that prove today, that the plastic containers we get our food in are dangerous, there may well be some in the next 10 years. Do we want to risk the constant exposure to something purely for convenience sake? The items we are using and eating that are still considered reasonably safe by most people (just like the cigarettes were not that long ago), may well end up as a potent carcinogen directly correlated
with various diseases. Time will tell.

Admittedly, toxic substances abound in the world we live in today. From the radiation emitted through our cell phones, power lines and microwave ovens to the chemicals found in the foods many of us consume on a daily basis. Then there are the toxins that are generated from within the body that are being caused by the emotional and physical stress so many of us find ourselves burdened with each day. Toxins seem to be ever present and all around.

When we are sick, the body wants to heal. It desires to be healthy. But, in many instances the toxic load that has been placed on the body causes sickness and diseases like cancer. For healing to occur, we need to lighten this toxic load and help the body to detoxify — remove the toxins from the cells.

While it might be impossible to completely avoid all toxins, our goal is to help you understand the source of the toxins and the impact they may be having on your body. Once you realize the extent of these bombarding you all day, every day, and how it can impede on your endeavor to beat cancer, then your next goal should be to eliminate and remove as many of them as possible.

The Centers for Disease Control (CDC) conducts ongoing assessments of the levels of environmental chemicals in the U.S. population. This ongoing study utilizes lab samples from the individuals who are part of the National Health and Nutrition Examination Survey (NHANES). The NHANES samples from the years 1999-2000, 2001-2002, and 2003-2004 (each representing about 2,400 individuals) are used for the CDC’s national reports. In the CDC Fourth National Report on Human Exposure to Environmental Chemicals, complete data from the above sample years were included. Each year additional chemicals are measured; the fourth report contains information on 75 previously untested compounds, for a total of 212 compounds measured. Table 1 on page 22 contains the list of chemicals found in the vast majority of individuals.

Sadly, as you continue to read into this chapter you will see that even fetuses are not exempt from growing in a contaminated environment. Although the information in the following pages may be alarming, it is meant to encourage awareness and lifestyle adjustment that will only serve to make the journey toward recovery easier.
Table 1. Common Chemicals

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<td>Aromatic hydrocarbons</td>
<td>Polybrominated diphenyl ethers</td>
<td>Benzophenone from sunblock</td>
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<td>Perfluorocarbons from non-stick coatings</td>
<td>A host of polychlorinated biphenyls and solvents</td>
<td>Mercury from seafood and dentistry</td>
</tr>
<tr>
<td>BPA from plastics</td>
<td>Teflon</td>
<td>Flame retardant</td>
</tr>
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Chapter One: Air

“When you feel yourself to be in critical condition, you must treat yourself as gently as you would a sick friend.”
—Julia Cameron

Oxygen may well be the most important nutrient we consume. Unlike many other nutrients it enters our bodies effortlessly. To be nourished with oxygen the only thing that the body needs to do is breathe. We rarely ask ourselves though what air is the healthiest? Are there chemicals and toxins in the air I’m breathing? What are the impacts on my health when I breathe in air that is contaminated?

There are literally thousands of ways that air can be contaminated. The following are some of the most prevalent and likeliest to cause significant health impairment and have even been associated with cancer.

1. Indoor Air Pollution

Most people spend the majority of their days inside buildings. Most of our modern structures are built to be as air tight as possible to ensure that the cold stays out during winter and the cool stays in during summer. While this air tight construction assists in maintaining more constant temperatures and reduces utility costs, the lack of quality, fresh air in the buildings has its share of consequences. Aerosol deodorant, bug repellant and killers, glues, solvents, paint, cleaning supplies, personal care products (perfumes and cologne) and even air fresheners all contain chemicals that are toxic to the body. These are examples of VOCs.
According to the EPA, Volatile Organic Compounds (VOCs) have been found at levels up to 10 times higher inside homes/buildings than outside. This was found regardless if the building was located in a rural or high-industrialized area. Eye and respiratory tract irritation, headaches, dizziness, vision disorders, and memory impairment are among the immediate symptoms that some people have experienced soon after exposure to some VOCs. Many organic compounds are known to cause cancer in animals; some are suspected of causing, or are known to cause cancer in humans.

VOCs are emitted by a wide array of products numbering in the thousands. Examples include: paints and lacquers, paint strippers, cleaning supplies, pesticides, building materials and furnishings, office equipment such as copiers and printers, correction fluids and carbonless copy paper, graphics and craft materials including glues and adhesives, permanent markers, and photographic solutions. Carpet emits VOCs, as do products that accompany carpet installation such as adhesives and padding.

As VOCs and other chemicals and substances are released into our homes and office buildings they are circulated throughout the building by the central heat and air conditioning systems. The lingering ill effects on our body and health continue well beyond the amount of time we are able to identify the existence of these compounds through smell.

Here are a few ways that exposure to many of these indoor air pollutants can be reduced:

- Increase the ventilation in the home. Leave a window open slightly.
- When having painting done in the building, use paint that is low in VOCs.
- When installing carpet select low VOC carpeting, solvents and pads.
- If at all possible, only use chemical based products (if they are necessary) outside and ensure that you are upwind from the spray so it is targeted away from you. Allow them to air out thoroughly before reintroducing them to the indoor environment.
- Replace chemical based home cleaning products with
Toxicity

ones that are chemical free. Water with a pH of 2.5 is effective at killing bacteria. 11.5 pH makes a great cleaning solvent.

• Consider purchasing an ozone-producing machine to assist in purifying the air.

2. Tobacco smoke

Francisco Contreras in his book, *Beating Cancer* states “Smoking is the single major cause of cancer deaths accounting for 30% of all deaths.”

There are more than 4,000 chemicals in tobacco smoke, the smoke breathed in by smokers and nonsmokers. According to the American Heart Association, this exposure can cause cancer and heart and lung disease [1]. Of these 4,000 chemicals, 200 are known poisons and 43 are known to cause cancer.

3. Smog

Researchers at the University of California, Los Angeles School of Public Health have found that living near traffic pollution during pregnancy and the first year of life might increase the likelihood of developing childhood cancer. A pair of recently published European studies found that regularly breathing in air tainted with even low levels of air pollution raises your long-term risk of lung cancer:

A. One finding came from a review of data from nearly 313,000 people across nine European countries. The study was published online July 10 in The Lancet Oncology.

B. Short-term exposure to smog has also been linked to increased risk of hospitalization or death from heart failure, according to a study led by the University of Edinburgh that reviewed data from 12 countries worldwide, published the same day in The Lancet.

Living or working in environments with heavy traffic for any length of time can be considered detrimental to our health. Yet, uprooting isn’t always an option. When faced with cancer, a person needs to evaluate the air they breathe and ensure that their body is only exposed to the purest air possible. Breathing only clean, non-toxic air is
vital in creating an environment for healing.

4. Vehicle and factory emissions

In 2009, the Environmental Protection Agency released a landmark report estimating the concentrations of air pollutants across the United States. The report studied over 181 different air pollutants, 80 are thought to contribute to cancer in humans. For example, benzene is a toxin released from vehicle exhaust that may lead to cancer. Approximately 30% of the cancers caused by air pollution are due to vehicle exhaust; another 25% are due to local industrial activity.

Diesel Engine Exhaust

The following was taken from the American Cancer Society website: The International Agency for Research on Cancer (IARC) is part of the World Health Organization (WHO). Its major goal is to identify causes of cancer. IARC classifies diesel engine exhaust as “carcinogenic to humans,” based on sufficient evidence that it is linked to an increased risk of lung cancer, as well as limited evidence linking it to an increased risk of bladder cancer.

- The National Toxicology Program (NTP) is formed from parts of several different US government agencies, including the National Institutes of Health (NIH), the Centers for Disease Control and Prevention (CDC), and the Food and Drug Administration (FDA). The NTP has classified exposure to diesel exhaust particulates as “reasonably anticipated to be a human carcinogen,” based on limited evidence from studies in humans and supporting evidence from lab studies.
- The US Environmental Protection Agency (EPA) maintains the Integrated Risk Information System (IRIS), an electronic database that contains information on human health effects from exposure to various substances in the environment. The EPA classifies diesel exhaust as “likely to be carcinogenic to humans.”
- The National Institute for Occupational Safety and Health (NIOSH) is part of the CDC that studies ex-
Toxicity

... exposures in the workplace. NIOSH has determined that diesel exhaust is a “potential occupational carcinogen.”

The evidence seems clear and thorough – vehicle exhaust, especially diesel exhaust poses significant danger to humans. While we can’t choose which vehicle we get behind in traffic, we can turn on the inside air button in our car until we gain some distance between our vehicle and the one in front of us. Just having this knowledge will set you up to make different choices as they become apparent.
Unravel the Mystery
Chapter Two: Viruses and Infectious Organisms

“A sad soul can kill you quicker than a germ.”
—John Steinbeck

Viruses, bacteria, infections and other strange but devastating phenomenon are infiltrating our lives more every day. Babies are born with ecoli in the fluid that surrounds them, small infants are getting urinary tract infections, babies are developing cancer before they leave the womb, children are dying of flesh eating amoeba, and the list goes on.

Why is this happening?

Worldwide, approximately 18% of cancers are related to infectious diseases [1]. This varies in different regions of the world from a high of 25% in Africa to less than 10% in parts of the developed world [1]. Viruses are usual infectious agents that cause cancer but bacteria and parasites may also have an effect.

A virus that can cause cancer is called an oncovirus. Some examples of these viruses include:

- Human papilloma virus which can cause cervical carcinoma
- Epstein-Barr virus which can cause B-cell lymph proliferative disease which can turn into nasopharyngeal carcinoma
- Karposi’s sarcoma herpes virus which can turn into Kar-
Unravel the Mystery

- posi’s Sarcoma and some forms of lymphomas
- Hepatitis B and Hepatitis C viruses which can turn into Hepatocellular carcinoma
- Human T-cell leukemia virus-1 that can turn into T-cell leukemias [1]

Bacterial infections such as Helicobacter pylori can induce gastric cancer [2].

There are two parasitic infections that have been proven strongly associated with squamous cell carcinoma of the bladder and liver cancer [3].

Maintaining a strong immune system helps our bodies fend and fight off various parasites, bacteria, viruses, and infections that could weaken our bodies which may subsequently lead to cancer development. This must be a life-long process since the older a person grows, the weaker the immune system can become. Aging doesn’t necessarily have to mean a weaker immune system, but it does mean that one must exert a more concerted effort in maintaining a higher level of immunity.
Chapter Three: Water

“Half the costs of illness are wasted on conditions that could be prevented.”

—Dr. Joseph Pizzorno

Water may well be the second most important nutrient that we put in the body on a daily basis. Interesting note, according to H.H. Mitchell, Journal of Biological Chemistry 158:

- The brain and heart are composed of 73% water
- The lungs are about 83% water
- The skin contains 64% water
- The muscles and kidneys are 79% water
- The bones are 31% water

Of course the exact amount varies by an individual’s age as well as other factors but the point is that we are comprised of mostly water.

Each day we expend a certain amount of our body’s water reserve. Water is involved in hundreds of bodily functions. As we breathe we inhale oxygen and exhale carbon dioxide. With each exhale is a small amount of moisture which is evident when we breathe on a glass or mirror. The water within our body helps to regulate its temperature. It will sweat when too hot and create heat when too cold. Those actions will use more moisture. Water also helps to remove waste through our urine and feces.

Additionally, water acts as building material for every cell. It transports carbohydrates and proteins that our bodies need in the bloodstream. Water acts as a shock absorber for the brain, spinal cord
and fetus while lubricating joints and forming saliva.

Throughout all of these activities our bodies lose water that must be replaced. Just as the air we breathe needs to be pure so does the water that we consume so it can replenish what has been lost through normal everyday living.

Unfortunately, one of the greatest casualties to our nutrition has been in our water supply. Whether it is well water, municipal drinking supply or filtered water in a bottle, there seem to be very few if any, sources for pure, unadulterated drinking water.

My parents have lived in a small rural town in Wisconsin for over 60 years. I remember as I was growing up, many of our neighbors and community residents were diagnosed and died of cancer. The ages varied. Some were as young as 8 while others were in their 70’s and 80’s. What was interesting is that so many of the people who died from cancer in my neighborhood were in the prime of their lives – 40’s 50’s and 60’s. Throughout the years since I have left home, my parents have continued to watch many of their friends and neighbors in this small town contract cancer.

What is causing so many of the people from this small community to succumb to some form of cancer? Is it the air they are breathing? Is it the water? How many other communities both large and small are finding their residents in similar situations? Once in a while the news will show a pocket in a state where there were an unusual number of people afflicted with some form of disease. It tends to be blamed on mining, or perhaps some other industry. There are likely many pockets in many states where, if the deaths were studied and tallied, a correlation to something else would likely be drawn.

Many studies have shown that this life-giving component (water) has become so terribly polluted that instead of cleansing, detoxifying, nourishing and satisfying the body it has become full of carcinogenic compounds contributing to, and perhaps may even be a direct cause of cancer.

Although there are numerous toxins in water, we will discuss the major ones if only to give an indication of the overall toxicity that exists in water today.

**Chlorine, Bleach and Ammonia**

Chlorine, a disinfectant, was first added to a community water
system in 1908 in Chicago and was instrumental in eliminating many types of waterborne diseases, such as cholera and typhoid fever. Prior to chlorination, many major cities experienced death tolls of 1 in 1000 people from typhoid alone.

Chlorine has been used to disinfect municipal water for over 80 years and has had some positive effects on public health. In the 1970’s, it was discovered that chlorine, when added to water, forms Trihalomethanes (chlorinated byproducts) by combining with certain naturally occurring organic matter. These are also known as disinfection byproducts (DBPs). The Environmental Protection agency reports that some people who drink water-containing Trihalomethanes over many years could experience a risk in certain types of cancers among other health concerns.

Researchers for the Division of Cancer Epidemiology & Genetics (DCEG), which is part of the National Cancer Institute performed a study of six cancer sites conducted in Iowa and found associations of rectal and bladder cancers with long-term (> 40 years) exposure to drinking water high in these unintentional byproducts.

A cancer control study conducted in Ontario Canada in 1996 demonstrated that the risk of bladder cancer increases 14 to 16% with exposure to chlorination by-products. The study indicates that these by-products represent a potentially “important” risk factor for bladder cancer [1][2].

In 1992, the American Journal of Public Health published a report that showed a 15% to 35% increase in certain types of cancer in people who consume chlorinated water. This report also stated that many of these effects were due not only to water consumption but showering in chlorinated water had a detrimental effect as well.

It seems that in the heroic attempt to purify municipal drinking water from deadly pathogens that the risk of long-term, life-threatening exposure to chlorine, bleach and ammonia has increased. Gastrointestinal, bladder and urinary tract health have been the areas of the body most affected by the chlorinated water.

**Over The Counter and Prescription Medications**

If you don’t complete your cycle of antibiotics or other medications or if you find that your prescription or over the counter medication has expired, do you:
Unravel the Mystery

A. Flush the unused pills in the toilet?
B. Discard the unused pills and bottle in your trash can so they can be moved to the mountain of other trash in your local waste collection area?

The spectrum of medications is significant, including antibiotics (both human and veterinary), analgesics, anti-depressants, cholesterol-lowering and anti-hypertension drugs, anti-convulsants, acetaminophen, ibuprofen, and reproductive hormones. The list is endless. The average adult is now on 8 different prescription drugs.

People will more than likely either throw them away or drop them down the drain. In either case, these toxic substances end up in our soil and water supply. So what?

A recent five-month inquiry from the Associated Press into 62 major municipal water providers indicated that of the 28 who responded all had traces or greater detections of pharmaceutical ingredients as well as other toxins present in their municipal water supplies.

This Associated Press report indicated laboratory research that found even small amounts of pharmaceutical ingredients affected human embryonic kidney cells, human blood cells and human breast cancer cells. The cancer cells proliferated too quickly; the kidney cells grew too slowly; and the blood cells showed biological activity associated with inflammation. The report also indicated research showed that pharmaceutical drugs in waterways are damaging wildlife across the nation and around the globe. Notably, male fish are being feminized, creating egg yolk proteins, a process usually restricted to females [3].

A number of other studies found trace concentrations of pharmaceutical drugs in wastewater, various water sources and some drinking water. These investigations seemed to confirm that pharmaceutical drugs are present, albeit at trace concentrations, in many water sources.

Currently, EPA analysis of the available data indicates that there is a substantial margin of safety between the very low concentrations of pharmaceutical drugs that would be consumed in drinking water and the minimum therapeutic doses, which suggests a very low risk to human health. Based on this finding, the development of formal health-based guideline values for pharmaceutical drugs in the World
Health Organization’s (WHO) Guidelines for drinking water quality is currently not considered to be necessary [4][5].

But, has anyone tested what long-term exposure of these low concentrations of pharmaceutical drugs in water can do to someone? What if they consume water with these components for thirty years? What if a small child consumes this low concentration? Will their minimal weight and rapidly producing cells be affected differently?

Water providers rarely disclose results of pharmaceutical screenings, unless pressed, the AP found. For example, the head of a group representing major California water suppliers said the public “doesn’t know how to interpret the information” and might be unduly alarmed.

Drinking water isn’t the only way that people are receiving lethal doses of toxins. The skin is the largest organ of the body covering about 3,000 square inches in the average adult and weighing about six pounds. This is nearly twice the weight of the average adult brain or liver. The skin receives about one third of the blood that circulates throughout the body.

An interesting method of getting “under the skin” is using a medical skin patch. These have become the new method of transferring drugs into the body. Medical skin patches have been designed to provide a specific dose of medicine through the skin into the blood stream. This is also called transdermal. There are patches for hormones, anti-depressant, ADHD, Ritalin, hypertension, motion sickness, B12, nitroglycerine, nicotine, contraception, lidocaine ... the list goes on. Then there are the creams that are rubbed onto the skin.

We’ve established that the skin acts as a receptor for the body allowing substances to enter the body and blood stream through its pores. Now what happens when warm or hot water is added to this equation? When we take a shower, a bath or sit in a hot tub the pores open even more, allowing the chlorine and other toxic chemicals in the water uninhibited access to our blood stream and ultimately our organs.

Furthermore, in a new study, researcher Julian Andelman, of the University of Pittsburg Graduate School of Public Health, the National Academy of Sciences has shown that volatile chemicals such as chloramine (a combination of water and ammonia) present in many municipal drinking water supplies are especially toxic to people when
they are exposed to them while bathing or showering. He suggested that the major health threat posed by these water pollutants is far more likely to be from their inhalation as air pollutants in the home.

He says that in the past, this type of inhalation exposure to water pollutants has largely been ignored. But he found that hot showers can “expel” between 50 to 80% of the dissolved chemicals into the air. A hot bath reduces this exposure by 50%. One reason for this is that because water droplets distributed through the showerhead have a larger surface-to-volume ratio than water streaming into a bath, so the toxins can vaporize out [6].

Recent studies indicate that dermal (skin) and inhalation (breathing) exposures to what we discussed earlier, trihalomethanes (THM), a major component of DBP in treated water, can be significant. With collaborators in Spain, the DCEG evaluated disinfection by-products (DBP) in relation to bladder cancer risk in the Spanish Bladder Cancer Study, considering exposure via ingestion, showering/bathing, and swimming in pools. This was a large, interdisciplinary case-control study of bladder cancer (1,200 cases and 1,200 controls) in 18 hospitals from five different regions in Spain. The study indicates that dermal and inhalation exposures to THM exposure revealed an overall two-fold excess of bladder cancer among individuals with estimated household levels above 49 mg/L.

What this study revealed is that people who drank, showered, bathed and/or swam in chlorinated water were twice as likely to contract bladder cancer. This is just one study looking at one type of cancer. As research continues to unfold, what other direct associations will be uncovered linking the consumption of chlorinated water with cancer and other diseases?

The National Cancer Institute estimates cancer risks for people who consume chlorinated water to be 93% higher than for people who do not. The effects of drinking chlorinated water have been debated for decades. However, most experts now agree that there are significant risks related to consuming and inhaling chlorine and chlorinated byproducts.

With small pockets of communities all over the country and quite possibly around the world experiencing what could be mini-epidemics of various forms of cancer, multiple sclerosis, and other serious infirmities, it would be wise and prudent to take action in your own home.
Toxicity

to protect yourself and your loved ones from any contaminants that may be found in your water supply whether it is consumed or used in bathing.

Here are some ideas to help limit exposure and reduce the amount of toxic absorption through your water supply:

• Whole-house water filtration system. This not only protects the drinking water, but also removes the toxins from all water supplies throughout the house including bathroom sinks. (This is where people usually brush their teeth exposing the toxic chemicals to the receptors in the mouth.) We have one of these in our home.

• Individual shower filters. We take one of these with us when we travel overnight via car or air. Bring along a wrench and it’s easy to change the showerhead in the hotel room. When we happen to forget this filter, our skin and body notice the difference in just a few days.

• Cold showers can reduce the vaporization of dissolved toxic chemicals by 50%.

• Shorter showers will reduce the exposure.

• To limit the spread of the released gases into the rest of the home, close the bathroom door while bathing and use an exhaust fan to move the toxins outdoors. Of course, this isn’t necessary when using either a whole-house or shower filter system.

We’ve spent a lot of time discussing the toxic effects that chlorinated water has on the body but there is another reason it should be avoided. Since chlorine is a disinfectant, it cleans and disinfects the body removing beneficial compounds. Healthy bacteria in and on the body are beneficial and necessary for optimal body function. Putting chlorinated water on the body either while showering, bathing, or swimming kills these friendly bacteria that are vital in enhancing your immune system’s ability to fight disease. Not only does it kill the bacteria but other nutrients are diminished like vitamin B12. Additionally, chlorinated water removes the healthy oils from the skin causing it to become dry and brittle.

Whether you are working to recover from cancer or another disease or just trying to stay healthy, avoid putting chlorinated/chemi-
Unravel the Mystery

cal laden water in your mouth, on your skin or in your lungs. Protect yourself!

In this section we focused on the chlorine, pharmaceutical drugs, disinfection byproducts (DBP) and other compounds. In future sections we’ll be discussing fluoride as well as other chemicals from shampoos, skin lotions, cosmetics and deodorants that are washed off of our bodies through the bathing process then cycled into our water supply for consumption/absorption, yet another way of increasing our toxic load.
Chapter Four: Fluoride

“The… patient should be made to understand that he or she must take charge of his own life. Don’t take your body to the doctor as if he were a repair shop.”

—Quentin Regestein

With the abundance of advertisements, products, and dentists’ recommendations of using fluoride, one would think that this country should have the most healthy teeth, gums and periodontal health.

Unfortunately, not only does our country still have terrible dental health, but this fluoride that has become falsely synonymous with better teeth health has actually been instrumental in degrading many facets of physical health. Sadly, there is evidence that the harmful effects of fluoride have been known by conventional medical and dental organizations for over half a century. For example, the Journal of the American Medical Association (JAMA) stated in their Sept. 18, 1943 issue that fluorides are general protoplasmic poisons that change the permeability of the cell membrane by certain enzymes. Also, an editorial published in the Journal of the American Dental Association on Oct. 1, 1944, stated: “Drinking water containing as little as 1.2 ppm fluoride will cause developmental disturbances. We cannot run the risk of producing such serious systemic disturbances. The potentialities for harm outweigh those for good.”

A 1965 study indicated that there was clear evidence that cancer deaths were higher for cities with fluoridated water than for those that had no fluoridated water [1]. Today, nearly fifty years later, we would have difficulty finding a city that did not fluoridate the water.
So, why haven't we seen fluoride banned and not used so profusely all of these years later? Part of the problem is that it’s an accumulative toxin that, over time, can lead to significant health problems but are not immediately linked to fluoride over-exposure.

The debate has been going on for many years. One book that seems to have excellent research to back up the dangers associated with fluoride is *Fluoride, The Aging Factor*. This book documents the cumulative effect of tissue damage by fluoride; commonly seen as aging (collagen damage), skin rashes and acne, gastrointestinal disorders, and many other conditions, including osteoporosis. Yiamouyannis, the author of the book, goes on to say that fluoride suppresses the immune system. Fluoride inhibits the movement of white blood cells by 70%, thereby decreasing their ability to reach their target. Yiamouyannis cites 15 references in his pamphlet, Lifesavers Guide to Fluoridation, that document immunosuppressive effects with as little as 10% of the amount of fluoride used in fluoridated water. Immune suppressing effects can look like anything from a cold that won't go away to increased risk of cancer and other infectious diseases [2].

The U.S. Center for Disease Control and the Safe Water Foundation reported that 30,000 to 50,000 excess deaths occur in the United States each year in areas in which the water contains only one ppm of fluoride. Another study performed in 1988 suggests that fluoride can increase the potency of carcinogens and increase tumor growth by as much as 25% [3]. Finally, a study done in the 1990's clearly suggests that since fluoride accumulates in the bone, there is good reason for the findings that young men had 50% more bone cancer in cities with fluoride.

In a 2005 paper entitled Fluoride – A Modern Toxic Waste, Lita Lee, Ph.D. writes: “Even though the EPA’s recent studies don’t seem to find a correlation between cancer and fluoridated water, it could be that they are not using the proper study materials. It is difficult to find connections using epidemiological studies that study studies and not individuals.”

It is unwise to continue to believe the propaganda. It is better for our collective health if we incorporate some simple, easy steps to remove fluoride from our daily lives.

These are some proactive measures you can take:
Toxicity

1. Use toothpaste and mouthwash that contain no fluoride
2. Refuse the fluoride step when getting your teeth cleaned by a dental hygienist
3. Use a water filtration device that removes fluoride from your home water source
4. Reduce/eliminate drinking most forms of tea. Tea plants readily absorb fluoride from soil. As a result, tea drinks invariably contain high levels of fluoride. In the United States, brewed black tea averages about 3 to 4 parts ppm fluoride, while commercial iced tea drinks contain between 1 and 4 ppm [4]. Fluoride and bromide, having a similar structure as iodine, can competitively inhibit iodine absorption.

“The sad irony here is that the FDA, which does not regulate fluoride in drinking water, does regulate toothpaste and on the back of a tube of fluoridated toothpaste ... it must state that “if your child swallows more than the recommended amount, contact a poison control center.”

The amount that they’re talking about, the recommended amount, which is a pea-sized amount, is equivalent to one glass of water.

The FDA is not putting a label on the tap saying don’t drink more than one glass of water. If you do, contact a poison center...

There is no question that fluoride – not an excessive amount – can cause serious harm.”

—Paul Connett
Chapter Five: BPA

“A further sign of health is that we don’t become undone by fear and trembling, but we take it as a message that it’s time to stop struggling and look directly at what’s threatening us.”

—Pema Chodron

How many times have you drank from a plastic bottle, stored your food in plastic, or purchased food in a styrofoam container? How about eating with a plastic fork or drinking from a plastic cup? And don’t forget the plastic straw!

Bisphenol A (BPA) is an industrial chemical that has been used to make certain plastics and resins since the 1960’s. BPA is found in polycarbonate plastics and epoxy resins. Polycarbonate plastics are often used in containers that store food and beverages, such as water bottles. They may also be used in other consumer goods. Epoxy resins are used to coat the inside of metal products, such as food cans, bottle tops and water supply lines. Some dental sealants and composites also may contain BPA.

BPA disrupts the endocrine system interfering with the production, secretion, transport, action, function and elimination of natural hormones. A body’s own hormones can be imitated by BPA in a way that could be hazardous to health.

While safety levels have been set for BPA amounts many experts feel the health policies must be reviewed as recent studies are indicating there is truly reason for public safety concerns. What is more concerning is that with so many sources you can be exposed to BPA, how can any level really be set?

For most people the primary source of exposure to the chemi-
cal BPA is through diet. It can migrate into food from polycarbonate food and beverage containers or from food and beverage containers that contain or are lined with epoxy resin.

A study conducted by the Harvard School of Public Health found that participants who drank for a week from polycarbonate plastic bottles showed a two-thirds increase in BPA levels found in the participants urine [1]. In a similar study the Harvard School of Public Health found that those who ate one can of soup for five days straight had 1,221% more BPA in their urine than those who consumed home made soup for the same five days [2]. A CDC (Centers for Disease Control and Prevention) study found 95% of adult human urine samples and 93% of samples in children had bisphenol A [1].

Over 6 billion pounds per year of the estrogenic mimicker are used to manufacture polycarbonate plastic products. Numerous studies have clearly indicted BPA as a relatively strong estrogen receptor, disrupting endocrine especially in breast and other female hormonal areas as well as in prostate/testicle health.

While researching the link between BPA exposure and cancer many studies have confirmed that the bisphenol A introduced into the body can have a negative effect on our hormonal health:

• BPA may be linked to infertility in women. A study conducted by the Brigham and Women’s Hospital identified the following effects on eggs that were exposed to BPA:
  – Percentage of eggs that matured decreased
  – Proportion that degenerated fell
  – Percentage of eggs that underwent spontaneous activation increased. (Spontaneous activation is an abnormal process in which an unfertilized egg acts as if it has been fertilized) [3].

  Dr. Racowsky who, conducted the study says, “Our data show that BPA exposure can dramatically inhibit egg maturation and adds to a growing body of evidence about the impact of BPA on human health.”

• BPA Linked To Erectile Dysfunction And Other Male Sexual Problems
- BPA-exposed workers had a significantly higher risk of sexual dysfunction compared to the unexposed workers.
- BPA-exposed workers had a nearly four-fold increased risk of reduced sexual desire and overall satisfaction with their sex life.
- They also had a greater than four-fold increased risk of erection difficulty, and more than seven-fold increased risk of ejaculation difficulty.
- There was a dose-response relationship between increased level of cumulative BPA exposure and higher risk of sexual dysfunction.
- Compared to unexposed workers, BPA-exposed workers reported significantly higher frequencies of reduced sexual function within one year of starting work in a BPA-exposed factory [4].

Some other studies you may find interesting:

- BPA linked to higher risk for obesity among young girls [5]
- Childhood Asthma Linked To BPA Exposure [6]
- Childhood Obesity Linked To BPA In Food Packaging [7]
- BPA In Rivers May Encourage Fish Species To Interbreed [8]
- BPA Exposure In Womb Linked To Behavior Problems In Young Girls [9]
- BPA Found In Canned Foods Aimed At Children [10]
- Switching To Fresh Foods Cuts Hormone Disruptors BPA and DEHP [11]
- 95% Of US Paper Money Tainted With BPA [12]
- BPA Now Linked To Poor Sperm [13]
- Dental Sealants Contain BPA Derivatives Which May Seep Into Children’s Mouths [14]
- Study Suggests Sperm May Be Harmed By Exposure To BPA [15]
- Prenatal Exposure To Endocrine-Disrupting Chemicals
Linked To Breast Cancer [16]

- Law To Ban BPA In Children’s Products Announced By US Senators [17]

The National Institutes of Health (NIH, NIDCR) and the United States Environmental Protection Agency convened an expert panel of scientists with experience in the field of environmental endocrine disruptors, particularly with knowledge and research on BPA. Five sub-panels were charged to review the published literature and previous reports in five specific areas and to compile a consensus report with recommendations. These were presented and discussed at an open forum entitled “Bisphenol A: An Expert Panel Examination of the Relevance of Ecological, In Vitro and Laboratory Animal Studies for Assessing Risks to Human Health” in Chapel Hill, NC on November 28-30, 2006 [18]. The preponderance of evidence suggests that BPA increases cancer susceptibility as a result of changes to DNA [19].

Important notes:

1. The risk of off-gassing from BPA is increased with exposure to sun and warm temperatures. We traveled to Nigeria for 2 months starting in November 2012. We saw pallets of bottled water sitting in the sun being exposed to warm temperatures. Interesting to note that many of the Nigerians who we counseled during our visit had hormone based cancers and infertility and erectile dysfunction were common complaints. It was obvious to us the direct correlation between the bottled water they were drinking and the poor health they were experiencing.

2. There is ample evidence that exposure to BPA creates imbalances within the body particularly to the endocrine system and hormone excretion.

3. There are many sources from which you can be exposed to BPA. Some of which you don’t even know.

Every time you wrap your food in a sandwich bag, drink from a straw or use a plastic fork, you may be introducing a chemical to your body that will in time, create degradation to your endocrine system
Toxicity

that will result in an imbalance in your hormones which can cause not only severe symptoms, but severe illness as well.

An easy, economical, “green” approach is to remove as much plastic and processed food from our daily life as possible. It is not difficult to store leftovers in glass containers. Nor would it be a problem to bring water in glass or stainless steel water bottles. There are even glass straws that can be purchased if one needs to drink from a straw. If you don’t buy the microwave popcorn or the canned soups or the deli items, you will never have to eat from the chemically laden containers again. This is first and foremost best for your body and with the recycling of glass storage and cookware, it will help the environment as well.
Unravel the Mystery
Chapter Six: PFCs

“Sickness is the vengeance of nature for the violation of her laws.”
—Charles Simmons

There are numerous ways that we have introduced environmental chemicals into our bodies and the number of ways increase daily. For example, years ago, we would visit the Dry Cleaners maybe once every couple of months to clean special clothing. Now, people regularly drop off clothes two or three times a week. The chemicals they bring home in their laundry are so carcinogenic that even if they place the clothes outside for three days, the residual will still brush against their bodies. These chemicals are ingested through the skin requiring the filtration by the liver.

*Perfluorinated Compounds (PFCs)*

The chemicals in dry cleaning are called PFCs or perfluorinated compounds. These are a family of fluorine-containing chemicals with unique properties to make materials stain-and stick-resistant. Some PFCs are incredibly resistant to breakdown and are turning up in unexpected places around the world. Manufacturers have developed a host of chemicals in this family to repel oil and water from clothing, carpeting, furniture, and food packaging such as pizza boxes and paper food containers such as microwave popcorn and fast food wrappers. Fire-fighting foams have used them, as have dry cleaners, paints, roof treatments, and hardwood floor protectant.

PFCs are considered persistent organic pollutants (POPs) and
Unravel the Mystery

resist chemical, biological, and photolytic degradation in the environment. These chemicals will biomagnify in the food chain and bioaccumulate in animal and human tissues.

There are many forms of PFCs, but the two most commonly found contaminants are:

- PFOA or perfluorooctanoic acid (PTFE) commercially known as Teflon™.
- PFOS or perfluorooctane sulfonate is a key ingredient in Scotch-guard, a fabric and carpeting stain repellant,

Exposure to PFC’s occurs through our diet, from food wrapped or cooked in materials containing PFCs, and through the food chain and water pollution. Another route of exposure is inhalation of PFCs from clothing, home furnishings, carpeting, and other materials treated with PFCs to be stain and water-resistant.

Though there has not been much research on the effects of PFCs in humans, testing has shown that PFCs are present in both humans and wildlife. PFCs may be linked to:

- Thyroid dysfunction
- Preeclampsia
- Risk of high cholesterol
- Risk of cancer
- Liver dysfunction
- Immunotoxicity
- Endocrine disruption
- Developmental delays
- Fertility issues

Researchers are finding serious health concerns with PFCs, including increased risk of cancer. PFCs cause a range of other problems in laboratory animals, including liver and kidney damage, as well as reproductive problems. The time it would take to expel half of a dose of PFOAs, is estimated at more than 4 years. PFOS’s half-life is estimated at more than 8 years. Exposure to PFOA or PFOS before birth has been linked with lower birth weight in both animal and human studies.

PFCs have been produced, used, and disposed of essentially with-
out regulation for the last half-century. Rising levels of PFCs in the environment and increasing governmental pressure, however, have led to voluntary actions to reduce PFC production and use.

In 2002, 3M stopped using PFC’s for its signature product, Scotch-guard®, because of concerns over release of PFOS and PFOA during manufacture and use. In early 2006, the EPA, Teflon™ manufacturer DuPont™, and seven other companies announced an agreement to reduce PFOA in emissions from manufacturing plants and in consumer products by 95% by the year 2010.

While some companies as outlined above are phasing out the use of PFOS and PFOA, the question is what chemical is replacing these substances? What are the long-term health risks that haven’t been identified?

As dangerous as these persistent toxic chemicals are, it would be wise if the government didn’t allow their use at all. There are certainly other components that can replace them without the deadly effects.

How can you reduce your exposure?

1. Avoid purchasing or, at a minimum, limit use of products that contain PFCs.
2. Beware of packaged foods. Stay away from greasy or oily packaged and fast foods, as the packages often contain grease repellent coatings. Examples include microwave popcorn bags, French fry boxes, and pizza boxes.
3. Avoid stain-resistance treatments. Choose furniture and carpets that aren’t marketed as “stain-resistant,” and don’t apply finishing treatments such as Stain-master® to these or other items. Where possible, choose alternatives to clothing that has been treated for water or stain resistance, such as outerwear and sportswear. Be wary of other products that may be treated including shoes, luggage, camping and sports equipment.
4. Check your personal-care products. Avoid personal-care products made with Teflon™ or containing ingredients that include the words “fluoro,” “perfluoro,” “PFOA,” “perfluorooctanoic acid,” or “PTFE.” PFCs
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can be found in dental floss and a variety of cosmetics, including nail polish, facial moisturizers, and eye make-up.

5. Avoid Teflon™ or non-stick cookware. If you choose to continue using non-stick cookware, be very careful not to let it heat to above 450ºF. Discard products if non-stick coatings show signs of deterioration [1].

At first glance, this information may appear unsettling and we may think we are doomed and have no recourse but to expect defeat when it comes to exposure to certain toxins. However, we actually do have more control than we are led to believe.

There are carpets, clothing, paints and cosmetics that are non-toxic. These may cost a little more and may take a little longer to find, but when it comes down to priorities, doesn’t non-toxic make sense?
Chapter Seven: Radiation

“A man too busy to take care of his health is like a mechanic too busy to take care of his tools.”
— Spanish Proverb

Our lives are dramatically different than they were 100 years ago. Today, babies are waking up next to video monitors, they chew on dad’s cell phone and sit on mom’s lap in front of the monitor or lap top watching mom type on the keyboard. Tablets like IPads are now used as babysitters. Teens and pre-teens have cell phones that they carry and use to communicate with their friends and families. They have computers and TVs in their bedrooms. As adults we put internet connectivity throughout our homes so we can connect all of these devices and even control them remotely – adjusting the temperature of the house, turning on/off lights or turning on the oven while driving home. We drive a hybrid car that takes us to the doctor where we have X-rays, mammograms or a CT scan.

Technology has certainly made our lives more convenient and productive but is there an impact on our health? Could it be that this technology that is providing so much pleasure as we listen to ITunes with our IPhones and our IPods might actually be one of the causes of the cancer so many people are experiencing today?

There are numerous studies that prove that living near a mobile phone station, or power lines can potentially increase cancer risk. But, with all of the electromagnetic devices that are currently in your home, have you created your very own mobile phone station or power line equivalent? Has convenience come with a cost?
Non-ionized radiation exposure

How many of the items below are in your home?

- Computers
- Cell phones
- Blue tooth devices
- Cordless phones
- Microwave ovens
- Digital baby monitors
- Fluorescent lights
- Wireless internet device (Wi-Fi)
- Routers
- Large screen televisions
- Any other types of wired and wireless electronic devices

These all generate electromagnetic fields (EMF) of varying strengths, which is a type of non-ionizing radiation, i.e. a type of low-frequency radiation. Radio waves, radar and radiation produced by electrical transmission are also examples of radiation sources that generate electromagnetic fields.

There have been numerous studies on the effects of the electromagnetic radiation emitted from these devices. All scientists agree that this radiation is dangerous at high levels, but it has been hoped that the low levels emitted from these household devices are safe. Many believe that when the body first experiences a new source of radiation, it reacts by strengthening its immune defenses, but then the immune system begins to weaken progressively the longer the exposure to the radiation continues.

The levels of radiation emitted from mobile and cordless phones on standby, and of Wi-Fi routers, digital baby monitors and Bluetooth are a fraction of those of a mobile or cordless phone in use on a call. But this does not mean they are safer.

The radiation exposure from wireless products is considered a “chronic” exposure, constantly at a low level rather than short burst of high power. There is evidence that this type of exposure might be more damaging in the long-term.

Even if the power level of one wireless router or computer is
small, a home, school, or work environment may include many of these devices at once. Radiation exposure from a Wi-Fi system comes from the router and each of the computers. A cordless phone emits radiation from the base stations and the handsets. A mobile phone on standby, or worse, on a call, also adds to the radiation “load.”

Most tests and studies only focus on one of these appliances at a time. And even then, the radiation has been questioned depending on the age of the person, the proximity of the device and the length of exposure. Few, if any, studies have been done on several devices that have now found their way into nearly everyone’s home.

You will find numerous studies that easily provide the evidence needed to make informed decisions on how much electromagnetic frequency you will want to expose you and your family to on a daily basis, year after year.

**Mobile Phones**

A recent study, entitled Cellular Neoplastic Transformation Induced by 916 MHz Microwave Radiation was published in the Cellular and Molecular Neurobiology journal, confirms that the microwave radiation given off by a mobile phone is capable of transforming normal cells into cancerous ones. It found that after 5-8 weeks of exposure NIH/3T3 cells changed their form and rate of proliferation to a cancerous cell. These cells were also found to be tumor-forming when transplanted into mice [1]. (Prior to this study it was already noted that microwave radiation had been shown to alter brain molecules).

The World Health Organization now places mobile phone use in the same “carcinogenic hazard” category as lead, engine exhaust, and chloroform. The European Environment Agency has pushed for more studies, saying cell phones could be as big a public health risk as smoking, asbestos and leaded gasoline. There are currently 5.9 billion reported users of mobile phones. This number is growing rapidly making radiation exposure likely to be worldwide.

Unfortunately, inconsistent results have been published on potential risks for brain tumors tied to mobile phones because the studies used different methods that may not have lasted long enough to detect the increased risk of brain cancers, while others have chosen to group cell phones with cordless phones to create a different classification that deters people from seeing the true dangers. But even more recent
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analysis of these studies and their shortcomings from a number of authors find that brain tumor risks are significantly elevated for those who have used mobile phones for at least a decade.

High resolution computerized models based on human imaging data suggest that children are indeed more susceptible to the effects of EMF exposure at microwave frequencies \[2\][3]. Studies in Sweden indicate that those who begin using either cordless or mobile phones regularly before age 20 have greater than a fourfold increased risk of brain cancer [4]. No other environmental carcinogen has produced evidence of an increased risk in just one decade.

Brain cancer is the proverbial “tip of the iceberg”; the rest of the body is also showing effects other than cancers from cell phone radiation exposure.

The cell phone is as addictive as chocolate and it doesn’t offer any antioxidant value at all! How many people are now using it to obtain their news, weather, e-mail, voicemail, internet searching, product purchases and map directions? Not to mention it is now a watch, a GPS, a camera, a radio and a compass. Many homes don’t even have landline telephones anymore. If we don’t take control over our addictive behaviors whether it is food, lack of exercise, or just using a radioactive device called a cell phone, our behaviors will surely dictate the future of our health.

Effects of Radiation on Children

Children are now being exposed to wireless products from a very early age and often throughout their developing childhood and teenage years. This should be considered experimental since no one has any idea of the cumulative effect of long-term exposure starting at such a young age. We know from the scientific studies relating to mobile phones that children are more vulnerable to this type of radiation, absorbing more radiation than adults through their thinner skulls [5]. Even the German and French governments have for years, advised against the use of wireless products like Wi-Fi and cordless phones at home.

The clearest evidence that this day-in day-out low-level exposure might be dangerous is from the studies of the health effects of both adults and children who live near mobile phone stations [6]. Several studies have shown significantly increased levels of cancers among
those living within a few hundred meters of a mobile phone station [7][8][9].

Even if they are not living near a mobile phone station, in a given day, at any one time, a child may be exposed to cumulative levels of radiation much higher than each product emits alone. The child may be exposed constantly at home and at school, even when asleep. This exposure generally starts when they are young and continues throughout the children’s lives.

Mobile phones have only been used widely since the late 1990’s so the early studies, mostly done in the early 2,000’s, didn’t involve long-term phone users. They were done when it was too early for the association to show up. However, even in 2008 the charity organization, Samantha Dickson Brain Tumor Trust, wrote “Brain tumors now account for more deaths among children and those under 40 than any other cancer.” It will not be very long before the results become evident.

There is great evidence that is developing daily that consistent exposure to radiation, even if it is low frequency, will weaken the immune system making it easily susceptible to developing cancer. You can very easily reduce your exposure to more tolerant levels and still use some of the devices that have now become inseparable to your life.

Ways to more safely use your cell phone:
  • Carry the cell phone or mobile device on your body as little as possible.
  • Don’t carry it on your hip or in your pocket other than to get it from point A to B.
  • Lay it on the table or dashboard away from the body as much as possible.
  • Use wired headphones instead of bluetooth ear devices.
  • If using a bluetooth ear device, remove it from your ear when not in use.
  • Consider turning off the wifi when sleeping.
  • Sit farther away from TVs and other electronic devices.
  • Place radiation guards, bio-chips, cell guards on computers, cell phones, etc. To reduce exposure. Research first and get the best available.
  • Look for other ways to limit your exposure as much as
possible. Every little bit counts.

**Microwave Ovens**

Over 95% of American homes have microwave ovens used for meal preparation. Because microwave ovens are so convenient and energy efficient, as compared to conventional ovens, very few homes or restaurants are without them. In general, people believe that whatever a microwave does to foods cooked in it doesn’t have any negative effect on either the food or them. Of course, if microwave ovens were really harmful, our government would never allow them on the market... would they? Regardless of what has been “officially” released concerning microwave ovens, we have personally stopped using ours based on the research from the past 30 years.

**Ten Reasons Not to Use Your Microwave Oven**

1. Continuous eating of food processed from a microwave oven may cause long-term, permanent, brain damage by “shorting out” electrical impulses in the brain (de-polarizing or de-magnetizing the brain tissue).
2. The human body cannot metabolize (break down) the unknown by-products created in microwaved food.
3. Male and female hormone production may shut down and/or become altered by continuous eating of microwaved foods.
4. The effects of microwaved food by-products are residual (long-term, permanent) within the human body.
5. Minerals, vitamins, and nutrients of all microwaved food is reduced or altered so that the body gets little or no benefit, or the body absorbs the altered compounds that cannot be broken down.
6. The minerals in vegetables are altered into cancerous free radicals when cooked in a microwave oven.
7. Microwaved foods may cause stomach and intestinal growths [tumors]. This may be a primary contributor to the rapidly increased rate of colon cancer in the
United States.
8. The prolonged eating of microwaved food may cause cancerous cells to increase in human blood.
9. Continual ingestion of microwaved food may cause immune system deficiencies through lymph gland and blood serum alterations.
10. Eating microwaved food may cause a loss of memory, concentration, emotional stability, and a decrease of intelligence.

Ionized radiation exposure from medical imaging machines

When X-rays or any ionizing radiation pass through the body they cause electrons to be ejected from atoms, leaving behind positive ions. These positive ions, or free radicals, can cause damage to DNA. DNA can also be damaged directly by radiation. If DNA is damaged there are three possible outcomes:

1. The cell dies (only occurs with very high doses).
2. The cell repairs itself perfectly (most common result).
3. The cell repairs itself with mistakes (rare).

The inaccurate repair of DNA is rare, but can cause a cell to act wild or grow into a cancer. Oftentimes it takes decades for cancer to be detected following radiation exposure.

Radiation from mammograms, bone density tests, computed tomography (CT) scans, PET scans, X-rays, and so forth will increase risks of developing cancer. While there are certainly concerns over low level tests like mammography and dental X-rays, many experts are extremely concerned about an explosion in the use of the higher radiation tests such as CT and nuclear imaging.

The radiation you get from X-ray, mammogram, CT and nuclear imaging is ionizing radiation – high-energy wavelengths or particles that penetrates tissues to reveal the body’s internal organs and structures. Ionizing radiation can damage DNA, and although your cells repair most of the damage, they sometimes do the job imperfectly, leaving small areas of “misrepair.” The result is DNA mutations that may contribute to cancer years down the road.
In 2006, about 62 million CT scans were performed in the United States, compared with just three million in 1980. There are good reasons for this trend. CT scanning and nuclear imaging have revolutionized diagnosis and treatment, almost eliminating the need for once-common exploratory surgeries and many other invasive and potentially risky procedures. The benefits of these tests, when they’re appropriate, far outweigh any radiation-associated cancer risks, and the risk from a single CT scan or nuclear imaging test is quite small. However, in light of the 20-fold increase in the use of these tests, experts wonder if we are looking at future public health problems.

Some of this worry was fueled by the April 2010 release of the President’s Cancer Panel report, “Reducing Environmental Cancer Risk: What We Can Do Now.” Among other concerns, the report highlighted the rise in radiation exposure from medical imaging. The panel outlined ways to minimize radiation exposure from medical sources and recommended health care providers keep a running tally of the amount of radiation their patients receive from medical imaging.

It is clearly known that children and teens who receive high doses of radiation to treat lymphoma or other cancers are more likely to develop additional cancers later in life. But we have no clinical trials to guide our thinking about cancer risk from medical radiation in healthy adults. Most of what we know about the risks of ionizing radiation comes from long-term studies of people who survived the 1945 atomic bomb blasts at Hiroshima and Nagasaki. These studies show a slight but significantly increased risk of cancer in those exposed to the blasts, including a group of 25,000 Hiroshima survivors who received an amount of radiation that would be equal to two or three CT scans today.

The atomic blast isn’t a perfect model for exposure to medical radiation, because the bomb released its radiation all at once, unlike today, where the doses from medical imaging are smaller and spread over time. Still, most experts believe that can be almost as harmful as getting an equivalent dose all at once.

Most of the increased exposure in the United States is due to CT scanning and nuclear imaging, which require larger radiation doses than traditional X-rays. A CT scan for example, delivers 70 times as much radiation as one chest X-ray.
In a 2009 study from Brigham and Women’s Hospital in Boston, researchers estimated the potential risk of cancer from CT scans in 31,462 patients over 22 years. For the group as a whole, the increase in risk was slight – 0.7% above overall lifetime risk of cancer. In the United States the risk of developing cancer combined for men and women is around 42%. But for patients who had multiple CT scans, the increase in risk was higher, ranging from 2.7% to 12% (In this group, 33% had received more than five CT scans; 5% more than 22 scans; and 15 more than 38).

**What Can You Do?**

Here are several ways to keep your exposure to medical radiation as low as possible:

- Discuss any high-dose diagnostic imaging with your health care provider. If you need a CT or nuclear scan to treat or diagnose a medical condition, the benefits may outweigh the risks. Still, if your health care provider has ordered a CT, it’s reasonable to ask what difference the result will make in how your condition is managed; for example, will it save you from an invasive procedure?
- Keep track of your radiation exposure. Not only should your health care provider and the image device makers indicate the radiation dose for each exposure, but you can keep track of your own PET scan, CT scan, and X-ray history. It may not be completely accurate because different machines deliver different amounts of radiation, and because the dose you absorb depends on your size, your weight, and the part of the body targeted by the X-ray. Note any radiation treatment for cancer. Include, any occupational radiation exposure. An example is if you work on an airline or travel extensively and use TSA imaging machines. Both you and your health care provider will get a decent estimate of your exposure.
- Consider a lower-dose radiation test. If your health care provider recommends a CT or nuclear medicine scan, ask if another technique would work, such as a lower-
dose X-ray or a test that uses no radiation such as ultrasound (which uses high-frequency sound waves) or MRI (which relies on magnetic energy). Neither ultrasound nor MRI appears to harm DNA or increase cancer risk. If you must have a CT scan and weigh less than 180 pounds you might be able to get the radiation dose reduced.

- Consider less-frequent testing. If you’re getting regular CT scans for a chronic condition, ask your health care provider if it’s possible to increase the time between scans. And if you feel the CT scans aren’t helping, discuss whether you might take a different approach, such as lower-dose imaging or even observation without imaging.

- Don’t seek out scans. Don’t ask for a CT scan just because you want to feel assured that you’ve had a “thorough checkup.” CT scans rarely produce important findings in people without relevant symptoms. And there’s a chance the scan will find something incidental, spurring additional CT scans or X-rays that add to your radiation exposure.

- If possible, wear a thyroid guard and lead apron during dental X-rays. Also, ask whether you can receive a digital X-ray, which uses less radiation than film.

- Can you use an older test result? Let your health care practitioner know if you’ve received imaging at another office or hospital within the past 5 years. He may be able to re-examine the results and spare you another round of radiation.

It is important to note that each exposure to radiation compounds in our body increasing the risk of cancer. So even though a single source of exposure to radiation is unlikely to cause cancer by itself, the combined exposures add up to more damage than the sum of each individual one increasing our risk of cancer over time [10].

Children are at the greatest risk of developing cancer from radiation exposure. There are two theories why. First, rapidly dividing or growing cells are at a greater risk of damage from ionizing radiation.
Second, children have a long life ahead of them; therefore the chance of detecting a slow growing cancer is higher when compared to someone exposed later in life.

In general, women are at a slightly higher risk of developing cancer when compared to men exposed to the same dose of radiation. This is based again on the exposure data from survivors of atomic bombs, nuclear accidents and the early use of X-rays. As we learned earlier in the book, men and women also have different average risks from developing cancer.

**Natural methods to remove ionizing radiation from the body:**

- Iodine – one of the first diseases that can occur in people living near nuclear facilities that have faced nuclear fallout is thyroid cancer. Iodine can greatly help in preventing thyroid cancer. Before the thyroid gland can use iodine, it has to activate it to a nascent form so that it reacts and combines to form thyroid hormones. Nascent iodine can overcome barriers that prevent the uptake of iodine by the thyroid, such as competition from fluoride, bromide-containing molecules, or perchlorate. These are serious issues for thyroid health and have to be overcome by supplying enough iodine to compete the other molecules. The thyroid can more easily take up nascent iodine than other forms of iodine. And since it is already activated, the necessary thyroid hormones can be readily made. It will help protect the thyroid from both hyper and hypothyroidism. It is available without prescription. It is more expensive than potassium iodide, but it is more absorbable and high doses of it can be given even to children. It may be useful to consult a health care practitioner on dosage.

- Spirulina – this is a superfood that is derived from blue green algae and it has many health benefits. Recent studies have indicated that spirulina is quite helpful in anti-radiation therapy and according to research that has been conducted with children in Chernobyl; spirulina can also help as a medication for radiation poisoning. It is known to protect bone marrow cells from
DNA damage [11]. It can assist in the prevention of diseases such as leukemia and help the body fight bacterial and viral infections. When taken orally, it can also help in removing barium from the body.

- **Chlorella** – a fresh water, single celled algae that contains the highest amount of chlorophyll in any known plant. Apart from having numerous benefits for the body, it is also known as one of the best methods of expelling radiation from the body. Chlorella, in particular, has the ability to neutralize radiation and remove toxins such as cadmium, dioxins, and PCB’s from the body. Its ability to detoxify uranium, lead and copper has also made it very valuable, especially considering the toxins we are exposed to today.

- **Reishi Mushrooms** – they are known to strengthen the immune system and improve circulation. This mushroom has relevance today as it plays an important role in protection against ionizing radiation.

- **Magnesium** – this is an important mineral in removing heavy metals from the body that encourage radiation damage. Magnesium oil is a valuable way to introduce it to the body.

- **Fulvic Acid** – when it comes to getting rid of radiation from your body, fulvic acid is on the top of the list as it can break down heavy metals and toxins in the body and remove them from the body. Fulvic acid is a water-soluble organic substance that is found in surface water and it has some amazing benefits although scientists the world over are just learning of it. Fulvic acid is a humic acid that transforms the molecular structure of water and enhances the functions of water.

- **Zeolites** – minerals that are effective at binding and expelling heavy metals from the body.

- **Vitamins A, C, and E** – also known as the ACE vitamins, they offer proven antioxidant protection. High intake of these vitamins and other antioxidants protect airline pilots from radiation-induced chromosomal damage, an occupational hazard in those who work
at high altitudes [12]. In fact, ACE supplements have been proposed as “space foods” to protect astronauts from high radiation levels [13].

- Zinc and Manganese – vitally important for sustaining whole-body resistance to ionizing radiation.
- Melatonin – protects dividing cells and circulating blood cells from chromosomal injury by radiation [14][15].
- Licorice Extracts – block DNA damage and protect lipids from radiation-induced peroxidation [16].
- The Indian Gooseberry – increases survival time and reduces mortality of mice exposed to whole-body radiation [17].

Every exposure to radiation, whether it is ionized or non-ionized, and whether the level is high or low continues to place a burden on your body. These exposures are constantly happening throughout the day and into the night. It would seem that your body is always trying to recover from the barrage of radiation that keeps coming at it day after day, month after month, and year after year. At some point, the body gives up and breaks down setting the stage for cancer to develop.
Mycotoxins are toxins produced by organisms of the fungi kingdom, commonly known as molds. If you eat grains or legumes like corn, barley, oats, wheat, rice, sorghum and peanuts, or grain-fed animal products, there is a good chance you are already being exposed because mold infestation and mycotoxin contamination affects as much as one-quarter of the global food and feed supply [1].

Evidence is mounting regarding the connection between mycotoxins (molds) and cancer. It seems that when mold is present, it will change how bodies use estrogen. A groundbreaking study published in the journal The Science of Total Environment in 2011 found that the estrogen-disrupting mycotoxin known as zearalenone (ZEA), produced by a microscopic fungus, was detectable in the urine of 78.5% of New Jersey girls sampled, and that these ZEA-positive girls, aged 9 and 10 years, “tended to be shorter and less likely to have reached the onset of breast development” [2]. Mycotoxin has also been found in eggs and dairy products, and even found in beer. The researchers were able to find an association between the young girls’ urinary levels of ZEA and their intake of commonly contaminated sources such as beef and popcorn.

Interestingly, derivatives of ZEA mycotoxin have been patented as oral contraceptives. And, according to a recent article, ZEA has been widely used in the United States since 1969 to fatten cattle. Observations of premature puberty in girls demonstrates evidence that this practice can cause physical harm in humans. As a result, this prac-
nce has been banned by the European Union. There has since been other research that has confirmed the link between mycotoxins and premature puberty.

Surprisingly, the ZEA study in the young New Jersey girls was the first ever performed to evaluate this mycotoxin’s potential estrogen-disrupting properties, and indicates just how great a need there is for further research on the topic, as far as public health is concerned. There are already over 40 mycotoxins of great enough concern to be subject to regulation by over 100 countries and yet, most of these have not been fully evaluated for their potential health risks [3].

Since research has already proven that the younger a girl is when she goes into puberty, her risk of developing hormone-based cancer increases as she ages, then, it would be logical to assume that our food supply has significantly increased our young girls’ chances of developing cancer.

Other Toxic Molds

Experts suspect that toxic black mold can cause cancer, although there still needs to be more research. Some other toxic molds, like Aspergillus for example, definitely cause cancer though. The aflatoxin mycotoxins which Aspergillus produce are among the most powerful carcinogens. Ground nuts or peanuts are noted to be grown in aflatoxin. Alfalfa sprouts have the tendency to grow in aflatoxin as well.

As early as 1999, findings of a link between inhaled mycotoxins (such as aflatoxin) and cancer were reported by the National Institute for Occupational Safety and Health (NIOSH), their study noted: “Several studies have provided evidence for the association of cancer in humans with inhalation of aflatoxin contaminated dust, e.g., lung cancer or colon cancer...elevated risks for liver cancer and cancers of biliary tract”. The NIOSH study further warned: “Diseases associated with inhalation of fungal spores include toxic pneumonitis, hypersensitivity pneumonitis, tremors, chronic fatigue syndrome, kidney failure, and cancer.”

Anyone with compromised immune systems (in which cancer is one) would be wise to examine the area in which they live to ensure no mold is lurking in the basement or in the attic. They should also avoid any food item that has any potential of being grown in mold.
Chapter Nine: Heavy Metals

“The secret of health for both mind and body is not to mourn for the past, not to worry about the future, or not to anticipate troubles, but to live the present moment wisely and earnestly.”
—Siddartha Guatama

New technology brings new pollutants. As lead was to paint 30 years ago, mercury is to amalgam fillings today. Mercury is just one of numerous heavy metal toxins that we are learning more about daily. It is of vital importance that people learn about heavy metals, how they have become insidiously toxic within our bodies, what we can do to prevent undue exposure and what effort we should be making to eliminate as much as we can from our bodies. Although we will not discuss every heavy metal in great detail, we will discuss the most prominent ones and their detrimental effects on the body.

Mercury

Mercury is the most toxic naturally occurring substance on the planet, yet, according to the EPA, there is currently over 1,000 tons of mercury from amalgam fillings in the mouths of Americans. Over 67 million Americans exceed the exposure of mercury vapors considered “safe” by the EPA because of amalgams in their teeth [1].

Dental amalgams can increase your risk of cancer in a variety of ways. Mercury is a known carcinogen (cancer-causing agent), and exposure to it can significantly impair your body’s immune system, which is your primary defense against cancer, as well as many other diseases. Additionally, mercury exposure can cause increased production of free radicals. Free-radical damage to cellular DNA is a primary
cause of cancer. Once in the body, mercury can also block the enzymes necessary for the body’s normal processes of detoxification. When these processes are impaired, toxins more easily spread through the body, where they can harm cellular DNA, setting the stage for cancer to develop [2].

Several other studies suggest that there is a link between accumulation of metals such as mercury, nickel and cadmium and the malignant growth and proliferation process of breast cancer [3]. A Canadian research team recently (2011) assessed breast cancer tissue biopsies and discovered a highly significant accumulation of heavy metals in the diseased breast tissues [4].

In 2001, the US National Health and Nutrition Examination surveyed 31,000 adults and found that the number of dental fillings correlated to the incidence of cancer, mental conditions, thyroid conditions, neurological issues (including MS), diseases of the respiratory system, and diseases of the eye. However, the United States, FDA and various Supreme Court justices determined that “the correlations do not sufficiently demonstrate causation.” What this means is that statistical evidence showing mercury vapor emitting from amalgams does not have a direct causative effect on the various diseases that are being implicated, and correlation does NOT mean causation.

In 2003, the World Health Organization called for further studies to be done. In 2009, the FDA issued a new regulation placing dental amalgams into Class II (moderate risk) from Class I (low risk), allowing them to impose special controls and recommendations surrounding the use of amalgams.

The current ADA and FDA position is that amalgam is a safe restorative material. Silver fillings have been used for 150 years. Today, around 47% of all dentists still use amalgam fillings [5].

A person who has been recently diagnosed with cancer may want to first, consider going to a “biological dentist,” one who has been trained to properly extract the mercury, having prepared the patient’s body prior to extraction, and using methods to significantly reduce any further risk or complication to the body.

All the conventional and/or alternative methods used in the fight against cancer will be less effective while the mouth still has the toxic fillings in it and the vapors are still wreaking havoc on the body and all of its vital organs. More discussions on oral health pathology and
cancer will be in a later section.

**Arsenic**

Exposure to arsenic is mainly through intake of food and drinking water, food being the most important source in most populations. Long-term exposure to arsenic in drinking water is mainly related to increased risk of skin cancer, but also some other cancers, as well as other skin lesions. Occupational exposure to arsenic, primarily by inhalation, is considered causally associated with lung cancer [6].

Since there are effective water filtration devices within a reasonable price range, there should be no reason to continue to expose yourself to many of these toxins.

**Cadmium**

A recent study published in the journal Cancer Research indicates that women whose diets contain higher levels of cadmium are at a greater risk of developing breast cancer. Cadmium is a heavy metal long known to be carcinogenic, and, it’s also been identified as a metal that can bind to estrogen receptors, effectively mimicking the female hormone estrogen. The study found that among close to 56,000 women, those with the highest intakes of cadmium were 21% more likely to develop breast cancer [7].

Cadmium leaches into crops from fertilizers, or when rainfall or sewage sludge deposits it onto farmland. Potatoes and whole grains are a couple of the primary sources cadmium, but it’s also present in air pollution from the burning of fossil fuel, and can therefore also be inhaled according to a report entitled, Breast Cancer and the Environment: A Life Course Approach by the Institute of Medicine (IOM) issued in December of last year, which discusses environmental impacts on breast cancer risk [8][9].

This study offers new evidence in a large human population that environmental chemicals that mimic the effects of the female hormone estrogen may contribute to women’s risk of certain cancers, including endometrial and breast cancers. The finding came just three months after the IOM, a prestigious body of independent biomedical researchers, concluded that a host of other factors – most within a woman’s power to control, such as obesity and hormone-replacement
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medication – were the most important sources of breast cancer risk.

The following metals have been identified as being capable of binding to cellular estrogen receptors and then mimicking the actions of physiological estrogens [10]:

- Aluminum
- Antimony
- Arsenite
- Barium
- Cadmium
- Chromium
- Cobalt
- Copper
- Lead
- Mercury
- Nickel
- Selenite
- Tin
- Vanadate

The best way to determine your heavy metal load is with a 24-hour urine collection test. A holistic health care provider can assist you in assessing your heavy metal toxin load. Then, they will discuss with you methods of removal. There are oral and IV chelators as well as various types of chelating foods you can incorporate. It is a slow process removing heavy metals, but the long-term benefits are valuable.

How to Remove Heavy Metals from Your Body

Metals hide in the fat cells of the body. The more fat cells one has, the more chemicals they can harbor. Chelators bond to a toxic metal ion and form a stable complex that can be removed from the body.

1. The herb cilantro helps remove metals such as mercury, lead and aluminum from the body. Cilantro is a variation of parsley and is widely available in grocery stores. The seeds of the cilantro plant are commonly known as “coriander”. Chop the cilantro finely and mix in soups and salads frequently to cleanse these metals from your body.

2. Malic acid (found in apples and apple cider vinegar) helps remove aluminum from the body.

3. Other natural chelators include vitamin C, sulphur-containing amino acids such as methionine and cysteine (grass-fed whey powder is a good source of these amino acids), yellow dock root, and chlorella.

4. Iodine chelates metals such as mercury, lead, cadmium and aluminum and halogens such as fluoride and bromide. Iodine also removes perchlorate (rocket
Toxicity

fuel) from the body. In the United States, perchlorate frequently contaminates drinking water, milk, and other foods. There are many health benefits from increased iodine intake. Consuming nascent iodine is optimal.

5. Increasing the amount of glutathione in your body will help remove heavy metals such as mercury, lead, and cadmium. (Isolated grass-fed whey protein dramatically increases glutathione)

6. Heavy metals and other toxins stored in the liver and gall bladder as “stones” can be eliminated from the colon when you do a liver and gall bladder cleanse.

7. Alpha Lipoic acid helps remove mercury from inside cells and the brain. The mercury is then carried to the liver where it is mixed with bile, and then goes into the intestinal tract.

8. Sulfur-rich foods can bind with mercury in the intestinal tract so that the body does not reabsorb it.

9. Algin is a non-digestible fiber from brown seaweeds such as kelp. Algin will bind with mercury in the digestive tract, and will also bind with cadmium and radioactive materials.

10. Other intestinal chelators include spirulina, chlorella, aloe, and bentonite clay.
Unravel the Mystery
Chapter Ten: Aluminum

“To insure good health: Eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life.”
—William Londen

Aluminum is a widely recognized neurotoxin that inhibits more than 200 biologically important functions and causes various adverse effects in plants, animals, and humans. The relationship between aluminum exposure and neurodegenerative diseases, including Parkinson’s, Multiple Sclerosis and Alzheimer’s Disease has been established by extensive research and is reason enough to avoid aluminum exposure. Now research has confirmed the relationship between aluminum exposure and breast cancer.

Several recent studies have linked aluminum to breast cancer. A study published in the Journal of Inorganic Biochemistry in July 2013 found that breast cancer patients had significantly higher levels of aluminum in their nipple aspirate fluids when compared to a control group of healthy women without breast cancer. The study compared 19 breast cancer patients with 16 healthy women in a control group [1].

Another recent study published in the Journal of Inorganic Biochemistry found that aluminum can increase the spread of breast cancer cells. Because the metastasizing or spread of cancer is correlated with increased mortality, this finding is highly significant [2].

In a 2011 study, The Journal of Inorganic Biochemistry noted that the presence of aluminum in the human breast may alter the breast microenvironment causing disruption to iron metabolism, oxidative damage to cellular components, inflammatory responses and altera-
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tions to the mobility of cells [3].

New research published in the Journal of Applied Toxicology has revealed that long-term exposure of breast cells to aluminum results in increased cultured tumor cells and of cells on the way to malignant transformation. This study also found that even shorter (7?days) exposure to aluminum results in a weakened cell state [4].

Another study published in 2003 by the European Journal of Cancer Prevention also found a correlation between earlier diagnosis of breast cancer and antiperspirant deodorant use [5]. This study also indicated “underarm shaving with antiperspirant deodorant” use may play a role in breast cancer.

While science is catching up to the dangers of aluminum and the connection between its presence in the body and various diseases, the natural health movement has espoused the dangers of aluminum for many years.

Aluminum is thought to be particularly poisonous to the nervous system with a range of symptoms that can include disturbed sleep, nervousness, emotional instability, memory loss, headaches, and impaired intellect. It can stop the body’s ability to digest and make use of calcium and phosphorus. This prevents bone growth and reduces bone density. Aluminum can also cause conditions, which actually force calcium out of the bones. Either of these situations can bring on weakness and deformation in the bone structure with crippling effects. Aluminum toxicity can also result in aching muscles, speech problems, anemia, digestive problems, lowered liver function, colic and impaired kidney function [6].

Sources of aluminum:

In the kitchen: Pots/pans, cookware, aluminum foil, and utensils are all sources. Boiling water in aluminum pots produces toxic hydroxides, boiling meat produces chlorides and frying foods in an aluminum pan increases nitrates. Aluminum teapots should be avoided because the tannic acid in the tea tends to allow aluminum to leak into the tea.

Food additives: The following food additives contain aluminum compounds: E173, E520, E521, E523 E541, E545, E554, E555 E556, E559. Aluminum is a common food additive found in foods such as processed cheeses, table salt, baking powder, pickles, bleached flour,
self-rising flour, prepared dough (including frozen), cake mixes, pancake mixes, non-dairy creamers, vanilla powders and some donuts and waffles. Spices and food colorings contain aluminum compounds. Milk formulas for babies can contain up to four hundred times more aluminum than breast milk.

Medications: Antacids quite often contain aluminum trisilicate as does buffered aspirin. Antacids can contain 200 milligrams or more of elemental aluminum in a single tablet. Certain popular antacids contain aluminum hydroxide. It is present in popular over-the-counter and prescription medicines such as certain pain-killers, anti-diarrhea medicines and anti-hemorrhoid preparations. Many vaccines also contain aluminum.

Personal care items: Toothpastes, nasal sprays, anti-antiperspirants/deodorants, many body lotions and creams, most cosmetics, shampoos and conditioners, soaps, suntan lotions and lip balm are all possible sources of aluminum.

Other products containing aluminum: It can be found in dental amalgams, cigarette filters and pesticides. Some metal cleaners contain aluminum oxide.

After viewing this partial list, how many times have you ingested, consumed, slathered, or rubbed on aluminum or it’s derivative today?

It is not difficult to eliminate many of the products that you are using every day. There are aluminum-free products that can easily replace these. Read the labels, spend a couple of extra dollars and protect yourself.
Chapter Eleven: Parabens

“Wisdom is to the mind what health is to the body.”
—Francois De La Rochefoucauld

The market is saturated with products that will make you smell good, have smooth skin, have clean breath, not sweat, thicker looking hair, and so on. The way they are portrayed they are harmless and will make you feel and look better. The manufacturers are employing exceptional marketing skills but have refrained from revealing the true contents behind the magic: Parabens. These chemicals are in nearly every over-the-counter product and seem to have infiltrated our water sources and even food products!

The detrimental effects of parabens have not even begun to be felt yet, though this chemical in particular, will heavily influence the health of the next generation.

Parabens are chemicals with estrogen-mimicking properties, and excess estrogen is one of the hormonal links involved in the development of breast cancer. There are 6 types of parabens:

- Methyl paraben
- Propyl paraben
- Isobutyl paraben
- Ethyl paraben
- Butyl paraben
- E216

The list below is some of the primary sources of parabens. It’s important to recognize that whatever you spread on your skin can be absorbed into your body and potentially cause serious damage over
time, as this research demonstrates.

- Deodorants and antiperspirants
- Shampoos and conditioners
- Shaving gel
- Toothpaste
- Lotions and sunscreens
- Make-up and cosmetics
- Pharmaceutical drugs
- Food additives

Numerous studies have shown that parabens can affect your body much like the estrogens, which can lead to diminished muscle mass, extra fat storage, and male breast growth. Other studies have also linked parabens to breast cancer. The US Environmental Protection Agency (EPA) has linked methyl parabens in particular to metabolic, developmental, hormonal, and neurological disorders, as well as various cancers. There is also a highly disturbing find in one of the studies linking parabens with childhood diseases.

A new study published in the Journal of Applied Toxicology has raised some disturbing possibilities regarding the dangers of common hormone-mimicking preservatives, particularly parabens found in thousands of consumer products on the market today [1].

A recent study from the UK’s University of Reading established that parabens in human breast tissue can proliferate into cancer cells. The researchers also found significant parabens concentrations within the breast tissue of 160 people who submitted tissue samples. They found that 27% of all the samples contained parabens concentrations that could potentially stimulate breast cancer growth because of their capability to disrupt estrogen production.

In this final highlighted study entitled “Parabens detection in different zones of the human breast: consideration of source and implications of findings,” researchers discussed the role that parabens may have in breast cancer and childhood disease.

The report focused on the findings of The Genesis Breast Cancer Prevention Centre at the University Hospital of South Manchester NHS Foundation Trust published in March 2012, which discovered five paraben esters in human breast tissue samples collected from 40 mastectomies from women with primary breast cancer [2].
The report revealed three things:

1. The ester form of parabens found within the breast tissue samples indicated exposure occurred through the skin, which may indicate skin care products, and underarm deodorants had a factor.
2. The parabens residues were found at concentrations up to 1 million times higher than the estrogen (estradiol) levels naturally found in human breast tissue.
3. Propylparaben was found in the highest concentration in the underarm area (axilla), where underarm deodorants are most used and breast cancer prevalence is at its highest.

While the World Health Organization considers the estrogenic properties of parabens to be a low toxicological risk because it is 10,000-100,000 less potent than estradiol (E2), the 1 million-fold higher levels found within breast tissue sampled clearly indicate the magnitude of exposure more than compensates for the lesser potency.

Also noted in the new study was a highly disturbing possibility: “For exposures in children, concern has already been raised that ‘the estrogenic burden of parabens and their metabolites in blood may exceed the action of endogenous estradiol in childhood and the safety margin for propylparaben is very low when comparing worst-case exposure’ (Boberg et al., 2010).”

In other words, synthetic hormones from chemicals like parabens may actually be eclipsing the activity of naturally produced hormones in our children. Given that 99.1% of the US population’s urine samples (ages 6 or older) contain methylparaben, this issue has broad-ranging implications.

At this time European regulations allow for the use of parabens in cosmetics at up to 0.4% by volume. The limits in the US are much less restricted. According to the FDA’s website “The Cosmetic Ingredient Review (CIR) reviewed the safety of methylparaben, propylparaben, and butylparaben in 1984 and concluded they were safe for use in cosmetic products at levels up to 25%. Typically parabens are used at levels ranging from 0.01 to 0.3%.” What a difference in range from the European regulations in cosmetics verses the US standards! Parabens are also FDA-approved for use as food preservatives. A separate
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section is dedicated to parabens in the food industry.

There doesn’t seem to be any consideration for the chronic low dose exposure and how it will affect people and children long term. And as I have stated elsewhere in this book, there just doesn’t seem to be any thought when setting up regulations or performing these studies as to how these toxins will be amplified when combined with other chemical toxins.

This research does however point to an area that has cause for great concern: Commonly used chemicals and preservatives may be contributing in a certain segment of the population that is vulnerable due to their lower body weight and may be more susceptible to chemically-induced gene toxicity because their cells are naturally dividing more rapidly and because their detoxification systems are less developed. Who is this vulnerable group? Infants and children.

It is becoming increasingly clear that in order to protect ourselves and especially our offspring from avoidable chemical exposures this country needs to implement the precautionary principle in its toxicological risk assessments: if there is indication that a chemical could do harm (based on cell and animal studies), it should be treated as if it does do harm, and be regulated accordingly. Until then, we are effectively a living and breathing nation of guinea pigs.

Although we are only half way through the Toxins chapter, it is clearly evident that these toxins are having a serious detrimental impact not only on adults but will likely have an even greater deadly impact on our children and grandchildren. As you continue to read the rest of this chapter, imagine how the combined toxins may have an even more serious impact.
Chapter Twelve: Toxic Teeth

“The healthy, the strong individual, is the one who asks for help when he needs it. Whether he has an abscess on his knee or in his soul.”

—Rona Barrett

One issue that can exert a significant negative influence on the immune system’s ability to improve our health is oral pathology. Even with the best of diets, some people find that over time they succumb to cancer and ask the question – How could this happen?

There are three primary areas of concern: Mercury amalgam fillings or other metals in the mouth, cavitations – primarily from wisdom teeth extraction sites, and root canals.

**Mercury**

Mercury is a highly toxic heavy metal and has no place in the human body. Mercury fillings must be removed with caution and specific safety measures in place. Only a dentist well experienced in this area should do the removal of mercury. If removed improperly, the resulting mercury vapors can be extremely dangerous with devastating impact.

In describing the efficient absorption of mercury through the tissues of the cheeks and under the tongue into the blood stream, Hal Huggins, D.D.S states: “From the blood stream, mercury can travel to any cell in the body, where it can either disable or destroy the tissues. Mercury can also travel directly from the fillings into the lungs, into the blood stream and, as before described, every cell in the body becomes a valid target” [1]. According to Dr. Huggins, mercury may
change forms in the body, from organic to inorganic with either form attacking different aspects of the cell membrane, DNA, or enzymes.

**Cavitations**

Wisdom teeth are normally extracted, leaving the periodontal ligament in the jawbone. The bone heals over, encapsulating the decaying ligament in a small hole in the bone. Pathogenic bacteria develop in a highly protected environment and continually intoxicate the body and stress the immune system. Antibiotics cannot get into that protected area. The immune system may be under stress for decades before cancer or other illness will manifest.

To determine the frequency of cavitations, Dr. Huggins reviewed the charts of over 100 clinic patients. Extraction sites of wisdom teeth (third molars) were found to have cavitations 88% of the time; second molars had a 70% incidence of cavitations; and, first molars an incidence of 85%! (Uninformed Consent, Huggins, Hal, D.D.S and Levy, Thomas, M.D. p. 212)

Once the extraction site healing at the top is complete, the oxygen-deprived (anaerobic) environment becomes host to highly toxic metabolic by-products. The native mouth bacteria normally resides in harmony in an oxygen-enriched environment but in the anaerobic environment of a cavitation site, the by-products become potentially deadly. “In fact, some of these toxins show anywhere from 100 to 1000 times the toxicity of botulism toxin on certain enzymes tested!” (Huggins, p 215)

**Root Canals**

According to George Mening, DDS, author of Root Canal Cover-Up a single root-canaled tooth will have an estimated 3 miles of micro-canals – an extremely wide area for bacterial growth. Once bacteria start to gain a foothold inside a devitalized tooth, antibiotics can’t kill them because such drugs cannot penetrate into the affected tooth. This leaves the bacteria free to migrate down into other areas of the body where they can set the stage for a variety of crippling degenerative diseases, including cancer.

In an interview in July, 2013 with Patrick Timpone, Dr. Huggins states that “ALL cavitation sites and root canal teeth harbor patho-
Toxicity

toxicogenic bacteria.” To date, Dr. Huggins has identified 53 different bacteria in root canal teeth and 82 in cavitations! Different types of bacteria destroy different enzymes that impact different organs/tissues of the body [2]. With ongoing stress of the immune system, it is usually just a matter of time (maybe decades) before illness is manifest due to the inability of the immune system to keep the constant onslaught of bacteria under control.

Interestingly, independent researcher, Robert Dowling, PhD has discovered that oral pathology does not cross the body’s mid-line. Left side oral pathology manifest in pathology in the left side of the body. “A man with prostate cancer, for example, has oral pathology in the front of the mouth. A woman with right breast cancer has right-side oral pathology. A man with right lung cancer has right-side oral pathology. There are no exceptions, . . .” (Am I Dead? . . . or do I just feel like it, Fred Hughes)

Most dentists are unaware of cavitations and are unable to detect them. Routine X-ray is not adequate to detect cavitations or toxicity of root canals. Thermal imaging of the face and digital panoramic X-ray can be most beneficial in detection of cavitations. If a cavitation is suspected, it is prudent to seek out a knowledgeable, holistic, mercury free dentist to help locate and repair it.

Root canal teeth are dead structures protruding from the jawbone. Over time, bacteria develop in the dead canals as they do in cavitations which will constantly stress the immune system. In his July 16, 2013 interview, Dr. Huggins states that 100% of root canal teeth contain pathogenic bacteria. With an immune system overstressed, it may be impossible for the body to heal itself of chronic diseases. Again, if a tooth with a root canal is suspect, it will need the attention of a knowledgeable and experienced holistic dentist.

My Story

Around 10 years ago I had a root canal done on the lower quadrant of the right side of my mouth. I went to a highly regarded root canal specialist who taught at a prestigious dental college in the area and after the procedure was over, I never thought of it again. About 5 years later I noticed two strange occurrences. First, I developed a lump on my right breast. Second I developed a small lump on my jaw line. I had been on a clean living food diet for several years by that time so I
had no idea why these had developed. In 2010, I went to a biological dentist in Fairfax, VA and had all of the 14 plus mercury amalgam fillings removed from my teeth. He also found that one of those mercury fillings was placed over the root canal in the back corner of the right side of my mouth. As he was removing the root canal and the mercury filling, he found a cavitation that was filled with bacteria beside the root canal from a 30 year old wisdom tooth extraction. The two areas were side-by-side and the toxins from both had been filling my body daily for many years.

The lump on my jaw immediately disappeared. It took longer for the breast lump to reduce and then subsequently disappear. Not all breast lumps may disappear, however, to have a non-cancerous lump isn’t too difficult to live with.

There is a book called *Saving Victoria’s Breast* by Fred Hughes. Another excellent book that seems to confirm the connection between oral pathology and the rest of the body.

As we have met more and more people fighting this battle, we are witnessing certain similar threads. One of them is the oral pathology connection to cancer.
Chapter Thirteen: Emotional, Mental, Spiritual and Stress

“Health isn’t about being “perfect” with food or exercise or herbs. Health is about balancing those things with your desires. It’s about nourishing your spirit as well as your body.”

—Golda Poretsky

Does Stress Feed Cancer?

A little stress can be good for us — it pushes us to move ahead and be innovate. But chronic stress can increase the risk of diseases such as depression, heart disease and even cancer. Many studies have shown that stress can promote cancer indirectly by weakening the immune system’s anti-tumor defense or by encouraging new tumor-feeding blood vessels to form as evidenced by a study published in April, 2012 in The Journal of Clinical Investigation which shows that stress hormones, such as adrenaline, can directly support tumor growth and spread.

The study’s lead author Anil Sood from The University of Texas M. D, Anderson Cancer Center in Houston suggests that stress can trigger cancer cells to break off from tumors and spread throughout the body (metastasizing). It is already known that a chemical process has already taken place in cancer cells preventing them from experiencing a timely death like normal healthy cells do. This was one of the first of its kind of studies to see how stress influenced tumor progression. Since stress influences so many normal physiological processes,
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it would be logical to assess this form of biological connection. After witnessing this phenomenon in vitro, on mice and finally in samples of human ovarian cancer, they concluded that people under a certain amount of stress, along with elevated stress hormone activity were associated with higher levels of a protein that allowed the cells to strengthen individually and create a faster disease progression [1][2].

In the same publication, The Journal of Clinical Investigation there is a commentary entitled Why Stress is Bad For Cancer Patients. In this paper, Hassan et al., looked closely at the growth of prostate cancer. Here are some highlights:

1. There are a growing number of studies that have uncovered major roles for chronic stress in cancer progression.
2. Adrenalin activation has been implicated as the key factor of these effects by modulating several growth factors in multiple cancers.
3. Chronic stress plays a significant role in cancer progression, and decreased cancer incidence is observed among patients who take beta blockers for the treatment of other diseases.
4. Cancer diagnosis and associated treatment can potentially elevate a patient’s stress levels, whereas social support has been associated with increased patient survival.
5. Recent findings regarding the role of stress hormones in chemoresistance, metastasis, cancer relapse, and surgical recovery have moved the field forward, but the molecular mechanisms underlying these effects are still not fully understood [3].

Fortunately, the psychological stress/cancer-connection is now supported by ample scientific evidence. The Centers for Disease Control and Prevention (CDC) make this important statement on their web site: “Intensive and prolonged stress can lead to a variety of short - and long-term negative health effects. It can disrupt early brain development and compromise functioning of the nervous and immune systems. In addition, childhood stress can lead to health problems later in life including alcoholism, depression, eating disorders, heart disease,
cancer, and other chronic diseases.”

There is also substantial evidence from both healthy populations as well as individuals who have cancer linking psychological stress with reduced immune function highlighting natural killer (NK) cells, because of the role that they may play in malignant disease. In addition, distress or depression is also associated with two important processes for the development of cancer: poor repair of damaged DNA, and alterations in cell reproduction and growth.

There is also the possibility that psychological interventions may enhance immune function and survival among cancer patients and the results clearly merit further exploration, as does the evidence suggesting that social support (relationships) may be a key psychological element. These studies and others suggest that psychological or behavioral factors may influence the incidence or progression of cancer [4].

The following situations that can induce stress along with certain personality types have been known to be associated with people who have developed breast cancer:

A. The coping strategy used is denial or repression
B. Experiencing separation or loss
C. Several stressful experiences throughout life
D. Seeing life from a melancholy or hopeless point of view
E. Nurturing and trying to please others
F. One who avoids conflict

The theory is that the gene that is used to avoid conflict may be the same gene that has an increased susceptibility of cancer [5].

There are likely personality traits that if studied, would be identified in many cancers, not just breast cancer. But remember, many factors contribute to developing cancer. Some are obvious; others may need some investigative work to identify.

Finally, according to a well-known study published in The American Journal of Public Health in 1987, men and women suffering from the loss of a spouse have an increased risk of death – from not only heart attacks, but from cancer, accidents, suicide, and violence.

Even harboring negative thoughts and unforgiveness can weaken the immune system and ultimately be a contributor to cancer. Our son is a powerful testimony of one who desperately needed to forgive
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someone so he could experience the freedom. On our first visit to a toxicologist, one of the first questions the doctor asked was how Josh’s relationship was with those in his life. We soon found out there was one who Joshua had strong negative feelings for and the doctor told him he must forgive, whether they ever had a relationship or not. He must forgive to allow his body to heal. After we learned of this, we made several attempts to work with him on this, but a young, quiet teenage boy may not have much ability to articulate or even come to terms with his own emotions. As time went on it was clearly evident he could not get beyond his feelings. It may be quite difficult to forgive, but it can be deadly to be unforgiving.

There is no way of dividing our spirit, mind or body. They all affect each other. Therefore, it is imperative that when a diagnosis of cancer is made, that we not only evaluate our eating habits and sleep patterns, but we must also evaluate our happiness and peace quotient. If we do not manage our stress properly, if we do not enjoy meaningful relationships, if we are not at peace with others and ourselves, then there is no way our bodies can fight this battle and recover.

“As a man thinks in his heart, so is he.”
—Proverbs 23:7
Chapter Fourteen: Food Additives, Dyes, Preservatives and Parabens

“If you don’t take care of this the most magnificent machine that you will ever be given...where are you going to live?”

—Karen Calabrese

When you walk down an aisle in the grocery store, you see row upon row of cans, jars, packages and boxes filled with food that you can conveniently open, heat and enjoy! This convenience factor not only costs a little more but when you eat the contents of the package you are getting much more than what the ingredients say you are. It has been estimated that there are more than 14,000 substances added to processed foods which include flavoring agents, food colors, preservatives and thickeners. The way that these are advertised would make you think the manufacturers are using them for safety and protection from spoiled or contaminated foods.

The truth is cooked or processed food has very little flavor, color or texture so additives are used to make them more appealing. For example, breads and bagels need to be large, fluffy and white so bulking agents and bleach are added. Most tomatoes, bananas, avocados and mangos are not ripe when they are harvested, cooled, stored and transported significant distances to where they will be marketed and consumed. Not long before they reach their destination, they are placed into specially constructed ripening rooms and brought to optimum ripening through the introduction of liquid ethanol, which activates the ethylene hormone in them to ripen at a uniform rate.
Another example is dried fruit. Sulfur dioxide is used as a preservative in dried fruit to prevent it from spoiling, and also to preserve the fruit’s gorgeous and appetizingly bright color. That’s why unsulfured fruits tend to look brownish or black. Sulfur dioxide is a gas that’s created by burning coal or oil, which both contain sulfur. This gas smells similar to rotten eggs and though used as a food preservative, it’s also used in products as disinfectant or bleaching agents.

Are these safe for us to consume? Wouldn’t the FDA ensure this? Interestingly, the FDA has only 3,000 of the 14,000 substances in its database. Obviously there are many that no one has ever tested. Regarding those that have been tested, many of the 3,000 the FDA says are safe have only been tested with industry tests performed by the manufacturers. Those are the tests the FDA have been using to say these items are safe. Few, if any independent tests have been given any serious consideration by the FDA.

Dr. Russell Blaylock has found that of the independent studies that test the safety of additives most are based on animal trials. Although it is difficult to deduce whether the results of an animal study equate to human health, many of these studies show that some additives could be cancer causing. Many animal studies have been used to identify toxic levels in some of the other sections we just studied. It would be logical then, to presume that the results in the food additives studies should be taken seriously.

The great difficulty with connecting cancer as well as other neurotoxic diseases to food additives is that they may take many years to develop and the cause would not likely be tied to the real culprit any more. It appears this is a common thread we have been seeing regarding toxins potentially causing cancer in later years.

An area that we will discuss again later is that few food products contain only one of these substances. Tested individually it may appear to be below toxic levels, but there are typically multiple components of these substances in one food product, and no testing is ever done to test synergistic toxicity.

Although there are many food additives we will focus on the most common ones:

1. **Nitrites and Nitrates**

   Although these two have differences, they both present dan-
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Sodium nitrates/nitrates when ingested in food. Sodium nitrate/nitrite is used to preserve, color, and flavor meat products. Sodium nitrite is commonly added to bacon, ham, hot dogs, luncheon meats, smoked fish, and corned beef to stabilize the red color and add flavor. It prevents bacterial growth and rapid decaying of meat. Studies have linked eating it to various types of cancer. Under certain high-temperature cooking conditions such as grilling, it transforms into a reactive compound that has been shown to promote cancer. This preservative stimulates the formation of nitrosamines, which are highly carcinogenic (cancer causing).

In 2005, a study at the University of Hawaii, linked consumption of processed meats to a 67% increase in the risk of pancreatic cancer. Interestingly enough, the researchers in this case did not find that eating unprocessed meat at the same rate led to nearly the same risk [1]. What’s the difference in the meats that contain similar amounts of saturated fat and cholesterol? The processed meats had four times the amount of sodium and 50% more sodium nitrite.

2. **BHA and BHT**

Butylated hydroxyanisole (BHP) and butylated hydroxytoluene (BHT) are antioxidants used to preserve common household foods by preventing them from oxidizing. Both keep fats and oils from going rancid and are found in cereals, chewing gum, potato chips, and vegetable oils, but there is concern that they may cause cancer. The structure of BHA and BHT will change during the process of preserving food, and may form a compound that reacts in the body. BHA and BHT are not stable or inert. They don’t easily get expelled after entering the body. The research has suggested they have a major role in causing cancerous tumors in rats.

3. **Propyl gallate**

Used to prevent fats and oils from spoiling, propyl gallate is often used in conjunction with BHA and BHT. This additive is sometimes found in meat products, chicken soup base, potato sticks, ready-to-make soups, and chewing gum. Studies show that regular consumption of these products may cause colon and stomach cancer.
4. Monosodium glutamate

MSG was introduced into processed foods in 1948 and is an amino acid used as a flavor enhancer in soups, salad dressings, chips, frozen entrees, most restaurant food as well as hundreds of other processed foods. It is commonly associated with Asian foods and flavorings. Incredibly, even infant formulas and baby food contain this toxin, even though babies and infants, who are four times more sensitive than adults to the toxic effects of this chemical, are the most at risk. Animal studies link it to damaging nerve cells in the brains of infant mice. The dangers surrounding MSG are, perhaps, most concerning for new moms who are unable to breastfeed, and are looking for an alternative to the MSG–laden infant formulas on the market. MSG is now a part of almost everything you consume during the entire day.

Studies conducted on a number of rats showed that almost all of the rats displayed a damaged hypothalamus (an important part of the brain concerned with regulatory activities of the body) and neurons of the inner retinal layer with just one dose of MSG. It is also used to lab-induce obesity among rats. What makes it far more dangerous is the fact that humans are 3-5 times more sensitive to MSG than rats. Humans are more sensitive to glutamate than any other species.

Two other considerations as to why MSG is so dangerous are first; MSG is an excitotoxin, which means that it overexcites your cells to the point of damage, acting as a poison. The second part of the equation is that MSG can be literally hidden in food labels, under names like broth, casein, hydrolyzed, autolyzed, and more, making it extremely difficult to identify.

MSG is also a probable cause contributing to the obesity epidemic. Scientists have known that MSG causes obesity since the 1960’s.

Common Hidden Names for MSG: (there are over 40 others):
• Gelatin
• Hydrolyzed Vegetable Protein (HVP)
• Yeast Extract
• Malted Barley
• Rice Syrup or Brown Rice Syrup
• Citric acid

Check out Appendix 4 for all of the other names it has.

Sadly, oncologists rarely advise people who are fighting cancer
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to avoid foods that have glutamate even though several studies show that many forms of cancer have glutamate receptors that will enhance tumor growth [2][3]. Unfortunately, not only will they increase the tumor growth but they will encourage the rapid spreading of the cancer. Dr. Russell Blaylock calls glutamate a “Cancer Fertilizer.”

Since its introduction into food, the amount of MSG and other glutamate additives in processed food has doubled every ten years. The average American consumes huge amounts of glutamate every day. Obviously, the best approach is to avoid them. Plant-based diets have been shown to be protective of the excitotoxicity effects, but only when the toxins are greatly reduced in consumption.

5. Food colorings

You may think that all dangerous artificial food colorings were banned by the FDA long ago, but in fact only Red Dye No. 2 was banned by the FDA after some studies found that large doses could cause cancer in rats. There are still several food colorings on the market that are linked with cancer in animal testing [4]. Some specific dye colors promote tumor formation, in the right combination and under certain conditions. If you aren't confident that the color you are seeing in or on the food product is coming from natural sources, don't buy it.

Food dyes that are still on the market:

- Blue #1 and #2 are found in beverages, candy, baked goods and pet food, have been linked to cancer in mice. Blue #2 increased tumor incidence and death rate in exposed hamsters.
- Red #3 is used to dye cherries, fruit cocktail, candy, and baked goods, and has been shown to cause thyroid tumors in rats.
- Red #40 is contaminated with benzidine or other carcinogens. It increased tumor incidence and death rate in exposed hamsters.
- Green #2024 is added to candy and beverages, though rarely used, has been linked to bladder cancer. It increased tumor incidence and death rate in exposed hamsters.
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- Yellow #5 is contaminated with benzidine or other carcinogens, damages DNA, and has been found to mimic estrogen [5].
- Yellow #6 is added to beverages, sausage, gelatin, baked goods, and candy and has been linked to tumors of the adrenal gland and kidney. It has been found to be contaminated with benzidine or other carcinogens and it has been found to mimic estrogen [6][7].

Foods that contain multiple dyes as well as other toxic additives, when combined, will often magnify the toxicity effect. Although most toxic substance studies rarely get that far in their research.

6. Olestra

Olestra, a synthetic fat known as the brand name Olean and found in some brands of potato chips, prevents fat from getting absorbed in the digestive system. This often leads to severe diarrhea, abdominal cramps, and gas.

More frightening, it is known to bind to fat soluble vitamins A, D, E and K, which protect the body from cancer and boost immunity. Binding of olestra to these vitamins in general, makes you much more prone to cancer.

7. Potassium bromate

Rare, but still legal in the U.S., and used as an oxidizing agent to increase volume in white flour, breads, and rolls. It is known to cause cancer in animals while even small amounts in bread can create a risk for humans.

It has also proven to be toxic to the kidneys both in man and animals. It has developed thyroid and kidney tumors among rats, when they were fed with bread using potassium bromate as the oxidizing agent.

California requires a cancer warning on the product label if potassium bromate is an ingredient.

8. Sulfites

Chemical compounds with anti-fungal and antibacterial proper-
ties that are used to preserve produce. Sulfites are a preservative used to prevent discoloration of food, bleach food starches, impede bacterial growth, and add stability to medication.

Sodium sulfite, sodium bisulfite, sodium metabisulfite, and sulfur dioxide are the most common names for sulfites, and the ones, which pose the greatest sulfite dangers. In 1986 the FDA banned sulfites as a preservative on fresh fruits and vegetables. Grapes, however, are exempt from this rule because grape farmers have a tradition of spraying grapes heavily with sulfites.

A lot of prescription and over-the-counter medications contain sulfites. Some products and produce containing sulfites include: Grapes, cornstarch, corn syrup, jarred peppers and olives, wine vinegar, wine, spinach (lower if organic) dried fruit, lemon juice concentrate, shredded coconut, dehydrated potatoes.

Also relatively high in sulfites: all jams and jellies, guacamole, horseradish, pickles, shrimp, scallops, crab and lobster, soy protein, processed cheeses, beer

9. Parabens

Chemicals widely used in skin cosmetics, lotions and pharmaceuticals. There is only one study that was published in April 2013 and we believe it is the first of its kind testing various foods for paraben. Researchers from the New York State Department of Health and the Department of Environmental Health Sciences, along with the University of New York at Albany studied foods purchased from local markets and have determined that much of the U.S. food supply is contaminated with parabens. Although there are numerous studies linking parabens with breast cancer and specifically deodorant, there just was no way of understanding or explaining the high paraben levels in people using just skin products.

This study likely explains an increasing body of evidence showing that humans have much higher blood and urine concentrations of parabens than could be explained with the use of body lotions and cosmetics.

The researchers tested 267 samples of food collected from stores and markets around Albany New York. These included juices, soft drinks, alcoholic beverages, infant formula, dairy products such as milk, yogurt, cheese and ice cream, oils, fats, breads, flours, rice, pasta, corn,
fruits, baked goods, meats, shellfish and seafood and many others.

Of all the foods, pancake syrup had the highest levels of methyl-parabens. Others that contained high levels of methyl-parabens included muffins, iced tea, pudding and turkey roast. The highest levels of propyl-parabens were found in turkey breasts, yogurt, turkey roast and apple pie. The highest levels of ethyl-parabens were found in red wine. The researchers found parabens in 98% of grain foods, 91% of fish and shellfish, 87% of dairy products, and 85% of fruit products.

Five different types of parabens were tested. These were:
- butyl-parabens
- benzyl-parabens
- propyl-parabens
- methyl-parabens
- ethyl-parabens

The researchers found that an astonishing 90% of the food samples tested contained “measurable” concentrations of parabens.

Dr. Kurunthachalam Kannan, primary author of the study stated: “This is the first study to report the occurrence of parabens in U.S. foods, and preserved foods. We have found them to be an important source of paraben exposure in people.” The findings were a major surprise to many experts [8]. More recent studies have found paraben content among our waterways, soils and even house dust.

Since we have ample evidence of the dangers of all forms of parabens, it is wise to see that the foods we have been consuming have been compromising our health every time we eat them. If you are concerned with what to eat, stay reading, the best is yet to come!

“There are few chemicals that we as a people are exposed to that have as many far reaching physiological affects on living beings as Monosodium Glutamate does. MSG directly causes obesity, diabetes, triggers epilepsy, destroys eye tissues, is genotoxic in many organs and is the probable cause of ADHD and Autism. Considering that MSG’s only reported role in food is that of ‘flavor enhancer’ is that use worth the risk of the myriad of physical ailments associated with it? Does the public really want to be tricked into eating more food and faster by a food additive?”

—John E. Erb
Chapter Fifteen: Pesticides

“We should resolve now that the health of this nation is a national concern; that financial barriers in the way of attaining health shall be removed; that the health of all its citizens deserves the help of all the nation.”

—Harry S. Truman

Recent studies have shown that there’s a 600% greater risk of childhood leukemia when kids are exposed to pesticides. Products used to kill household pests and the ones that are spread on your lawn can affect your children and pets. (Source: School of Public Health, University of California, Berkeley; Environmental Health Investigations Branch, California Department of Health Services; Stamford University of Medicine)

But what about the pesticides that are on the foods we eat? If you have ever tried to grow fruits or vegetables you quickly realize the challenge you have of trying to save the valuable fruit of the plant from the insects, the blights or the fungus. Diseases are a major source of crop and plant damage that can be caused by a number of disease-causing organisms. Fungi are the number one cause of crop loss worldwide. Viruses, nematodes, and bacteria also cause diseases in plants. Fungicides, herbicides, and insecticides are all pesticides used in plant protection. We will just call them pesticides for the purposes of this section.

Through the many years that man has used the soil to grow crops, the hundreds of millions of pounds of pesticides that have gone into the soil have permeated into the water, into the root system of the plant and of course, into the fruits and vegetables themselves. Technology
Unravel the Mystery

has improved so much that now, instead of spraying the pesticides on to the external parts of the plants, seed manufacturers have now been able to inject the seed with the pesticides so the seed becomes more resistant to weeds, fungus, bacteria, mold, insects, drought, etc. This is called genetically modifying the plant. A separate section has been chosen to discuss the health ramifications of this process.

Numerous studies have been found linking those who have consistent exposure to pesticides, herbicides, insecticides and fungicides are at significantly greater risk of developing lymphomas, breast cancers, aggressive prostate cancers and even their children have a greater risk of developing various cancers including brain cancers [1][2][3][4]. While agriculture has traditionally been tied to pesticide-related diseases, 19 of 30 frequently used lawn pesticides and 28 of 40 frequently used school and home pesticides are also linked to cancer.

The increase in male breast cancer, autism, childhood cancers and more may be caused from the increased amounts of pesticides in blood lines that weaken genes that produce weakened humans.

The report entitled Reducing Environmental Cancer Risk: What We Can Do Now indicates that you don’t need constant exposure for damage to occur. It also suggests that the connection between pesticide use and cancer is not being taken seriously and the nation’s cancer program needs to consider the carcinogenic effects of the thousands of pesticides that are found in our clothing, drinking water, foods and air daily.

Weakened immune systems, small children, elderly, all will have greater reactions to these pesticides and there doesn’t seem to be enough effort or focus placed on the dangers these bring. An excellent website to illustrate the types of studies done on various forms of cancer is: www.beyondpesticides.org/health/cancer.php. This compilation of studies is not exhaustive but clearly suggests that enough people have taken this issue seriously to study certain pesticides and their effect on the body that can result in various types of cancer.

This section of the book is not intended to explain the dangers of the thousands of pesticides being used all over the world or the hundreds that are being used in this country. However, as you are attempting to recover from any type of cancer, be aware that you must choose foods, water and air that can be as pure as possible so as not to compromise your immune system any further.
The Environmental Working Group (EWG) has a website that establishes the best and worst list of vegetables and fruits associated with the amount of pesticides are used on them. Later, in the Nutrition section, you will see the two lists to assist you in purchasing the cleanest produce possible.

Two particular crops – United States grown summer squash and leafy greens, specifically kale and collards, did not meet traditional Dirty Dozen list criteria but were commonly contaminated with pesticides exceptionally toxic to the nervous system.

Though the Environmental Protection Agency has been encouraging restricting the uses of the most toxic pesticides, they are still detected on some foods. For example, green beans were on the most toxic list because they were often contaminated with two highly toxic organophosphates. Those pesticides are slowly being withdrawn from US agriculture. But leafy greens still show residues of several risky pesticides. That’s why they are on the toxic list for 2013.

Tests in 2008 found that some United States grown summer squash – zucchini and yellow crookneck squash – contained residues of harmful pesticides that were phased out of agriculture in the 1970s and 1980s but that linger on some farm fields.

Genetically modified plants (GMO), are not often found in the fresh produce section of grocery stores. The genetically modified crops likely to be found in fresh produce aisles of American supermarkets are yellow crooked neck squash, zucchini, Hawaiian papaya and some varieties of sweet corn. Most Hawaiian papaya is a GMO. Only a small fraction of zucchini and sweet corn are GMO. Since U.S. law does not require labeling of GMO produce, EWG advises people who want to avoid it to purchase the organically grown versions [1].

Field corn, nearly all of which is produced with genetically modified seeds, is used to make tortillas, corn chips, corn syrup, animal feed and biofuels. Because it is not sold as a fresh vegetable, it is not included in EWG’s Shopper’s Guide to Pesticides in Produce. Nor is soy, another heavily GMO crop that makes its way into processed food.

To avoid the greatest number of pesticides, purchasing organic produce is the best option. No matter how many people question its benefits, the regulations surrounding the “organic” label dictate that no pesticides be used. You do have some safety measures in that.

You don't have to have the perfect, weed-free lawn in the neigh-
Unravel the Mystery

borhood and you can find natural remedies to kill the ants in your kitchen instead of bringing in some toxic chemical. Awareness is the key. There are numerous methods to reduce your level of exposure. It is really up to you.
Chapter Sixteen: Genetically Modified Organisms (GMO)

“Very simply, we subsidize high-fructose corn syrup in this country, but not carrots. While the surgeon general is raising alarms over the epidemic of obesity, the president is signing farm bills designed to keep the river of cheap corn flowing, guaranteeing that the cheapest calories in the supermarket will continue to be the unhealthiest.”

—Michael Pollan

The United States has allowed genetically modified foods to be incorporated into the American diet since around 1996. The Food and Drug Administration proclaimed in 1992 they had no information showing that GM foods were substantially different from conventionally grown foods. The FDA has labeled them “Generally Recognized as Safe,” or GRAS. This status allows a product to be commercialized without any additional testing. According to US law, to be considered GRAS the substance must be the subject of a substantial amount of peer-reviewed published studies (or equivalent) and there must be overwhelming consensus among the scientific community that the product is safe. GM foods had neither. They were deemed safe to eat, and absolutely no safety studies were required.

Unfortunately, the rest of the story involves corruption and secret memos but this isn’t the direction I wanted this story to go so suffice it to say, there were politics involved and as such, little or no tests were ever done when these seeds were introduced into the American diet despite actual FDA scientists who had repeatedly warned that GM
foods can create unpredictable, hard-to-detect side effects, including allergies, toxins, new diseases, and nutritional problems. They urged long-term safety studies, but were ignored.

Today, the corruption continues so the industry-backed testing that has trickled in is questionable and lacks efficacy to truly trust the results. And of course, any independent testing has been thoroughly criticized and ultimately downtrodden so as not to appear credible.

The process of genetic engineering itself involves inserting into the seed a gene or genes by either shooting genes from a “gene gun” into a plate of cells, or using bacteria to infect the cell with foreign DNA. Both create mutations in and around the insertion site and elsewhere [1][2]. The “transformed” cell is then cloned into a plant through a process called tissue culture, which results in hundreds or thousands of mutations throughout the plant’s gene structure. In the end, the GM plant’s DNA can look quite different from its natural parent.

**How do these foods affect our health?**

- Soon after GM soy was introduced into the UK, allergies to it increased by 50% [3].
- Cooked GM soy has as much as 7 times the amount of a soy allergen as does cooked un-GMO soy [4].
- GM soy has a new protein allergen that is not in an un-GMO soy plant [5].
- GM foods may make you allergic to non-GM foods.

A couple of interesting points are first, that in the five years immediately after GM soy was introduced, US peanut allergies doubled. It is known that a protein in natural soybeans cross-reacts with peanut allergies; therefore, soy may trigger reactions in some people who are allergic to peanuts. There has been a great surge in peanut allergies and it may be that people who consume soy grow an allergy toward peanuts [6]. Second, there has been a great surge in the number of gluten sensitivities since the inception of GMO foods. It is possible that scientists may find a correlation between the increase in these sensitivities and the ingesting of the new protein found in GMO soy or other GMO foods.
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• GM soy also produced an unpredicted side effect in the pancreas of mice—the amount of digestive enzymes produced was dramatically reduced [7][8]. If a shortage of enzymes causes food proteins to breakdown more slowly, then they have more time to trigger allergic reactions. Thus, digestive problems from GM soy might promote allergies to a wide range of proteins, not just soy.

• Bt is a bacterium that was used as an insecticide and sprayed on crops for years. Then, it was genetically placed into the crop so the farmers would no longer need to spray. In the process, the levels became at least three thousand times more concentrated than the spray ever was, but the assumption was that since the spray was safe, so would the bacteria when it is placed in the gene. The results have so far indicated that this toxin is highly allergenic and the dangers of this are quite far-reaching. Several studies on people have found that the gene transfer effect involved severe allergic reactions in people who were in the fields where this crop was growing [9][10][11].

GM foods and liver problems
  • Rats fed GM potatoes had smaller and partially atrophied livers [12].
  • Rats fed GM corn, engineered to produce Bt-toxin, had liver lesions and other indications of toxicity [13].
  • Rabbits fed GM soy showed altered enzyme production in their livers as well as higher metabolic activity [14].
  • The livers of rats fed Roundup Ready canola were 12%–16% heavier, possibly due to liver disease or inflammation [15].
  • Rats fed Roundup Ready soybeans also showed structural changes in their livers [16].
  • GM crops have also been linked to reproductive problems, sterility, disease and death.

Since the research has been limited, but the increase of certain bacterial infections, immune-suppressive disorders, allergies and other
phenomenon have been prevalent, is it a coincidence that the increases seem to have taken place not long after the introduction of these crops? It is quite obvious that further objective research is desperately needed. One would hope that as the illnesses continue to increase and their origins cannot be explained, further exploration can be made.

What crops and foods are genetically modified?

There are eight GM food crops. The five major varieties – soy, corn, canola, cotton, and sugar beets – have bacterial genes inserted, which allow the plants to survive extremely heavy doses of weed killer. Farmers use considerably more herbicides on these GM crops and so the food has higher herbicide residues. About 68% of GM crops are herbicide tolerant [17].

The second group of GM foods have a built-in pesticide. It is found in GM corn and cotton. A gene from the soil bacterium called Bt (for Bacillus thuringiensis) is inserted into the plant’s DNA, where it secretes the insect-killing Bt-toxin in every cell. About 19% of GM crops produce their own pesticide. Another 13% produce a pesticide and are herbicide tolerant [18].

There is also Hawaiian papaya and a small amount of zucchini and yellow crookneck squash, which are genetically modified to resist a plant virus.
Chapter Seventeen: Alcohol

“Half the costs of illness are wasted on conditions that could be prevented.”
—Dr. Joseph Pizzorno

There are several studies that discuss the value of resveratrol, a powerful antioxidant that is found in wine. While the antioxidant may be found in it, there are other factors to consider when determining if that drink is the best way to acquire the antioxidant.

There is evidence that indicates that the amount of alcohol consumed over time, not the type of alcoholic beverage, seems to be the most important factor in raising cancer risk. Most evidence suggests that it is the ethanol itself that is responsible for the increased risk, not other things in the drink. However, the exact way in which alcohol affects cancer risk isn’t completely understood. In fact, there may be several different ways in which it raises risk, and this may depend on the type of cancer.

• We do know that alcohol depletes zinc, magnesium, B-complex vitamins especially folate by lowering the body’s ability to absorb folate from foods. This problem can be compounded in heavy drinkers, who often do not get enough nutrients such as folate in their diet. Low folate levels may play a role in the risk of breast and colorectal cancers.
• Alcohol may act as an irritant, especially in the mouth and throat. Cells that are damaged may try to repair themselves, which may lead to DNA changes in the cells that can be a step toward cancer.
• In the colon and rectum, bacteria can convert alcohol into large amounts of acetaldehyde, a chemical that has been shown to cause cancer in lab animals.
• Alcohol and its byproducts can also directly damage the liver, leading to inflammation and scaring. As liver cells try to repair the damage, they may acquire mistakes in their DNA.
• Alcohol may act as a solvent, helping other harmful chemicals, such as those found in tobacco smoke, to enter the cells lining the upper digestive tract more easily. This may help explain why the combination of smoking and drinking is much more likely to cause cancers in the mouth or throat than either smoking or drinking alone. In other cases, alcohol may slow the body’s ability to break down and get rid of some harmful chemicals.
• Alcohol may raise body levels of estrogen, a hormone important in the growth and development of breast tissue. This may have an effect on a woman’s risk of breast cancer.
• Too much alcohol can add extra calories to the diet, which can contribute to weight gain in some people. Being overweight or obese is known to increase the risks of many types of cancer.
• Alcohol may contribute to cancer in other, as of yet unknown ways.

A recent study was published in the American Journal of Public Health. The authors, including Timothy Naimi, a School of Medicine and School of Public Health associate professor, attribute 6,000 American deaths annually to cancer from moderate drinking, which they define as a drink and a half or less per day. Add in alcohol consumption at all levels and the total surges to 20,000 cancer deaths a year, according to the study (For perspective, that 20,000 figure represents 3.5% of all cancer deaths in the country).

For men, lethal alcohol-caused cancer typically affects the mouth, throat, and esophagus, the researchers say. In women, breast cancer is the most common cancer killer linked to alcohol consumption [1].

Whether it is wine, beer or any other alcohol, the evidence is clear, there is no nutritional value that justifies the risk.
Chapter Eighteen: Meat

“When health is absent, wisdom cannot reveal itself; art cannot become manifest; strength cannot be exerted; wealth is useless, and reason is powerless”

—Heterophiles

Ahhhh, the smell of the outdoor grill cooking steaks and burgers ... a summertime staple! The way the meat industry portrays it, there is no other way to get protein except through meat. While meat does have the 8 essential amino acids, it also carries a lot of other ingredients. As we are beginning to see, one benefit may not outweigh all of the other detriments. There are other excellent sources of protein that can be consumed without all of the dangerous additions. As challenging as this one may be to read please read it carefully.

The meat that is in the meat departments of our grocery stores has little resemblance to the meat consumed by our grandparents. They ate meat that was fed with grass – not corn; it had been fed no growth hormones, no antibiotics, and no pesticides or herbicides were in its feed. The animals used to roam in the wild grazing on clean grass and drinking pure water. They weren’t kept in tight pens or cages. And, they definitely weren’t fed the flesh of other animals.

The amount of meat consumed has certainly changed too. There was a time that meat was eaten on special occasions and when it was consumed it was served with lots of fresh vegetables from the gardens. Now meat is the primary food consumed at all meals. Bacon, sausage or maybe something called Spam for breakfast, cold cuts of turkey or ham at lunch (which are all processed by the way) or maybe a burger followed by some kind of steak, pork chop or chicken for dinner. More
meat is consumed by an average person in a week than used to be consumed by people in an entire year.

Where has all of this meat consumption gotten us as a nation? Are we healthier today than we were 100 years ago?

The number of studies linking meat consumption to cancer has been increasingly easier to find. There have been more studies performed and the results are unequivocally strong in the assessment that meat consumption has a strong connection to cancer.

T. Colin Campbell Ph.D, research scientist and professor at Cornell University conducted an extensive study on the connection between meat consumption and cancer. The book is called *The China Study*. His findings have dramatically changed the way people have viewed meat consumption. What he found was that a slight increase in animal protein consumption resulted in a significant increase in the incidences of cancer. You will find that more recent studies continue to confirm his findings and strengthen the concern that meat causes cancer. These are just a few of the many studies that are now available to read regarding the connection between meat and cancer.

A study was written that searched through cohort studies on Medline, EMBASE, and the Cochrane Library from their inception through April 2013 evaluating case-control studies, which assessed the association between red and/or processed meat intake and gastric cancer risk. Twelve cohort and thirty case-control studies were included in the meta-analysis. Their findings indicated that consumption of red and/or processed meat contributes to increased gastric cancer risk. They added a caveat that said further investigation is needed especially for red meat [1].

The National Cancer Institute conducted a rather large multi-ethnic cohort study published in 2005. They followed 478,040 men and women from 10 European countries that were free of cancer at enrollment between 1992 and 1998. Information on diet and lifestyle was collected at baseline. After a mean follow-up of 4.8 years, 1329 incident colorectal cancers were documented. They examined the relationship between intakes of red and processed meat, poultry, and fish and colorectal cancer risk using a model adjusted for age, sex, energy (nonfat and fat sources), height, weight, work-related physical activity, smoking status, dietary fiber and folate, and alcohol consumption. The results indicated that red and processed meat intakes were associ-
ated with an increased risk of colon and pancreatic cancer. Carcinogenic substances related to meat preparation methods might also be responsible for the positive association [2].

Another study attempted to look at the risk factors of meat and fat as well as cholesterol associated with pancreatic cancer. This was a multi-ethnic cohort study. There were 190,545 cohort members. During the 7 years of follow-up there were 482 incidences of pancreatic cancer that occurred within this group. A dietary questionnaire was submitted determining quantity and type of food ingested. The strongest association was with processed meat. Those who ate pork and red meat were both associated with 50% increases in risk. Those who had great amounts of total fat and saturated fat from meat had a statistically significant increase in pancreatic cancer risk [3].

Fruits and vegetables are high in water content and are fiber-filled allowing them to move quickly throughout the body. It takes as little as 30 to 45 minutes to digest most fruits and vegetables. The water hydrates the cells while the fiber acts like a broom keeping the intestines clean removing waste from the body as it moves through the colon.

Meat on the other hand has little water and no fiber. These factors cause the meat to take as long as 72 and even up to 96 hours to transit through the body’s digestive system. In fact, some red meat could “hang” on the internal colon pathway for months! Imagine if you left a steak just sitting on the kitchen counter for 3 days. It would begin to putrefy and rot. The smell alone would be rather repulsive. The same putrefaction process takes place within the body. As this happens, various toxins are released contributing to the toxic load within the body.

Many consider meat to be the most toxic food that we consume. They feel that it is the greatest contributor to cancer of all of the other toxins that we are exposed to on a daily basis. While there are many studies that correlate the connection between meat consumption and cancer, there are no studies have been performed to try to understand the “why.”

Is it because of the lack of fiber? Or, that the meat today is produced in such an unnatural way. While all the answers aren’t readily available, the connection between meat and cancer is obvious and action must be taken to reduce the risk.

Some try to say that poultry and fish are better options than red meat or pork. Don’t be fooled! If commercially produced it could ac-
tually be worse. Poultry are no longer free range unable to eat natural foods such as bugs but are kept in small, tight cages and have been fed unnatural feed. Fish are now raised in man-made ponds “farm raised.” In both of these situations, a large amount of antibiotics are administered so a virus doesn’t come in and wipe out the entire farm. More antibiotics are given to the animals than is used on humans. We eat these antibiotic laden meats and wonder where these “superbugs” came from that are resistant to antibiotics.

Growth hormones are also given to the poultry and fish to accelerate their growth and shorten the time necessary to get them mature enough to slaughter. It once took 16 weeks for a baby chick to reach maturity. Now it takes only 8. We consume these growth hormones when we eat these foods and then they have an impact on our health. Why are American girls going through puberty at 8, 9, 10 and 11 instead of 14, 15 or 16?

You might think that wild is better – think again. Our rivers, lakes and oceans are loaded with toxins. So many lakes now have signs warning against the consumption of the fish if pregnant. If it isn't good for a little baby then it must not be good for an adult either. Fish caught out of our oceans are full of mercury and other harmful toxins that have accumulated over the years. Wild game such as deer are now battling the equivalent to HIV in their species as they consume GMO crops. There just are no longer meats of any source that can be considered safe to eat.

When the American Cancer Society begins discussing the risks associated with meat and the relationship to certain types of cancer, then it is a certainty that the evidence is irrefutable and there is a connection between meat consumption and cancer. The American Cancer Society has finally succumbed to science and has now been more inclined to view food choices as possible reasons for cancer. This has taken a very long time to happen.

We have made multiple trips to Nigeria over the last couple of years. Nigerians haven’t been experiencing cancer for many years but it is now becoming quite common, especially among the people who are rich. Meat has become a status symbol and if meat isn’t consumed then you must not have much money. For people of means, meat is served for breakfast, lunch and dinner (sound like America?) The people who are poor don’t have the money for meat, are much healthier
and don’t experience the same incidences of cancer. As we started to teach people that eating like Americans wasn’t healthy, they began to realize that their parents and grandparents didn’t eat much meat and they didn’t have much cancer. Since our visits, we’ve had many people write to us indicating that by changing their diets, they were able to heal from cancer.
Unravel the Mystery
Chapter Nineteen: Dairy

“A man’s health can be judged by which he takes two at a time – pills or stairs.”

—Joan Welsh

Growing up I was always told to drink my milk to build strong teeth and bones. On the television I saw commercials featuring attractive movie stars with their white mustaches. Little did I know that those ads were paid for and sponsored by the milk and dairy industry. Of course the farmers want us to drink more milk.

I grew up in Wisconsin, also known as cow country and never stopped to think for a minute “Where do cows get their calcium?” Nature often provides the answers to so many questions in life. The more I began to think about drinking milk, the more I realized that consuming cow’s milk was unnatural.

Man is the only animal in nature that once weaned from its mother, begins to drink milk from the cow. The milk from the cow is meant for cows, milk from pigs is meant for pigs and milk from humans are meant for humans. You don’t see any other mammal go from their momma to another animal for milk. Man somehow has gotten confused about the purpose and source of milk.

Cow’s milk is designed to take a baby calf and grow it into a 2,000 pound full-grown cow. All of the fats, proteins and other nutrients in cow’s milk are designed for cows not humans. I don’t know about you but I don’t want to be a 2,000 pound human.

Add to that, man pasteurizes the milk before it is consumed. This process changes the structure of the milk and alters the nutrients making it virtually a foreign substance within the body. During pasteuri-
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zation, enzymes like lactase, galactase, and phosphatase are destroyed. Without these enzymes, milk is especially difficult to process in our bodies, especially since the human pancreas cannot always create these enzymes on its own.

Pasteurized milk becomes acid forming requiring calcium from the body to neutralize this acidity. Did you know that the United States with all of its milk consumption has one of the highest rates of osteoporosis in the world? Singapore, Hong Kong, Japan, and certain parts of South Africa (with low milk consumption) have historically had very low rates of osteoporosis.

Cow’s milk, and all other dairy sources from any animal other than humans contain increased amounts of fats, calcium and protein that the human body cannot assimilate properly. Continuous consumption of dairy products has been found to increase risks of several forms of cancer in both males and females.

Other factors to consider with dairy consumption are the hormones, the dietary phosphates, IGF-1—an insulin growth factor and lactose. All of these have been studied as possible cancer influences.

The following studies support these concerns:

A study reviewed several epidemiological studies that had indicated an increased risk of prostate cancer with long-term, high intake of dairy products in male U.S. physicians and males in Sweden. This relation has been formerly associated with the higher dietary intake of calcium in dairy products. However, the high dietary phosphate of dairy products affects much larger fluctuation in serum phosphate and may be a more likely source of prostate cancer risk as men consume high amounts of dairy products [1].

Prostate cancer has been linked to dairy products in several other studies. In Harvard’s Physicians Health Study, including male physicians, those who consumed more than two dairy servings daily had a 34% higher risk of developing prostate cancer than men who consumed little or no dairy products. Several other studies have had similar findings.

Dairy product consumption increases levels of insulin-like growth factor I (IGF-1) in the bloodstream. IGF-1 is a potent stimulus for cancer cell growth. High IGF-1 levels are linked to increased risk of prostate cancer and breast cancer.

Recent scientific studies have suggested that dairy products may
be linked to increased risk for not only prostate cancer, but testicular cancer, and possibly for ovarian and breast cancers. For ovarian cancer, galactose, a component of the milk sugar lactose, has been under study as a possible instigator. A recent analysis of studies examining a relationship between dairy product consumption and ovarian cancer risk found that for every 10 grams of lactose consumed (the amount in one glass of milk), ovarian cancer risk increased by 13% [2][4].

Most cows’ milk will contain a significant number of cancer viruses, primarily those responsible for leukemia and lymphoma, two of the most common diseases in cattle. The meat from cows also has numerous carcinogenic viruses. Hence, another reason to avoid meat [3].

Cow’s milk is extremely mucus forming within the body and contributes to many issues within the body like allergies and asthma. In actress Alicia Silverstone’s book *The Kind Diet*, Silverstone recalls growing up with bronchitis three or four times a year; she was on regular allergy medication and relied on an inhaler for her asthma. It wasn’t until she gave up dairy that her allergies went away. “Very soon after becoming vegan, I stopped experiencing allergies or any asthma-type symptoms,” says Silverstone. “They just disappeared.”

It’s obvious that cows milk was never intended for humans and science has confirmed that there is a connection between its consumption and cancer. Any substance that makes the body work harder, in this case cows milk, contributes to the toxic load making it more difficult for the body to maintain proper health.

Many alternatives to cow’s milk include:
• Almond milk
• Rice milk
• Hemp milk
• Coconut milk
• Avoid soy milk as most soy is GMO

Use these like you would cow’s milk in recipes, on cereals or by the glass.
Chapter Twenty: White Sugar

“You are what you eat. What would YOU like to be?”
—Julie Murphy

An average person will eat 170 pounds of sugar in a year. That is about 22 teaspoons of added sugar every day! This is over 11,000 pounds in 70 years. It is a serious problem that needs to be addressed. Between fat, sugar and salt, the food industry has created a situation where people’s taste buds have been tarnished and tainted whereby eating a fresh, succulent apple doesn't arouse any taste sensation any longer. And fruit, itself has been shown to have been increased in sugar content at least 30% in the last several years.

Since sugar has become the new, legalized cocaine in terms of addiction and even in terms of life-threatening consequences, we will show studies of how sugar has become carcinogenic and deserves the name “poison.”

The case against sugar is so compelling that, in 2009, the American Heart Association (AHA) released guidelines suggesting people limit its intake. According to the AHA women should eat less than 6 teaspoons a day; men are to keep their intake to 9 teaspoons. But if I had cancer, and I knew that sugar would make the cancer stronger, I would do everything I could not to feed the cancer and eliminate as much sugar from all sources from my diet until the cancer has been defeated.

Researchers at Huntsman Cancer Institute in Utah were one of the first to discover that sugar “feeds” tumors. The research published in the journal, Proceedings of the National Academy of Sciences said, “It’s been known since 1923 that tumor cells use a lot more glucose
than normal cells. Our research helps show how this process takes place, and how it might be stopped to control tumor growth,” according to Don Ayer, Ph.D., a professor in the Department of Oncological Sciences at the University of Utah.

Dr. Thomas Graeber, a professor of molecular and medical pharmacology, has investigated how the metabolism of glucose affects the biochemical signals present in cancer cells. In research published on June 26, 2012 in the journal Molecular Systems Biology, Graeber and his colleagues demonstrate that glucose starvation – that is, depriving cancer cells of glucose (sugar) – creates an accumulation of reactive oxygen species (ROS) that results in cancer cell death [1].

Since refined sugars are strongly linked to cancer, not only as a cause of it but also as something that feeds the cancer cells once a person has the disease – nothing could be more important to consider in the attempt to improve the outcome of cancer treatments. The kinds of sugar so prevalent in today’s standard American diet lead to cancer directly by causing inflammation throughout the body and in some places more than others depending on the individual and their constitution.

Another study confirming the link with sugar and cancer was conducted by Drs. Rainer Klement and Ulrike Kammerer as a comprehensive review of the literature involving dietary carbohydrates and their direct and indirect effect on cancer cells. It was published in October 2011 in the journal Nutrition and Metabolism, and concluded that cancers are so sensitive to the sugar supply that cutting that supply will suppress cancer [2]. This study went on to declare that as you increase sugar consumption, you will increase the likelihood of the cancer spreading, creating a larger tumor and essentially creating a situation that is harder to overcome.

Also, eating white sugar (or white anything) causes magnesium mineral deficiencies because the magnesium has been removed in the processing, making sugar a ripe target as a major cause of cancer because deficiencies in magnesium are not only pro-inflammatory but also pro-cancer [3].

Heavy refined carbohydrate intake causes more than just magnesium mineral depletion with other minerals depleted as well. It will also lead to dehydration, which after a time can lead to diabetes, heart disease and ultimately cancer. Dehydration creates inflammation and
thus sets the stage for cancer [4].

A UCLA study found that tumor cells consume both fructose and glucose and these findings that were published in the journal Cancer Research, linked fructose intake with pancreatic cancer. This study also helped explain other studies that have linked fructose intake with pancreatic cancer. The researchers concluded that anyone wishing to curb their cancer risk should start by reducing the amount of sugar they consume. This is the first time a link has been shown between fructose and cancer proliferation. “In this study we show that cancers can use fructose just as readily as glucose to fuel their growth,” said Dr. Anthony Heaney of UCLA’s Jonsson Cancer Center, the study’s lead author. While this study was done on pancreatic cancer, these findings may not be unique to that cancer type, Heaney said. “These findings show that cancer cells can readily metabolize fructose to increase proliferation” [5].

Foods that cause a sharp rise in blood glucose (i.e. foods with a high-glycemic index ranking) trigger the secretion of insulin and insulin growth factor (IGF-1), two hormones that also promote cancer growth [6].

Dr. Otto Warburg’s 1924 paper, on Metabolism of Tumors, stated, “Summarized in a few words, the prime cause of cancer is the replacement of the respiration of oxygen in normal body cells by a fermentation of sugar.”

Since Oncologists have not been trained in nutrition therapy for cancer patients, it is not surprising that you will find drawers with sugar-laden foods and drinks in the IV rooms where patients are receiving their chemotherapy treatments. As we watched the IV of chemo go into our son, we also watched him eat a snack bar and wash it down with a soda pop provided free of charge by the hospital. It seems, that if it is available in the doctor’s office, it must be okay to consume. Doctors wouldn’t feed people food that would hurt them! Oncologists don’t appear to know that the food their patients are eating is making their job harder and more complicated. Their patients will need more chemo treatments to try to overcome the stronger cancer cells that are being fed by the sugary foods they are consuming.

Let’s take a stand and change the outcomes of many of the four million cancer patients being treated in America today. Let’s create a ribbon that looks like a sugar cube or place it in the shape of a piece
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of candy or a donut and place it everywhere depicting the dangers of sugar and its relevance to cancer. When people stop eating the foods that the food industry is creating, then the incidences of cancer will reduce significantly as will the cost of health care and maybe even begin the slow transition to teaching Americans that what we place in our mouth has a direct correlation to our recovery.
Chapter Twenty-One: White Flour

“Man is more miserable, more restless and unsatisfied than ever before, simply because half his nature—the spiritual—is starving for true food, and the other half—the material—is fed with bad food.”

—Paul Brunton

Everyone loves pies, bagels, cookies, breads, doughnuts and desserts. These are fun comfort foods. Although they tantalize the taste buds, the effect bakery has on our bodies is devastating. Not only do the sugars and the oils contribute but also the flour that is used in these baked goods is especially harmful.

Everyone loves spongy, white bread. Even the Wonder Bread commercials years ago said it was good for growing strong bones. Unfortunately, that is not close to what really is happening.

Grain that comes from the plant must go through many steps to get to the beautiful, smooth, white flour that you can pick up in 5-pound bags in the grocery store.

Take a look at the process to make white flour:
1. Remove the wheat seed’s bran – its six outer layers
2. According to the USDA, during the process of removing the bran, you have also removed:
   – 76% of vitamins and minerals
   – 97% of dietary fiber
3. The flour is bleached, preserved and aged with chlorine dioxide
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4. It is further whitened by adding chalk
5. Alum and ammonium carbonate improve the look and feel for consumers
6. Emulsifiers are added – these make the bread appear softer and hide the real age of the bread. These emulsifiers don’t prevent bread from rotting, they just hide the signs so you do not know whether or not you are in fact eating bread that is still “good.”
7. Alloxen is added to make it look clean to the consumer. This additive has been known to destroy beta cells in the pancreas. It has often been given to laboratory rats to induce diabetes.
8. Sorbitan mono-saturate, an anti-salting agent, is added in the final stages.
9. A few synthetic nutrients are added back into the white flour and it is then called “Enriched.”

Turning grain into white flour is quite a process. There are numerous chemicals, additives and preservatives required to create that rich, soft, white texture.

White flour when mixed with water becomes sticky. Because the fiber has been removed, baked goods made from white flour move slowly through the colon. When the colon is slowed down it becomes more difficult for the body to rid itself of toxins. Toxic buildup is a contributing cause of cancer.

When you eat a product that was created from white flour you are consuming what is known as a high glycemic index food. The body reacts to this food consumption exactly as it would if it were consuming refined sugar. It will release Insulin-like Growth Factor (IGF) to all the glucose to enter the cells to stimulate growth. Insulin and IGF promote cell growth (cancer cell growth) as well as trigger inflammation in the body. These will all set the stage for tumor growth.

An interesting study was done that showed that after injecting breast cancer cells into mice, the cells were less susceptible to chemotherapy once the mouse’s insulin system had been activated by the presence of sugar (or refined flour) [1].

Baking with “whole” wheat flour retains fiber, bran, germ and nutrients. Vitamin E is retained and acts a natural preservative.
Gluten, a naturally occurring protein found in wheat, has gained a lot of attention by health experts over the last several years. Gluten causes inflammation within the body and is responsible for many of the symptoms people realize today from swelling of the midsection to snoring. It will most likely be many years before any research is done to see if there is a connection between gluten and cancer. It stands to reason though that anything that causes inflammation is putting additional strain on the body and should be eliminated while battling cancer. Anyone with a thyroid issue should also avoid all sources of gluten.

As much as our culture loves breads, pastas, bagels, donuts, croutons, cakes, pies, etc, we must remember, that eating white flour causes the same damage to our bodies as if it were sugar.
Unravel the Mystery
Chapter Twenty-Two: High Fructose Corn Syrup

“Remember, too, that at a time when people are very concerned with their health and its relationship to what they eat, we have handed over the responsibility for our nourishment to faceless corporations.”
—Lynne Rossetto Kasper

High fructose corn syrup was introduced in the late 1950’s but didn’t become introduced into the consumable food world until the late 1970’s and early 1980’s. It is an inexpensive flavor enhancer that tastes sweet. Since it has corn in it, one would conclude that it is safe. Before we discuss its safety, it is important to note that since it became so prevalent in sweetened drinks and processed foods like corn and tortilla chips, the amounts consumed by Americans has sharply risen. Earlier, we learned that regular sugar consumption has reached an annual amount of 170 pounds a year. The U.S. Department of Agriculture estimates the average American consumes more than 65.6 pounds of high fructose corn syrup per year. The third National Health and Nutrition Examination Survey reported that more than 10% of America’s daily calories come from fructose — of which the largest part comes from sweetened drinks and processed foods [1].

From the time period when high fructose corn syrup was introduced through today, obesity rates have more than tripled and diabetes incidence has increased more than seven fold. There have been other variables introduced as well, but this is a notable possibility for the cause of the increase. These two factors are precursors to pancreatic
cancer which epidemiological studies have reported a remarkable increase in the past 20 years [2][3][4].

When one 20 ounce HFCS sweetened soda, sports drink, or tea has 17 teaspoons of sugar (and the average teenager often consumes two drinks a day) as Dr. Mark Hyman says, “We are conducting a largely uncontrolled experiment on the human species. Our hunter gatherer ancestors consumed the equivalent of 20 teaspoons per year, not per day.”

So what are the dangers of high fructose corn syrup and how can they be connected to increased cancer growth?

High fructose corn syrup (HFCS) causes cancer in a unique way because much of it is contaminated with mercury due to the complex way it is made. High fructose corn syrup causes selenium deficiencies because the mercury in it binds with selenium, driving selenium levels downward. Selenium is crucial for glutathione production and its deficiency in soils tracks mathematically with cancer rates. Selenium and mercury have a strong affinity to bond with each other.

Fructose can promote cancer growth by a number of mechanisms, including altered cellular division, change in oxygen assimilation, DNA damage, and inflammation [5]. The metabolism of fructose differs from that of other carbohydrates. Fructose is the preferred food choice for cancer cells. It seems that cancer prefers it to glucose. The enhanced protein synthesis caused by fructose appears to promote a more aggressive cancer [6].

Data collected for 14 years from The Singapore Chinese Health Study using a 648,387 person cohort found that individuals who consumed 2 or more soft drinks per week were twice as likely to develop pancreatic cancer [7]. Similarly, a paper published in the American Journal of Clinical Nutrition, using a cohort of 77,797 people followed for 7 years revealed a 93% increase in the occurrence of pancreatic cancer in those who drank 2 or more soft drinks per day [8].

However, data regarding the intake of fruits and vegetables indicates a reduced risk of pancreatic cancer [9]. Despite the fact that naturally occurring fructose (in fruits and vegetables) is chemically identical to high fructose corn syrup and agave (in sweets and soft drinks), there is a marked difference in the delivery systems. Fruits and vegetables contain quantities of fiber and antioxidants that seem to have an inverse effect on pancreatic cancer risk [10].
High fructose corn syrup is an excellent reason to avoid all sweetened beverages and processed food. It is not a food ingredient. It is an industrial ingredient that found its way into the American consumable food supply. The longer it stays in the food supply, the more likely that the health of each generation will slowly deteriorate.

As you fight the cancer, you must not introduce anything into your body that will feed the cancer and inhibit the process of recovery and immune enhancement. High fructose corn syrup should never be introduced into anyone’s body. If it is, there will definitely be deadly results.

“Doubt and confusion are the currency of deception, and they sow the seeds of complacency.”
Unravel the Mystery
Chapter Twenty-Three: Artificial Sweeteners

“About eighty percent of the food on shelves of supermarkets today didn’t exist 100 years ago.”
—Larry McCleary

Aspartame

Artificial sweeteners have been in the American food chain for over 30 years. The most common one, aspartame (known as NutraSweet and Equal) which is the most common form of sweetener found in soda, yogurt, flavored water, and many other sugar-free foods has an interesting history. After 16 years of trying to get FDA approval, it was finally given the green light in 1981.

A review of industry backed studies done in 1996 found 100% of industry studies (74 of 74) found aspartame to be safe, while over 90% of independent researchers’ studies (84 of 91 studies) found at least one potential health problem related to consumption of aspartame. Even though it was finally approved, an FDA review called out the many irregularities in the industry studies, identified evidence of data manipulating and even some of these studies were called “... sloppy at best.” Since its introduction, there were more complaints to the FDA regarding reactions to aspartame than all other food additives combined. What was strange that despite those complaints, the FDA stopped taking any more complaints on aspartame, and determined that it was considered GRAS (generally regarded as safe). Typically to be given this distinction there are a number of studies that have been legitimately performed and executed under strict standards.
One primary concern about aspartame is that it is not heat stable in liquids. When it gets warm or is exposed to heat it will break down into three carcinogenic chemicals including methanol, formaldehyde and diketopiperazine (DkP) the tumor agent! Dr. Russell Blaylock, neurologist, has speculated that a potential cause for the increase in brain tumors in this country could be the warming of aspartame filled beverages that have been heated. You can actually taste the difference because it will not have as sweet a flavor once it is left in the heat.

- A study from Harvard links diet soda and blood cancers (leukemia, non-Hodgkins lymphoma, and multiple myeloma). Just one soda with aspartame per day in men and women gave rise to a significant 40% increased risk of leukemia [1]. This is really the only long-term study that has ever been done on aspartame in people. This included a prospective study from the Nurses’ Health Study and Health Professional’s Follow-up Study at Harvard.

**Splenda**

Splenda is a sugar that has been modified with 3 chlorine molecules. Despite the advertisement, there is nothing natural about Splenda. Before it came on the market there were only 6 human trials. Technically there were only two trials before it was approved. In the course of the approval process, only 23 people took Splenda for 4 days. What the researchers were looking for was tooth decay outcomes, not safety or tolerance of the product.

Since Splenda has been on the market, researchers have found that at least 15% of it cannot be excreted out of the body. The number of people who have had severe negative reactions to Splenda has been significant.

It is evident that there have been few studies done on this product. No one knows the true dangers this product can have on the body. The irony is that although it has been touted as beneficial for weight loss issues, in fact the use of artificial sweeteners has not ever been helpful with weight loss and, there are more cases where it has promoted weight gain instead.

Today, even though cancer has increased by leaps and bounds
since the introduction of artificial sweeteners, you will be hard pressed to find strong studies that will objectively evaluate the carcinogenic properties of various artificial sweeteners. It is uncertain as to why the medical and scientific community has not pursued the path of these non-foods as potential causes for cancer. There is evidence that the manufacturers have been able to control or hide the true evidence of the dangers of these products.

However, if we were to wait for science to catch up, then most people would likely find themselves and their health in a dangerous place. Since all of the “artificial” sweeteners are ‘not food’, then it makes logical sense to avoid them totally not just while fighting cancer but also to avoid cancer. Whether the studies are available or not, it takes common sense to recognize that only whole, unprocessed foods are what the body can use without harm and artificial sweeteners are not considered whole foods.
Chapter Twenty-Four: Salt

“Get Health. No labor, effort nor exercise that can gain it must be grudged.”
—Ralph Waldo Emerson

Salt is used extensively in the food industry to make foods taste good so people buy more. It is found in nearly everything processed whether in a can, box or package. Even in the fresh made foods at the deli counter, salt is used abundantly. Go to a restaurant and most food served has had salt added and there are even saltshakers at the tables just in case enough wasn’t added in the kitchen. Our taste buds have become so addicted to salt that we consume it at almost every meal. More than 75% of the typical American’s daily sodium comes from processed foods, to which salt is added as an inexpensive flavor enhancer and preservative. But, what is all of this salt doing to our health?

Most people know that consuming too much salt in their diet can increase blood pressure and heart disease risk. But salt can also increase risk for cancer, specifically stomach cancer. There have been several studies that have confirmed it. This may be due to stomach lining damage. Another factor to consider is that salt has been correlated with Helicobacter pylori (H pylori) infection, so the two factors may act synergistically to promote the development of stomach cancer.

Salt intake was first reported as a possible risk factor for stomach cancer in 1959. In some early studies, using refrigeration for food storage, thereby potentially reducing the amount of salt required for food preservation, was found to be correlated with a reduction in stomach cancer rates. This led researchers to hypothesize that salt intake must
play a role in stomach cancer. Today, the evidence is overwhelming that salt is a major factor. Studies have been performed throughout various regions in the world and have proven unequivocally the direct correlation.

Stomach cancer is the fourth most common cancer and is the third leading cause of cancer death worldwide [1]. Based on the considerable evidence that is available, limiting salt intake is an important strategy for preventing gastric cancer.

**Do I need salt?**

Sodium is important for proper body functions. It is needed to control blood pressure and blood volume. Sodium is also needed for muscle and nerve function. It will balance the amount of water that exists within and outside of the cells. The body requires about 500 milligrams of sodium a day. That is equivalent to 1/10th of a teaspoon.

The US Department of Agriculture (USDA) recommends that adults consume no more than 2,400 milligrams (mg) of sodium a day, although our body is capable of handling up to 3000 milligrams of sodium per day.

As we get older, especially after we pass 45 years of age, our risk for high blood pressure rises. The USDA recommends that people middle-aged and older consume no more than 1,500 mg of sodium a day. That’s the amount of sodium found in approximately one level teaspoon of salt. On average, according to the Center for Science in the Public Interest, Americans consume about 4,000 mg of sodium daily.

Excess salt is generally excreted through the urine. When this happens more calcium than normal is pulled from the bloodstream to assist in neutralizing the excess sodium. While this leads to a weakening of the bones it may also contribute to kidney stones. According to the Linus Pauling Institute, more than one study has concluded that limiting salt intake for someone with a history of kidney stones reduces the likelihood he will develop the problem again.

Natural, unrefined salt contains 84 different minerals. Table salt has had all minerals removed except for two – sodium and chloride. These two minerals when isolated and combined become toxic to the body and should be avoided as much as possible.

To create table salt an extensive refinement process is needed. It is
first treated chemically to remove the calcium and magnesium. Then it is processed through a multiple-effect vacuum evaporator, which removes all other minerals leaving nearly pure (99.9) sodium chloride. Then magnesium carbonate, calcium silicate, calcium phosphate, magnesium silicate, or calcium carbonate (all additives) are added to make it free-flowing. This processing removes all of the rest of the beneficial minerals leaving a toxic substance.

Don’t be fooled by “Sea Salt.” All salt comes from the sea and though it looks like it might be healthier it still has gone through a similar processing as regular table salt. If it is white in color it has been highly processed.

Are there any healthy options?

Celtic sea salt and Himalayan salt are two excellent choices to replace the traditional saltshaker. Each contains a wide variety of minerals making them extremely healthy. Most people find that these salts have a better taste than traditional table salt. They also find that less is required because they are higher quality. Many have seen the benefits listed below from using these types of unrefined salts:

• Controlling the water levels within the body, regulating them for proper functioning
• Promoting stable pH balance in the cells, including the brain
• Encouraging excellent blood sugar health
• Aiding in reducing the common signs of aging
• Promoting cellular hydroelectric energy creation
• Promoting the increased absorption capacities of food elements within the intestinal tract
• Aiding vascular health
• Supporting healthy respiratory function
• Lowering incidence of sinus problems, and promoting over-all sinus health
• Reducing cramps
• Increasing bone strength
• Naturally promoting healthy sleep patterns
• Creating a healthy libido
• Circulation support
Unravel the Mystery

- Promotes kidney and gall bladder health when compared to common chemically-treated salt [2]

If you want a good book on the subject, read David Brownstein, MD’s, *Salt: Your Way to Health*. In this book, the author relates to salt as a misunderstood nutrient.

Another excellent way to get the health benefits of sodium is to eat more whole foods. Foods like beets, celery as well as many other vegetables have naturally occurring sodium.
Chapter Twenty-Five: Fats and Oils

“Appetite has really become an artificial and abnormal thing, having taken the place of true hunger, which alone is natural. The one is a sign of bondage but the other, of freedom.”
—Paul Brunton

There are numerous benefits to having fat in the diet:

**Fats provide energy.** Fats are the most efficient source of food energy. Each gram of fat provides nine calories of energy for the body, compared with four calories per gram of carbohydrates and proteins.

**Fats build healthy cells.** Fats are a vital part of the membrane that surrounds each cell of the body. Without a healthy cell membrane, the rest of the cell couldn’t function.

**Fats help communicate.** Fat provides the structural components not only of cell membranes in the brain, but also of myelin, the fatty insulating sheath that surrounds each nerve fiber, enabling it to carry messages faster.

**Fats help the body use vitamins.** Vitamins A, D, E, and K are fat-soluble vitamins, meaning that the fat in foods helps the intestines absorb these vitamins into the body.

**Fats make hormones.** Fats are structural components of some of the most important substances in the body, including prostaglandins, hormone-like substances that regulate many of the body’s functions. Fats regulate the
production of sex hormones.

**Fat provides healthier skin.** One of the more obvious signs of fatty acid deficiency is dry, flaky skin. In addition to giving skin its rounded appeal, the layer of fat just beneath the skin (called subcutaneous fat) acts as the body’s own insulation to help regulate body temperature. Lean people tend to be more sensitive to cold; obese people tend to be more sensitive to warm weather.

**Fat forms a protective cushion for your organs.** Many of the vital organs, especially the kidneys, heart, and intestines are cushioned by fat that helps protect them from injury and hold them in place. As a tribute to the body’s own intelligence, this protective fat is the last to be used up when the body’s energy reserves are being tapped into.

Most people understand the differences between the good (unsaturated fat), bad (saturated fat) and dangerous (trans-fat) fats. We know that oils derived from animal fat are not good for our health due to their high levels of saturated fat and cholesterol, and that oils derived from some plants are generally good for our health due to their unsaturated fat content.

However, not all unsaturated fats are healthy. Many plant seed oils such as sunflower, safflower, peanut and corn oil are rich in inflammatory polyunsaturated fatty acids (PUFAs) and devoid of anti-inflammatory PUFAs. On the other hand, some plant seed oils such as olive oil have balanced PUFAs and are considered healthier. Therefore, it is important to distinguish between the types of PUFAs in dietary oils for optimal health.

Omega 3 and omega 6 are two types of polyunsaturated fatty acids. They are both required for the body to function but have opposite effects when it comes to inflammatory response which is a known pre-cursor to cancer. Too much omega 6 (which is common on the standard American diet) and too little omega 3 are implicated as a cause for certain cancers.

Animal studies as early as 1959 clearly demonstrated that mice and rats that were fed high fat diets were far more susceptible to skin
Toxicity

and breast cancer than animals fed diets low in fat [1]. These studies got very little attention for nearly 20 years until epidemiological data demonstrated the prevalence of various types of cancer was much higher in countries with high fat diets as compared to those with low fat diets [2].

Since that time, abundant experimental data has shown that feeding rats or mice a variety of high-fat diets increases susceptibility to cancer of the breast, skin, colon, pancreas and prostate. Much of the evidence relating dietary fat to cancer has been presented and discussed in more recent reviews [3].

Cancer of the breast and colon account for a large proportion of the total number of cancers in Western populations. Both show a strong positive correlation with fat consumption in multi-country studies.

There is abundant data showing that animals fed high-fat diets develop tumors of the mammary gland, intestine, skin and pancreas more readily than animals fed low-fat diets. This data is consistent with the multi-country correlations linking dietary fat with cancer of the breast, colon, pancreas and prostate [4].

It is evident that although fat is beneficial, the quantity and quality is very important. A panel of nutritionists and scientists at the National Institute of health recently recommended that the ration of omega 3 to omega 6 fatty acids consumed should be 1 to 4 or less. The usual ratio in the United States is much higher at 1 to 10-20 [5].

As a person fighting cancer, it is best to avoid nearly all forms of fat until the situation with the cancer has been resolved. Later, you will see how much fat is recommended as well as the types of fat. A person really doesn’t need as much fat in their daily diet as they think they do.
Unravel the Mystery
Chapter Twenty-Six: Toxin Synergy

“Until man duplicates a blade of grass, nature can laugh at his so-called scientific knowledge. Remedies from chemicals will never stand in favour compared with the products of nature, the living cell of the plant, the final result of the rays of the sun, the mother of all life.”

—T.A. Edison

As Dr. Russell Blaylock points out in his book, Natural Strategies for Cancer Patients, there have been no studies done on what happens when two carcinogens are combined.

– What if we eat food that has a combination of additives and pesticides?
– Or food that has food coloring and neurotoxins?
– Or food that has added hormones and is genetically modified?
– What happens to the person who consumes or inhales tobacco and consumes sugar?
– What about the person who uses over the counter drugs and already has heavy metal toxicity in their body?

One carcinogen alone cannot cause cancer but more than one can. How many of us have experienced more than one toxin at a time? Since there are no studies on the toxic synergy of these known carcinogens, it would appear that if we continue down this path we are taking a big gamble with our health.
Unravel the Mystery

Here are some interesting facts:

First, toxins can make each other more toxic.
A small dose of mercury that kills 1 in 100 rats and a dose of aluminum that will kill 1 in 100 rats, when combined have a striking effect: All The Rats will Die. In other words, doses of mercury that have a 1 percent mortality rate will have a 100 percent mortality rate if some aluminum is there [1].

- Mercury will kill 1 out of 100 rats.
- Lead will kill 1 out of 1000 rats.
- Combine mercury and lead – 100% of exposed rats will die.

This was such an interesting phenomenon that another study was done on the effects of both female and male hormones on the neurotoxicity of thimerosal (a form of mercury). The results were stunning!

For example, small amounts of thimerosal causes less than 5% neuron deaths within the first three hours incubation and small amounts of testosterone causes no significant death within this time frame. However, mix these two together and 100% neuron death was observed at the earliest time checked. This represents a severe enhancement of thimerosal toxicity. So, testosterone and mercury are deadly when combined!

To add to that study, at 12 hours the neuron death affected by a small amount of thimerosal alone could be reversed by a small amount of estrogen. Estrogen significantly reduced the testosterone enhanced toxicity of thimerosal [2].

Second, people are continuously exposed to a wide variety of chemical substances, biological agents, physical agents, and other stressors.

Each stressor has the potential to cause a physiological effect. A few examples of stressors are:

- Automotive exhaust
- Cleaning products
- Chemicals in treated water
- Consumption of alcohol or tobacco
- Cosmetics
- Environmental pollution
Toxicity

- Food
- Insect repellents
- Noise
- Prescription drugs
- Psychological stress
- Social stress
- Solvents
- Ultraviolet radiation
- Whole-body vibration

Third, exposures can happen one after the other, or all at once. Combinations can produce:

- Consequences that are significantly different than would be expected from individual exposures.
- A range of combined acute and chronic effects.
- Effects that can appear immediately or sometime later.
- Increased or unexpected harmful effects – including entirely new kinds of effects.

The possible combinations of exposure are huge and knowledge is limited about the effects that mixed exposures will have on the body. Individual susceptibility adds to the complexity of exposure and resulting outcomes [3].

Here are examples to help illustrate synergistic toxicity:

- Exposure to noise and the solvent toluene results in a higher risk of hearing loss than exposure to either stressor alone.
- Common food colors are synergistically neurotoxic with flavor enhancers at levels you can get from a typical snack and drink.
- Exposure to carbon monoxide and methylene chloride produces elevated levels of carboxyhemoglobin that reduce the blood’s ability to carry oxygen.
- Aluminum, copper, lead, mercury, and cadmium can be found in mussels at levels that, individually, are considered below the threshold of toxic harm. But these metals act synergistically with low concentrations of the
mussel’s own acid to kill cells.

- Viruses can increase susceptibility to heavy metals. And vice versa.
- In one study, viral infection increased the uptake of PBDE.
- PBDEs, PCBs, and methyl mercury are each synergistically toxic with the others. Very low exposures combine to induce greater than expected harm.
- In general, metals have synergistic toxicity – and organic metals have synergistic toxicity with organic compounds. Research indicates that low PCB exposure while in the womb, in combination with low exposure to methyl-mercury and lead, results in cognitive impairment [4].
- Exposure to a combination of 1 PCB, 2 dioxins, and 3 pesticides means a person is 38x more likely to develop type 2 diabetes than someone exposed to just 1 of the chemicals.
- Tungsten and cobalt together can be carcinogenic and together have been found to rapidly accelerate the growth of human leukemia cells.
- Rats who drank milk retained 2x more mercury in their bodies than rats that didn’t.
- Microscopic particles in diesel exhaust combine with lipids in cholesterol to activate genes that trigger inflammation of blood vessels, in turn leading to atherosclerosis, heart attacks and strokes.

There is significant potential for unexpected ‘synergistic toxicity’ effects from vaccines, particularly for a susceptible population that may already have high toxin levels due to a lessened ability to excrete toxins. Yet synergistic toxicity of vaccines has not been studied – studies have focused on only individual toxicity of a single component of the vaccines (e.g. mercury or measles virus). Further, the toxicity of an environmental toxin is generally studied independently of other toxins, although the few studies that do exist on combining toxins typically show a strong synergistic toxicity effect.

Although this is not an exhaustive list, it is an extremely strong
indicator of how difficult it is in today’s world to not become toxic.

Our bodies process those toxins through organs like the liver and kidneys and eliminate them in the form of sweat, urine, and feces. Unfortunately, however, when we continue to subject our bodies to these toxins without continuing to feed the body with constant nutrients to maintain the laborious task of perpetually detoxifying, the organs may not be able to continue with the process and toxins will build up. The result is what is known as the “knocking and pinging” of our bodies that send a clear signal like the warning light on the dashboard of your automobile. If you continue much further in this direction, there will be a definite consequence that will likely be negative.

Cancer is merely a manifestation of our body’s deterioration process. Although there are several schools of thought as to exactly what is deteriorating, all can agree that by the time cancer has developed into a diagnosis, the body has definitely experienced enough of a deterioration that the liver, colon, lymphatic system, digestive system, and immune system have become compromised and the cancer is the final indicator that things have been going downhill in the body for several years.
Unravel the Mystery
Section Two

Nutritional Deficiency
Today’s average restaurant meal is more than four times larger than in the 1950’s, and according to the Centers for Disease Control and Prevention (CDC), adults are, on average, 26 pounds heavier. Despite the embarrassing abundance of food and the addition of many so called “healthy” food choices to our diets, many Americans still unknowingly suffer from nutrient deficiencies. Whether from vapid calories (junk food), chemical-induced deficiencies, a lack of variety, or any number of other factors, many of us just aren’t getting what we need. We may be heavier as a nation, but as the following report indicates, we are not healthier.

The CDC’s Second Nutrition Report, an assessment of diet and nutrition in the U.S. population, concludes that there are a number of specific nutrients lacking in the American diet. Nutrient deficiencies have long-lasting health effects.

The top nutrient deficiencies experienced by many Americans are:

• Vitamin B12
• Vitamin C
• Vitamin D
• Iodine
• Iron
• Magnesium
• Zinc

Up until now this book has covered a large number of toxins that we are exposed to on a daily basis. We began the book suggesting that cancer comes from toxicity and nutritional deficiency. This chapter will discuss what that means, why we are deficient and what the consequences are when we don’t have the right materials to build healthy cells.

Our bodies are made up of 100 trillion cells. Everyday, over 300 billion of them die and are replaced with new ones. Over the course of one year every cell in your body will be replaced. A year from now you will have a completely new body. The question is will the new cells be stronger or weaker than the ones they are replacing? Will the body be healthier or sicker?

According to the Oxford Dictionary “nutrition” is “the process of providing or obtaining the food necessary for health and growth.”
When we look at this definition we realize that especially in fighting cancer, it isn't just putting the right foods into the body but is a process of the cells “obtaining” the nutrients that are contained in the foods.

To start laying the foundation for this discussion we need to say that we believe in Creation and that our bodies were created by God. In Genesis we see that God made man from the dust of the earth, breathed into him the breath of life and man became a living soul. Then He placed him in the Garden of Eden and told him in Genesis 1:29 what he should eat. Then God said, “I give you every seed-bearing plant on the face of the whole earth and every tree that has the fruit with seed in it. They will be yours for food.” New International Version (NIV).

It appears that God’s original intention for the nourishment of people was raw fruits, vegetables, seeds and nuts. While there are certain scriptures later in the Bible that allow for the consumption of certain meats and other animal products, we see in Genesis 1:29 what His original plan was. As you think back to the Garden, you envision that the plants were grown in nutrient-rich soil and their fruits were consumed in their natural state (raw) since fire hadn’t been discovered. There was no sickness and people lived exceedingly long lives. God never makes mistakes and His original plan for nourishing the body is what many have found has brought them great success with overcoming their physical ailments including cancer.

Did you know?

Fruits are the greatest source of vitamins and the second greatest source of minerals. Vegetables are the greatest source of minerals and the second greatest source of vitamins. Enzymes are the “life-force” within the food.

Enzymes

Most people understand that vitamins and minerals are important for the body’s health but few understand the importance of enzymes. Enzymes are naturally occurring elements that are found in all fruits and vegetables.

Enzymes are the power of life. They are living forces that conduct and direct every activity in your body. Enzymes “digest” or break down
raw foods. More and more research suggests eating enzyme-rich food helps digestion. According to Dr. Gabriel Cousens, M.D., “Enzymes can even help repair our DNA and RNA.”

Enzymes are heat sensitive and destroyed at temperatures above 108 degrees. When we eat cooked foods, we need to use enzymes from within the body to compensate for the enzymes that were killed through the cooking process.

Our bodies have only a limited number of enzymes through which we digest and assimilate nutrients. When the supply has been depleted, which can go quickly depending on how many enzymes are required for each meal, our bodies can no longer break down food efficiently which leads to several areas of concern.

**Why else is there nutritional deficiency?**

Those that have chosen to eat more foods at home and may even incorporate more raw vegetables and fruits still have potential for nutritional deficiencies because the produce they purchase today has been grown in soil that is already deficient in many nutrients. The produce may have travelled quite a distance before it was purchased. The growers may have used pesticides, fertilizers, and other chemicals to prevent bugs, inhibit mold or increase growth size. All of these factors can influence the end result where most people have deficiencies in their diets. After several years, the weakened immune system can no longer provide the support to fight back and the weakened cells begin to lose the battle.

**Does nutrition really make a difference in the fight against cancer?**

Dr. Russell Blaylock has an exceptional book called *Natural Strategies for Cancer Patients* that details the various types of minerals and nutrients that affect health if they are deficient in the diet. His excellent and easy descriptions clearly provide scientific basis for the importance of consuming a pure vegetable, fruit and seed based diet.

Other experts weighing in on this topic include:

Dr. Francisco Contreras states in his book, *Beating Cancer*, that, “Diet and nutritional factors represent 60% and 40% of all cancers in women and men, respectively”.

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The Children’s Hospital Oakland Research Institute estimates “Diet contributes to about one-third of preventable cancers – about the same amount as smoking. Inadequate intake of essential vitamins and minerals might explain the epidemiological findings that people who eat only small amounts of fruits and vegetables have an increased risk of developing cancer. Recent experimental evidence indicates that vitamin and mineral deficiencies can lead to DNA damage. Optimizing vitamin and mineral intake by encouraging dietary change, multivitamin and mineral supplements, and fortifying foods might therefore prevent cancer and other chronic diseases”[1].

While the last chapter focused on the many toxins that we are exposed to through our environment and in the foods we consume, we want to turn our attention now to how the foods we consume help to offset the deficiency of nutrients our bodies have experienced for many years. The recommended changes are not difficult to make. A companion recipe book called Unravel the Mystery: Simple, Effective, Nutritious Recipes to Fight Cancer has been created to assist in you in applying the principles of eating outlined throughout this next section of the book.

As you continue on through this book, you will see how easy the changes will be and with the right information and support, you can change your outlook, your future and your health.
Unravel the Mystery
Section Three

The Recovery Program
The body is truly miraculous and it was given the inherent ability to heal. Each and every one of us has seen this self-healing ability at one time or another in our own lives. So how do we activate this self-healing when dealing with a disease as aggressive as cancer?

Since most disease is caused by toxicity and/or nutritional deficiency it seems logical that both of these issues must be addressed simultaneously to give the body the best chance of recovering.

In the first chapter of this book we outlined the many toxins that interfere with normal bodily functions. Although it is unrealistic for anyone to completely remove every toxin from his or her environment great effort must be given to reducing our exposure to as many of these toxins as possible. While it might not be feasible to relocate your house because it is near power lines or in the middle of the city where smog is prevalent you need to focus on the ones that you can change, like what you put in your mouth and on your body.

Because most bodies have been devoid of sufficient nutrition for many years, which is why the cancer was able to take hold, we need to focus our attention on getting maximum nutrition to our cells (not just in our bodies) in the shortest time possible. This chapter will focus on providing the information and instruction on how to supercharge our bodies with nutrients. It will also introduce you to the concept of how to balance your life, the importance of juicing, the best foods to consume, and the benefits of Barleymax®. You will learn the value of living food and why dead food is addictive. You will identify the areas in your life that need more balance such as rest, stress, hydration, diet, fresh air, exercise and emotional/spiritual health.

Nutrition is a major player when it comes to fighting cancer and winning the battle. Science, testimonies, even the Bible all point to the value of consuming foods that will support and revitalize the immune system which holds the supreme army that will win the war. Even as far back as the 1800’s and 1900’s medical doctors such as Hippocrates used food as a form of medicine recognizing the value and benefits of it. There are many ways to kill cancer cells so they don’t develop and in their various stages of development. Antioxidants from vegetables are one powerful way.

Stop Feeding the cancer cells!

Cancer cells feed on two substances: Sugar and Fat
Sugar increases the growth and rapid reproduction of cancer cells. Alternative treatments now include giving a person fighting cancer, sugar followed by low doses of chemo. As the cancer cells open up to consume the sugar they also take in the chemo more directly. This technique is explained further in a later chapter.

Cancer cells are non-discriminating when it comes to sugar. In other words, even though fruit is good for a healthy person to consume, most fruit contains high concentrations of sugars and should be avoided to a large extent when fighting cancer. Obviously, all other kinds of sugars, refined carbohydrates and foods that break down into sugar (such as white flour products, white rice, white potatoes, white pastas, etc.) must be absolutely avoided.

The goal is to starve the cancer cells so they become weakened. This allows the immune system with its NK (natural killer) cells to work on killing them off entirely. There are a few fruits that are low in sugar and high in antioxidant capacity that will be discussed later.

Fats, even healthy ones can also fuel cancer cells. This includes healthy nuts, nut butters, avocados and almost all oils. While fats have the tendency to feed cancer cells, the body still needs some fat for proper body and brain function. With this in mind, a small amount of “healthy” fat should be consumed on a daily basis.

Daily Fat intake while fighting cancer:
- 1/4 avocado daily in a salad dressing or just cut it up on the salad.

Other essential fats include:
- 1 teaspoon of Pharmax Fish Oil (necessary for the Omega 3 and DHA)
- 2 teaspoons of Flax Oil (Omega 3). However, ground flax seeds should be used instead of flax oil if dealing with prostate cancer.

Remember, consume some fat, but keep the amounts to a minimum.

Since this is the diet most people consume daily, you will find a complete recovery diet laid out in this chapter to assist you in eating only the most highly nutritious foods.
**Do Not Eat:**

We must stop consuming those foods that are contributing causes to the problem, especially, when someone is dealing with cancer. The following foods should be totally removed from the diet:

- All forms of meat (pork, chicken, fish, beef — includes all wild game)
- Animal by-products — eggs, broth, gelatin, etc.
- Refined table salt
- All forms of sugar — including most fruits, corn syrup
- Artificial sweeteners
- White flour, white rice, white pasta, etc.
- All dairy products including milk, cheese, cottage cheese, butter, sour cream, yogurt, etc.
- All nuts, nut butters, some seeds, any food that is fat to the body (may have a few walnuts)
- All fats and oils with exception of small amounts of flax oil (except if fighting prostate cancer), small amounts of fish oil and small amount of avocado.

Section One, Toxicity, provided extensive research and an in-depth explanation as to why most of these foods are harmful and should never be consumed whether you have a disease or are trying to stay healthy.

While removing all of these foods may look daunting and unrealistic, it is easier to come to terms with this when we realize that the above items are partially responsible for our current sickened state.

**What SHOULD Be Eaten?**

Lots, and lots, and lots of raw vegetables — these are the super foods that will provide the body with the vitamins, minerals, trace minerals, antioxidants, phyto-chemicals, carotenoids, and enzymes that are vital to health and healing. You will want the largest variety of vegetables possible to ensure an array of all of these elements.

Dr. Russell Blaylock M.D. recommends a healthy person consume at least 10 servings of vegetables each day. If 10 servings is what a healthy person should consume then how much should someone
trying to rebuild the body need? The simple answer is “the more the better”— 15 or 20 servings!

We will discuss in detail how to consume the large amounts of raw vegetables. The dark green leafy vegetables are of upmost importance as they are nutrient dense and have the added benefit of large amounts of chlorophyll.

The goal of the recovery program is to create an environment within the body that encourages and facilitates healing. To do this optimally, the body should be given nutrition, in the form of juice, throughout the day, every hour, every day.

Again, this may seem like a daunting task, but when compared to the side effects of chemotherapy, radiation and surgery, one would find this task to be easy and manageable with the only side effects being a bit of detoxification and improved health.

The Recovery Diet is a plant-based diet in which you consume 85% of your food in a whole, unprocessed, uncooked way. They are consumed mostly in juices, smoothies and salads that may be blended for greater nutritional absorption. It’s not enough to get the nutrients into the body. What is vital is getting most of the vitamins and minerals to the cellular level so it can rebuild stronger cells. Remember, you have 100 trillion cells in your body. Every day, over 300 billion of them are dying off and new ones will be created. Each cell has the potential of being stronger or weaker than the one it is replacing. The strength of each cell is dependent on the nutrition it receives.

15% of the food consumed is cooked which can be in the form of cooked beans, steamed greens/vegetables, stir-frys, soups, and stews among others.

The most food you will be consuming every day will be in the form of freshly extracted vegetable juice.

The primary foods you will consume each day are leafy greens and vegetables, with small amounts of fruit and oil.

As we move through this chapter and the remainder of the book we’ll share more of what can be eaten. There is a great variety of food options and although you may miss your former foods, you will find that when you become nutritionally “full” you will not crave those former foods. Additionally, we have developed a companion recipe book, Unravel the Mystery, Simple, Effective, Nutritious Foods to Fight Cancer, where you will find a large variety of recipes that were specially created
with high levels of nutrients, low sugar and low fat in mind to enhance the immune system and assist the body in the healing process.

As important as diet is, we will show you how you must regain control over your life. This includes stress, rest, emotions, exercise and much more. To restore your health, you will need to look within.

“The best six doctors anywhere
And no one can deny it
Are sunshine, water, rest, and air
Exercise and diet.
These six will gladly you attend
If only you are willing
Your mind they’ll ease
Your will they’ll mend
And charge you not a shilling.”
— Nursery rhyme quoted by Wayne Fields,
What the River Knows, 1990
Chapter Twenty-Seven: Introduce Life Balance Concept

Our bodies are complex. Our mind, body and spirit work synergistically to make a complete being. Our goal is to create an environment for healing, so we must look at the situation holistically. Cancer and other diseases occur because the body becomes unbalanced. Perhaps the stress in our life has outweighed our ability to manage it; maybe workload requires less opportunity to eat well and rest; perhaps living from paycheck to paycheck is taking its toll; or the marriage is undergoing severe testing. Once these areas have been identified, they must be reversed to bring the body back into harmony. As incredible as the body is, the continuous assault will lead to impaired function setting the body up to develop disease.

Let’s identify all of the areas of health and use a wagon wheel as an analogy. If any one or more of the spokes on the wheel is short or missing then it impacts the way the wagon of health will move.

When one area of the body is impaired, then the other areas try to compensate for it, but they will fail. Each organ is designed to accomplish one task and despite of all of its efforts, it cannot effectively do what another organ can do. If our physical body is strong, but we are mentally unstable, it will not be long until the body will weaken.

Below you will find ten areas of health that must stay in balance for the body to remain in vibrant health. Many of these areas will be discussed in more detail in other parts of this chapter but this gives an overview of them. As you review this list, evaluate your areas of health to see if you are out of balance in any of them.

1. Living Foods – Raw foods are the foods that God originally intended us to feed our bodies. We find
this in the book of Genesis. We call “raw foods” “living” because they still have their life force (enzymes) intact. These enzymes are required in the digestive process to ensure the nutrients are completely assimilated into the cells of the body. Cooking destroys these heat sensitive compounds requiring the body to exert more energy through the digestive process. We believe that living bodies require living foods – ones that are still enzymatically alive. The goal should be to maintain a daily diet where 85% of the food you consume is raw, fresh, and whole in an uncooked state.

2. Dead Foods – If living foods are foods that contain enzymes then it is logical that foods without enzymes are “dead.” But the real definition of “dead” food is if the food has been packaged or processed in any way. There are few exceptions, but nearly all food in a jar, can, box or package is “dead.” If the ingredient list has more than one ingredient (the actual food!) then it would be considered “dead” food. Packaged and processed foods not only have no living enzymes, but worse, they include added sugars, fats and chemicals that require the body to work harder to not only digest the so called “food” but now it has to store or remove the additional toxic burden and begin repair
in all of the areas that this “food” damaged.

3. Cooked Foods – While cooking diminishes or destroys a percentage of vitamins and enzymes, it can also activate certain phytochemicals such as lycopene, lutein and carotenoids. Some proteins and starches are more readily available in cooked foods. It is best to consume digestive enzymes whenever we consume cooked foods to assist in the digestion of the food. Cooked food will comprise 15% of our daily food intake. Adding a cooked meal each day will prevent rapid weight loss and will help avoid headaches and fatigue, two of the side effects associated with detoxing too quickly. Cooked food helps to provide comfort and makes you feel like you are eating a “normal” meal. Cooked foods can become addictive because salt, oil and sugars have been added to give it flavor since the natural flavors of the vegetable have been cooked away.

4. Stress – Stress increases the body’s consumption of B vitamins as well as other important minerals. This level of depletion will set the stage for new cell growth that is not as healthy. Do you know how to manage your stress? Are there measures you can take to reduce any of the daily stress that is impacting your health? No one can live in a stress-free environment, but to recover fully, you must take steps to either learn to manage it or find ways to reduce it.

5. Rest – Never underestimate the power of sleep. The old saying, “I’ll sleep when I’m dead,” doesn’t take into account that death could be sooner than intended if sleep isn’t respected. As part of your evaluation, determine how many hours of uninterrupted sleep you get each night, how many of those hours are before midnight, and do you maintain your typical sleep routine even during the weekends? Try to sleep at least two or three hours before midnight so you can benefit from those hours. Every hour of sleep before midnight equates to two hours of sleep after 12:00
The hours between 1 and 3 am are important, as this is when the body does its deep cleansing of the liver and kidneys. It is during sleep when the body cleanses, rebuilds and re-sets itself. If sleep is elusive, there is a separate section in this book with suggestions for improving sleep performance. Improved diet, daily exercise, and fresh air will likely improve sleep performance.

6. Sunlight – Vitamin D3, which is really a hormone, is created in the body when it has been exposed to adequate sunlight. Many people have been conditioned by the media and health care practitioners to avoid the sun. Unfortunately, by doing that, they have the potential for developing a vitamin D3 deficiency. Enriched food products do not provide the raw material the body needs to create the true vitamin D3. The research that links vitamin D3 to cancer has become quite prolific. In regions where you can get as much skin exposure to the sun as possible daily, for at least 30 minutes, the benefits will be evident. People tend to develop skin cancer due to dietary deficiencies and over exposure to the sun. The brief time we recommend in the sun along with the extensive nutrient rich diet that you will be on is a winning combination. Health experts agree that vitamin D3 supplementation is required for everyone who has cancer.

7. Emotional/Mental Health – People must take control over what they think. Especially those with a cancer diagnosis. First, they cannot let fear overcome their thought process. Second, if there are relationships that result in negative thinking, it is best to confront those immediately and repair them, not for the sake of the other person, but for your own sake. It is difficult for the body to heal when fear, anger, resentment, rage, self-pity and feelings of inadequacy are present.

8. Cleansing – The toxins that have accumulated over the years must be removed from the body for the body to heal. The elements of the recovery program
will help facilitate the cleansing process. The juices, living foods and supplements are powerful cleansers inside your body. Another way to describe cleansing is detoxification and sometimes there can be a little discomfort associated with this process. A separate section entitled Healing Reactions will prepare you for any potential discomfort you may experience while your body is purging the toxins and the waste. It will also give tips on how to accelerate the detoxification experience. Emotional and spiritual cleansing is vitally important in this process as well.

9. Pure air – Take a moment and watch how you breathe. Do you take quick, short breaths or is your diaphragm moving up and down quite regularly? How often are you taking deep breaths? Oxygen is vital to the person fighting cancer. Cancer doesn’t like oxygen. So, learn how to breathe to get oxygen deep into the cells of your body as often as possible. If stress and fear are causing you to breathe shallow, then find ways to reduce or eliminate these factors. Make a concerted effort to breathe deeply throughout the day. Also, ensure that you are breathing in pure, quality air that is not stale, contaminated by exhaust, smoke or other elements that your body will have to expend energy to defuse.

10. Pure water – Cell dehydration causes great damage to the body and its cell formation. Many people who develop cancer are dehydrated. Most of the substances that people drink throughout the day are dehydrating instead of hydrating. These include sodas, coffees and teas. Drinking plenty of fresh, pure water will not only hydrate your cells but aide in the detoxification process that your body needs to go through as it rebuilds. Tap water is detrimental to your recovery. So is any bottled water that is in a flimsy, BPA lined plastic bottle. The best water you can drink is either steam-distilled water that is not in a gallon plastic jug or alkalized, ionized water. Additional informa-
Unravel the Mystery

tion on these types of water is available in a separate section.

11. Spiritual – For complete balance, you must begin the process of examining your life in the spiritual component. This book is based on the biblical belief that God has created life and in abundance. To rely on oneself during this time (or any other time) is a great mistake. To recognize that you are weak and He is strong is a major step in creating that much needed balance in your life. Going to Him with your fears, concerns and needs will guide you into a relationship with the One who created you. This will result in a greater sense of peace, awareness and likely increased health.

The wagon wheel is comprised of each of these components. If one of them is lacking or there is an overage of another, there is no way the wagon can move smoothly. The wheel relies on each spoke so it can move the wagon.

Take a look at your life; use this guide to help balance your priorities, which right now the first one is your health.

“Sorry, there’s no magic bullet. You gotta eat healthy and live healthy to be healthy and look healthy. End of story.”

—Morgan Spurlock
Chapter Twenty-Eight: Juicing

“Health is the natural condition. When sickness occurs, it is a sign that Nature has gone off course because of a physical or mental imbalance. The road to health for everyone is through moderation, harmony, and a ‘sound mind in a sound body’.”
—Jostein Gaarder

Juicing is the most efficient way to get large amounts of nutrients to the cells of the body. If we consume a whole, raw carrot and our digestive system is working optimally, we will assimilate at the most, only about 30% of the nutrients. Most people who are sick are suffering from a weakened digestive system and are not receiving much nutrition from the foods they eat. But, if we take that same carrot and run it through a juicer and then consume the juice from that carrot over 90% of the nutrients will reach our cells. We call juicing the “secret sauce” that helps the body recover. The importance of juicing cannot be over stressed. When trying to create an environment for healing within the body, vegetable juice is vital.

There are many reasons consuming fresh vegetable juice assists in creating an environment for healing within the body:

1. More nutrients reach the cells – Fresh vegetable juice is nutrient dense!

Digestion normally starts in the mouth where we are “supposed to chew” foods 30 to 50 times (not many people do) to start breaking down the food into small particles. Chewing starts the process of releasing the nutrients (juice) that are locked in the fiber of the food.
The process of digestion involves the separation of the juice (nutrition) from the fiber (carrier of the nutrients). All of the nutrients contained in the plant are in the juice; the fiber is only the carrier for the nutrients. When we look at maximizing nutrition we utilize juicing to separate the juice (nutrition) from the fiber (carrier) so the body is able to more efficiently absorb the vitamins and minerals at the cellular level.

When consuming juice the body doesn’t have to work so hard on digesting the food which conserves energy allowing more of the nutrition to reach the cells rather than being burned up through the digestive process. Think about how you feel after eating a large meal. Most people feel tired and want to take a nap. This is because the body has to divert blood and energy to assist in the digestion of the foods. With juicing, the digestion is virtually done by the juice extractor allowing the body to use its energy to heal rather than digest.

2. **Consume more vegetables!**

Imagine eating 2 pounds of carrots each day, chewing each bite 30 to 50 times. Two 8-ounce glasses of juice equal 2 pounds of carrots and can be easily consumed. In fact, many people who are battling cancer drink 6 to 8 glasses of carrot juice per day. That is equivalent to 6 to 8 pounds of whole carrots. Talk about a daunting task to undertake each day. This is one of the keys to the amazing results that many people have experienced on the Hallelujah Recovery Diet. Many people have consumed as much as 1/2 gallon or more of fresh juice a day to help them regain their health. An abundance of fresh vegetable juice is often the key to rebuilding health and maintaining a high level of energy while the body is rebuilding and under stressful conditions.

Important Note: Avoid drinking fruit juices as they are high in concentrated sugars. We discussed in an earlier section that cancer feeds on sugar but even if someone is healthy and doesn’t have cancer they shouldn’t consume much fruit juice because of the sugar content. Even when someone is healthy we say to “Eat your fruits and juice your vegetables.”

3. **Nutrition gets to the cells faster – in just minutes!**

Digestion of foods can take hours as the body doesn’t really start
absorbing the nutrients until the food has been digested and enters the small intestine. When juice is consumed the nutrients start to reach the cells within minutes as the juice is in a sense pre-digested through the juicing process. The body’s digestive system is bypassed.

4. Juicing is great for detoxification!

Juicing is filled with living enzymes that help the body build healthy new cells and push the old, diseased ones out. This is a continuous process that needs time; therefore consistent, daily juicing is important.

What Makes a Great Juicer?

All juicers are not created equally. As discussed in a previous section, enzymes are the life force essential to fully utilizing the nutrition in the vegetables. Enzymes are sensitive and can easily be damaged by exposure to oxygen or heat. While the process of juicing involves separating the juice (nutrients) from the pulp (carrier) it must be done with care to preserve as much of the enzymes and nutrients as possible. There are three primary types of juicers on the market today:

Centrifugal Force Juicer – This type of juicer is common and relatively inexpensive as compared to all the juicers on the market. They have a spinning basket that rotates at speeds up to 4000 revolutions per minute (RPM). Because of the way this type of juicer extracts the juice, the enzymes are significantly damaged because the juice is exposed to a lot of oxygen while spinning in the fast moving basket. Because of the reduced enzyme activity found in the juice after using this type of juicer, it is not recommended that these types of juicers be used for people trying to rebuild their bodies while fighting cancer. As price is always a consideration and these juicers are the least costly, if this is the only option, then one should ensure they consume the juice as soon after juicing as possible (within 10 to 15 minutes) since the enzymes continue to break down rapidly. It is not recommended that juice from a centrifugal force juicer be stored for any period of time after being prepared. Typical prices range from under $100 to $200. The one that seems to maintain the enzymes the best in this category is the Juice Man Jr. These types of juicers work well in juicing carrots, beets, celery and other hard vegetables. They don't work well with greens like
collard, Swiss chard or kale.

Pros:
- Easy to use
- Few parts to clean
- Low cost

Cons:
- Doesn’t retain the enzymes effectively
- Doesn’t juice greens like collard greens, Swiss chard or kale well
- Juice can’t be stored and must be consumed immediately

**Masticating** – This type of juicer has a spinning knife blade that rotates at approximately 1700 RPM’s. The Champion juicer is the one that is most common in this category. Significantly more enzymes are preserved through the juicing process since the juice isn’t pressed through a spinning basket but rather a stationary strainer. The juice from the Champion can be stored for up to three days though it typically tastes the best when it is consumed within 48 hours. The Champion juicer produces excellent carrot and beet juice. It doesn’t do as well with greens like collard greens, Swiss chard or kale. There is a greens attachment that can be purchased separately to facilitate the juicing of greens. When juicing celery it is best to cut the stalks into one-inch strips so the celery strands don’t become wrapped around the blade creating heat from the motor of the juicer. The heat generated from this friction will cause the juicer to heat up resulting in lost enzymes in the juice. The Gerson Clinic uses the Champion juicer in its cancer clinic in Mexico. You can expect to pay about $300 for the juicer and about another $90 for the greens juicing attachment. The Champion juicer is easy to use producing good quality juice.

For a little extra cost, the commercial version of the Champion juicer may be a better option if you know the juicer will be running daily and large amounts of juice. The commercial version has a larger motor and a stainless steel shaft.

Pros:
- Easy to use
- Easy to clean
- Increased enzymes are retained
- Works well with most vegetables like carrots, beets, celery, etc.
- Proven to be effective when rebuilding the body
- Juice can be stored for 48 hours

Cons:
- Celery must be cut into short lengths
- Doesn’t juice greens like kale, collard greens or kale well
- Greens attachment is an additional cost
- Gets warm with use

**Slow Single Auger** – As a single auger moving at a slow speed between 47 and 85 RPM this juicer makes great quality juice. The enzyme activity is very good as the juice is pressed out of the vegetables. There are two primary models the Hurom and the Tribest SlowStar. Both are nearly identical in how they function. They do equally well on both hard and soft vegetables. The big advantage to these juicers is that pushing the produce through the feeding shoot is virtually effortless. The down side to these juicers is they are not as efficient (pulp stays moist) and more fiber gets into the juice. The price for these units is around $400.

Pros:
- Easy to use
- Juices greens and carrots well

Cons:
- Less juice from produce
- More fiber gets through to the juice

**Twin Gear Juicers** – These types of juicers have slow turning gears that press the juice out of the vegetables. The gears/augers rotate between 85 and 110 RPM’s depending on the specific one being used. The enzyme activity found in the juice is exceptional because the produce goes through a pressing process where the juice is actually squeezed out of the vegetables. Our model of choice is the Green Star Elite. Though there are other brands and models available on the market, we have found the Green Star to be dependable, producing consistent results. When stored properly, the juice from the Green
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Star can be stored for three full days while maintaining good enzyme activity. The Green Star not only does well juicing hard vegetables like carrots, beets and celery but is excellent for greens too. Typically, a Green Star Elite sells for a little over $500. With this type of juicer, more effort is required to push the carrots into the unit. If the person using the juicer is frail, then it would be best to select the Champion juicer. Cleaning can take longer as there are more pieces that need to be cleaned. Many consider the Green Star Elite to be the Cadillac of juicers.

Pros:
– Pulls the greens through easily
– Outstanding juice quality
– Juice can be stored for 72 hours

Cons:
– Requires more effort to juice carrots
– Harder to clean

Juice, Juice, Juice – Juicing takes a concerted effort and it’s not always easy. Here are some tips that you might find helpful with whatever juicer you choose to use:

1. Get into a juicing routine. The more consistent you can be with juicing, the easier it will be to fit it into your busy life. Plan to spend a couple of hours making enough juice to last three days.
2. Use the freshest produce possible. This produces better quality juice that retains its freshness longer.
3. Keep the vegetables cold before juicing.
4. Keep the juice cool throughout the juicing process. Consider putting a bag of ice in the juice to keep the juice chilled.
5. Consider purchasing a box of 8 oz. Mason jars to store the juice. It’s best to drink 8 oz at a time and not to store the juice in containers that are larger than the amount that will be consumed at one time.
6. Immediately place the juice into the refrigerator.
7. Don’t store the juice in the refrigerator for more than 3 days. Bacteria begins to develop after the 3 days.
8. Juice can be frozen to extend the shelf life. Understand that about 15% of the enzymes are lost through the freezing process. Consume all frozen juice within 2 weeks.

9. Wash the produce in cool or cold water before juicing.

10. Clean the juicer as soon as possible after juicing. This makes it easier to clean, especially the screen.

11. Don't be too concerned with only using organic produce. 85% of the pesticide residue stays with the pulp leaving only 15% in the juice. Of course, if organic is available and practical this would be the absolute best.

12. Peeling carrots is purely a personal decision. Unlike other produce like apples or grapes, there aren't more nutrients in the carrot peel. People usually note that juice made from peeled carrots tastes sweeter than if the carrots are just washed.

13. Ensure that splits are cut out of the carrots as bacteria usually hides in these crevices.

14. It's ideal to have a combination of carrot and greens in the juice. About 70% carrots and 30% other vegetables.

15. Remember “Food Synergy.” This will be discussed in a later section of this book.

**How many variations of greens and veggies do I juice each day?**

At least 2 different leafy greens  
At least 3 different vegetables (one will always be carrot)  
1 fruit

Our companion book *Unravel the Mystery: Simple, Effective, Nutritious Recipes to Fight Cancer* has 29 different juice recipes that were specially created for people who are fighting cancer.

You may want to choose different leafy greens and vegetables each week or twice a week. The flavor will change for variety, but more importantly, the nutrition will change so your body will get different
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minerals, vitamins and other important nutrients.

Have fun making different combinations of juice. Remember, using a variety of vegetables helps to provide variety of flavor and nutrients.

• Kale
• Collard
• Swiss Chard
• Dandelion
• Spinach
• Bok Choy
• Watercress
• Beet Greens
• Cabbage
• Broccoli stems
• Zucchini
• Jicama
• Parsley
• Cilantro
• Bitter or hot greens such as turnip greens, arugula, mustard greens, daikon greens (Use sparingly as they make the juice a little bitter)
• Carrots
• Cucumber
• Celery
• Beet (Start with small amounts then increase. Beets are a great liver detoxifier but can cause headaches if too much is used too quickly)
• Ginger
• Garlic
• Brussels sprouts

The only fruits we recommend a cancer patient add to their vegetable juices are below. If the juice is too bitter there is a great possibility that it won’t be consumed.

• Granny Smith apple – in small amounts to help make the juice palatable.
• Lemons
• Limes
• Cucumbers
• Tomato (use sparingly as it is a fruit with a high amount of sugar)

Adding a small amount of jalapeño pepper, onion, garlic, red pepper, lemon, lime or ginger works well to enhance the flavor.

Some people only juice carrots, while others exclusively juice all green vegetables. You decide what you prefer.

The most important factor in selecting a juicer is picking one that will actually be used. Many people buy a juicer, use it a few times then put it away and don’t use it much. Having freshly extracted juice is paramount to supporting the body’s healing and every effort should be made to use whatever juicer is selected. Great value is received when consuming juice from even the cheapest and least effective juicer. Don’t use the fact that the better juicers are too expensive to keep you from consuming any juice. Every bit of juice makes a difference.

What about blood sugar issues?

Many people who fight cancer have severe blood sugar issues. Those who do, will need to monitor their blood sugar and begin to drink the carrot/green juice blend slowly, perhaps introducing less carrot and more greens. This gradual approach has assisted many people in their recovery and soon they find that their blood sugar has begun to normalize and they can increase their carrot juice intake without compromising their blood sugar levels.

Carrot juice has an excellent source of beta-carotene that turns into the powerful vitamin A when ingested that has been validated as an excellent antioxidant to fight cancer. It is a tremendous tool in the battle.

Storing the Juice

After the juice is prepared it should be strained an additional time with a hand strainer to ensure that as much of the fiber as possible is removed. If storing the juice, it should be put into containers the same size as you would normally drink at one time – 8 oz. These containers should be filled as full as possible so there is no air remaining. If the juice is put in a larger container, like 16 oz. and only 8 oz. is consumed
then there will be a lot of air or oxygen in the bottle with the juice. This will start to break down the enzymes in the remaining juice.

If storing juice in freezer, use the same size jars but only fill them to about a half inch from the top to allow for expansion. Freeze juice for two weeks.

Many health experts recommend that a “healthy” person consumes 10 servings of raw vegetables every day. Imagine how much is needed for a person who is dealing with something like cancer. 15 to 20 servings wouldn’t be excessive. The only way to consume this much produce is through juicing and blended salads.

Note: There are no juices on the shelves of the grocery stores that will provide the living enzymes, vitamins, minerals or other nutrients that freshly extracted juices will. That is because those juices on the shelves have been pasteurized. Though they may look inviting and much easier, they will never provide your body with the building blocks it needs to fight the cancer.

**Blending vs. Juicing**

Both blended smoothies and freshly extracted vegetable juices offer an abundance of nutrients and enzymes. Although some people refer to high-powered blenders as “juicers”, blenders retain the fiber, whereas juicers are specially designed to separate the fiber, leaving only the liquid, bypassing the digestion process. Blended ingredients still need to go through the human digestion process because of the fiber content.

When the juice is separated from the pulp, you can easily consume a much larger volume of vegetables than you could by drinking a smoothie containing pulp.

Juicing does not replace salads and smoothies. A diet solidly grounded in whole foods filled with fiber is foundational to a healthy diet. Smoothies, blended soups and blended salads are excellent meal replacements. Because they are filling and substantial due to their fiber content, they keep us from desiring so much cooked food. They are encouraged on the Hallelujah Recovery Diet, but they cannot replace juicing. If we consume both smoothies and juices, we are receiving the best of both worlds. The best vitamin and mineral complement to a whole food diet is plenty of freshly extracted vegetable juice especially when attempting to combat a serious illness.
Chapter Twenty-Nine: Barleymax®

“Life is a tragedy of nutrition”
—Arnold Ehret

The cereal grasses (barley, alfalfa, wheat, oat, rye) are an amazing part of a healthy diet. They provide an amazing array of nutrients that nourish and promote health and healing within the body. For years they have been studied as scientists tried to fully understand the mechanism within the plants that provide such wonderful benefits. Why are they so powerful in maintaining and restoring health? The term Grass Juice Factor has been established to represent the unique characteristic these cereal grasses provide.

Here is a timeline of studies performed using cereal grasses:

1930 – Summer milk vs. winter milk – rats and guinea pigs thrived on summer milk but became sick and died on winter milk.
1931 – Research on chickens found that by adding 10% cereal grasses to the hen’s standard feed realized the following results:
- Winter egg production increased from 38% to 94%
- Stronger shells
- Hatched healthier chicks
- Hens were free of degenerative diseases common to poultry production
1940 – Enhanced fertility of laying hens, supports growth of beneficial bacteria, blocked the development of scur-
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vy

1950 – Promotes healing of peptic ulcers
1960 – Improves utilization of vitamin A


The grains must be consumed in their young, grassy state. This valuable nutrition is only in their grass, not in their berries. Typically grain causes an acid residue when introduced to the body. But, if harvested at a young, tender age when the leaves are small and tasteful, the benefits are astounding.

Dark green leafy vegetables are “blood-building” foods as they provide essential vitamins and minerals for the synthesis of healthy blood. They help improve the immune system as they are rich in folate, vitamin C, potassium and magnesium, as well as containing a host of phytochemicals, such as lutein, beta-cryptoxanthin, zeaxanthin, and beta-carotene.

Dr Yoshihide Hagiwara, a Japanese researcher with extensive research into barley grass corroborated early research on the Grass Juice Factor. Dr. Hagiwara tested over 150 green leaved plants and concluded – “Of all the plants I tested, the young leaves of barley and certain other cereal grasses proved throughout my testing to have the most remarkable quantities of active ingredients.”

Chlorophyll is another powerful element found within barley and alfalfa. H.E. Kirschner, M.D. said, “Chlorophyll, the healer, is at once powerful and bland – devastating to germs, yet gentle to wounded body tissues. Exactly how it works is still Nature’s secret; [but] to the layman, at least, the phenomenon seems like green magic.”

Rev Malkmus, founder of Hallelujah Acres grew his own wheat grass in trays on the window sills of his home for years. He would harvest the grass and run it through a juice extractor. He never thought that barley grass that had been harvested in the field, then juiced and dehydrated into a powder could ever be as good as the fresh wheat grass juice he was consuming.

Then one day someone sent him a bottle of dehydrated barley juice powder. At first he didn’t even want to try it. Eventually, he became curious and decided to give it a try. What he discovered was that the dehydrated powder gave him more energy and clearer thinking than what he had experienced through the juice grass he had been grow-
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ing himself. This is what prompted Hallelujah Acres to start making Barleymax®.

Many people have experienced its remarkable benefits, but making a barley grass juice product like Barleymax® that preserves the delicate whole food synergy found in the cereal grasses is truly rare. It is a powerhouse of nutrition and vitality! We believe that it must be a part of the Hallelujah Recovery Diet.

**Superior Drying Method**

To appreciate the superior, proprietary drying method used to create Barleymax®, it is important to understand the other three main juice-drying methods in the nutritional juice powder industry:

**Standard Spray Drying** - Juices are dried to powder quickly, however there is heat involved that reaches over 150 degrees F, which kills the living enzymes and heat sensitive nutrients. As the juice dries and the heat is turned up, the nutrition of the juice is compromised.

**Freeze Drying** - Typically touted as a higher quality drying process, freeze-drying still involves heat that kills live enzymes (130 degrees F). Depending on how much infrared heat is used; it can take from 12 to 72 hours to dry a batch of juice, which causes additional nutritional degradation. If dried too quickly (requiring high heat), freeze dried products can actually taste burned. Not to mention, freeze-drying requires that the liquid be concentrated before drying, which again involves heat and/or pasteurization.

**Refractive Window Drying** - This is a relatively new process in the industry, but it still involves enzyme-killing heat. Hot water in excess of 160 degrees F is used to quickly warm the liquid juice to dry it. Unfortunately, juice in its liquid form is most susceptible to nutritional degradation. Even though this is a quick process, it still subjects the juice to conditions that destroy its enzymatic, nutritive components.

**The Barleymax® Process** – By contrast, the barley used for Barleymax® is harvested, juiced, and dried all within a few hours (the fastest, freshest method in the industry) all without significant heat. Barleymax® is not subjected to harsh sanitization processes that damage the beneficial bacteria and vital nutrients, as is the case with other processes.

When the young, highly nutritious leaves of barley are near the first jointing stage, they are cut without the grass ever touching the
ground. The grass is then washed, ground, juiced, and chilled to stabilize the nutrients. Using a temperature of only 104-105 degrees F, the juice is then dried within two minutes into a stable powder with typical moisture of less than 7%.

Care is also taken to protect the fragile juice nutrients from oxidation. Carbon dioxide (CO2) is injected into the juice prior to drying; this becomes CO2 gas that surrounds the juice particles at the top of the dryer. The CO2 dissipates as the drying particles fall to the bottom of the drier, but not until they have protected the juice during its wettest, most vulnerable state. So, the vitamins, minerals, and other nutrients are not oxidized when they reach the consumer.

Because the enzymes are so important for absorption of the nutrients and they are extremely fragile, testing enzyme levels in juice powders helps to understand the quality of the product and assures us heat sensitive nutrients have not been affected.

In June 2013, Dr. Michael Donaldson, PhD and director of research for Hallelujah Acres performed a test on Barleymax® and other juice powders. He purchased 5 different green superfood powders from America’s largest organic grocery chain. Some of these superfoods claim to be “raw,” so he tested them for live enzyme activity to see if they really contained live enzymes.

Acid phosphatase was chosen as a marker enzyme because it is always found in abundance in raw foods (fruits, vegetables, nuts, and seeds) and its activity is representative of other enzymes as well.

When there is plenty of acid phosphatase detected, you can be certain that the other enzymes are present as well. But if the acid phosphatase is gone, or greatly diminished, then the rest of the enzymes have likewise been deactivated.

For comparison Dr. Donaldson also used an expired container of Barleymax®. In fact, it had been expired since December 2012 (this test was performed in June 2013). An expired container was selected to reflect the worse case scenario for Barleymax®.

In Figure 1 below, you can see the results. The closest competitor, who claims to be a raw food product, has only about 28% of the
enzyme activity that you find in Barleymax®. A few of the products had less than 2% of the activity found in Barleymax®.

Figure 1.

Attention to Detail

Another key difference with the Barleymax® process is timing. Exactly when the heat is applied makes a significant difference in the quality of the juice and resulting juice powder. If fresh barley juice was poured on to a warm stove top, the heat would significantly degrade enzymatic activity, chlorophyll content and other delicate nutrients. If the same thing were done with powder, the nutritional degradation would be substantially less. This example illustrates how the chemistry of juice is much more active and susceptible to degradation than a stabilized powder. Under the same principle, any unrefrigerated (unstabilized) fresh juice will begin to rot and grow mold. A powdered juice with low moisture (stable) will keep for years as long as it’s kept cool and dry. When water is added, the moisture reactivates the chemistry of the liquid juice.

The science behind this example is the reason why the Barleymax® process was designed to ensure that the majority of the drying process occurs when the temperature is relatively low (65F). Keeping the temperature low while the juice is still in liquid form locks in the nutritional integrity of the original, fresh juice before the heat peaks at 104-105 degrees F when the juice is closer to its powder form.
Unravel the Mystery

No Pulp, No Fillers

Some other barley powders on the market contain pulp; that is, the fiber and juice are ground together, then dehydrated and packaged. This is obviously not ideal. The reason pulp is removed in the first place is so the body does not have to digest fiber in order to absorb the nutrients in the juice. Juice that is free from fiber, then dehydrated, is far more potent and more easily assimilated at the cellular level. Other barley grass juices, though fiberless, contain maltodextrin to stabilize the nutrients. Again, with the Barleymax® process this additive is not necessary. Barleymax® is 100% juice carefully dried to a powder... that’s it!

Whole Food Benefits

The proprietary process used to dry barley juice into Barleymax® is unmatched. By taking extra care to preserve the vitamins, minerals and enzymes in barley, these synergistic co-factors operate in harmony as a stabilized whole food -- a true superfood -- which benefits the body more than any one nutrient could by itself.

Other Significant Factors

Specially selected barley grass seeds are grown in a mineral-rich, volcanic lakebed at an elevation of 5,000 feet. Slower growth at this elevation allows the plant to absorb maximum nutrition from the incredibly nutrient-rich soil. Harvested at just the right moment for peak nutrition, the barley grass is cut, washed, juiced, and dried with a patented drying process that retains the living nutrients -- all in just a few hours.

In the end, each 8.5 oz container of Barleymax® contains the gluten-free, dehydrated juice of 15 pounds of freshly harvested barley grass, a much more nutrient-dense and better tasting alternative than freeze dried products or even freshly harvested “indoor” wheat grass.

A Complete Food

The rich scent, vibrant color, and delicious, fresh taste of Barleymax® are living proof of its pure nutrition and health promoting power — there’s nothing else like it.
The Recovery Program

• Vitamins
• Minerals
• Essential amino acids
• Chlorophyll
• Flavonoids
• Trace elements
• Antioxidants
• Live enzymes

Plus, with its living enzymes and countless micronutrients, Barleymax® offers one of the widest spectrums of naturally occurring nutrients in a single source.

Barleymax® has been shown to protect human cells from DNA damage, the “biological rust” that plays a large role in aging and disease. As an added bonus, a study involving extract of barley leaf has shown to decrease LDL (bad) cholesterol!

Why Alfalfa?

An added ingredient in Barleymax® is alfalfa. The Chinese have used alfalfa since the sixth century as treatment for many health conditions. It is considered the richest source of land source trace minerals because of its extensive root system. It has been noted that the benefits include supporting kidney problems, assisting with auto-immune disorders, supporting arthritis, nourishing the digestive, skeletal, glandular and urinary systems, cleansing the blood, liver and bowels, assisting with cholesterol, strokes, whooping cough as well as assisting to help maintain an overall sense of well being. Barleymax® combines the juice of the young plants of alfalfa and barley in a way to maximize the benefits of both variety of cereal grasses.

People who regularly consume the Standard American Diet may find the flavor of Barleymax® (original flavor) a little strong. Berry and Mint flavors are also available but there is about 15% less of the barley and alfalfa juices in these varieties to make room for the organic flavorings.

Because the juice from young barley and alfalfa plants are so nutrient dense and include the amazing “Grass Juice Factor,” Barleymax® should be a regular part of anybody’s daily routine whether dealing with a serious physical problem or just trying to maintain vibrant
health.

Study Reveals that Barleymax® Protects DNA from Oxidative Damage

A recent test revealed that Barleymax® prevents DNA damage. A Comet assay of colon cancer cells found that a diluted solution of Barleymax® was able to protect the cells from DNA damage induced by hydrogen peroxide [1].

Throughout this book we have discussed that DNA damage is one of the initiating steps of many disease processes, including cancer. Our bodies have a three-fold defense against DNA damage – enzymes that disarm free radicals, small molecules that absorb free radicals (like uric acid), and dietary antioxidants to boost protection of DNA, lipids, and proteins.

The cells of our bodies are constantly bombarded with free radicals produced from the “fire” of oxygen-based metabolism. These free radicals cause biological “rust,” making the systems of the body seize up and grind to a halt. Free radical damage plays a major role in disease and untimely deaths.

In this study, the HT29 cell line, a human colorectal adenocarcinoma cell line widely used as a colon cancer model, was selected. HT29 cells were incubated with Barleymax® at various concentrations along with hydrogen peroxide for 1 hour. After thorough rinsing the cells were mixed with agarose gel and laid onto a microscope slide. Cells were then lysed, electrophoresed, the DNA was stained, and then individual cells were scored. Damaged DNA is shorter than intact DNA and moves quicker under the electrophoresis field, forming a tail that appears like a comet when visualized with fluorescent dye. The amount of DNA in the tail is quantified compared to the amount remaining within the cell nucleus. A bigger tail indicates greater DNA damage.

As shown in Figure 2, Barleymax® at 0.03% significantly reduces DNA damage. At 0.25% Barleymax® or higher the cells were almost completely protected; damage was reduced to about 10% of the negative control value.

This was an in vitro experiment, so the data cannot be directly applied to DNA protection in people. The Comet assay is widely used and accepted as a very sensitive method to detect DNA damage in
Figure 2. Effect of BarleyMax on H$_2$O$_2$-induced DNA damage in HT29 cells in Comet assays.

*: Fig 2a and Fig 2b represent two independent experiments. Levels of significant difference between H$_2$O$_2$ treated controls and asterisk sign indicated BarleyMax/H$_2$O$_2$ treatments: * = p < 0.05, ** = p < 0.01, *** = p < 0.001, in Mann-Whitney test.
single cells. In vitro results like these with Barleymax® do correlate well with DNA protection of white blood cells in volunteers who consume kiwifruit juice [2], and broccoli sprouts [3]. Also, the Comet assay was able to detect DNA protective effects of eating spinach and tomato puree [4], and blood orange juice [5]. Whole diet effects can even be captured. The fecal water of volunteers who ate a diet low in fat and meat, when compared to a high-fat, high-meat diet, caused twice as much DNA damage in a Comet assay [6].

Barleymax® has DNA-protective properties, possibly by multiple mechanisms. For maximum protection an optimal diet and lifestyle must be followed. Barleymax® can be part of that protection. Barleymax® is the dehydrated juice from young barley grass and alfalfa. It is the juice from a whole food, replete with all of the vitamins, minerals, antioxidants, and enzymes of these very potent green foods. It has been carefully processed so that as much as possible of the vibrancy, taste, and life of the fresh juice is preserved for convenient consumption.

Damaged DNA is shorter than intact DNA and moves quicker under the electrophoresis field, forming a tail that appears like a “comet” when visualized with fluorescent dye. A bigger tail indicates greater DNA damage; this is indicated by the height of the bar on the graph; the taller the bar, the more DNA damage.

The first column is a negative control, a “vehicle” control; the experiment procedure itself does not induce noticeable DNA damage. The second column is a positive control, where the cells are incubated with hydrogen peroxide. Concentration of the hydrogen peroxide is 200 micromolar. Clearly there is a lot of DNA damage.

The next columns are cells incubated with the same amount of hydrogen peroxide and increasing amounts of Barleymax®. As the amount of Barleymax® was increased the cells were protected more and more until there was almost no damage of the DNA, compared to the “vehicle” control. Each treatment with Barleymax® is twice as much as the next column on the left.
Chapter Thirty: Living Food

“The doctor of the future will be oneself.”
—Albert Schweitzer

The term live food refers to raw, uncooked, and sprouted vegetables, fruits, seeds and nuts, not heated above approximately 108 degrees Fahrenheit, consumed for optimizing health, reversing disease, as well as delicious taste. The terms “live” or “living” food are used to differentiate the inclusion of sprouted and growing plants from simply raw harvested plants such as leaves, fruits, and vegetables. Kristine Nolfi, MD is credited with creating the term “living food” in the 1940's to describe the diet when writing about healing herself of breast cancer with raw vegan foods. Live, raw, living foods are not cooked, microwaved, or irradiated, and ideally are organic, that is, grown without the use of chemical pesticides, herbicides, fertilizers, or genetic modification. Heating above 108 degrees destroys the beneficial enzymes, micronutrients, chemistry, and life force of plants crucial to human health.

Why Live Food?

Living plant material is the ultimate nutrient delivery system for the body because it contains much more than just vitamins and minerals; it contains complex living energies that plants absorb from nature. While there is much talk about why raw plant material is restorative to the body and mind, science is showing that uncooked plants contain enzymes, phytonutrients, structured water, micro-clustered elements and minerals, and other nutrients that are perfectly designed to operate within our human physiology and optimize its functions.
Plants take water, air, and nutrients from the soil, and convert sunlight into their physical matter. Living food plant material contains exactly what our bodies need, and when we eat it we are consuming solidified solar energy. A live vegan diet and balanced lifestyle work to regain and maintain health where other approaches fail.

A Short History of Live Food

Although often presented in the media as a new fad diet, the concept of eating uncooked food is not new, predating the discovery of cooking by fire. Humans are the only creatures on this planet that cook their food, and consequently, we have far more disease than wild animals.

We believe the living food diet and lifestyle started in the Garden of Eden as stated in Genesis 1:29. God gave Adam and Eve a garden and told them the fruit of the trees was their food. It has also been found with the Essenes over 2000 years ago, with detailed descriptions in the Dead Sea Scrolls for healing and optimizing health. The ancient Greek biographer Diogenes Laertius noted that 500 BC, philosopher and mathematician Pythagoras forbade his followers to eat meat, and espoused a raw vegetarian diet to “derive health of body and acuteness of intellect.” Ancient Greek physician Hippocrates, father of medicine whose name and principles are the foundation for modern medicine’s Hippocratic Oath, used a live vegan diet for healing. Socrates, Plato, and Aristotle also promoted vegan diets.

As evidenced historically, many people have found living foods to be instrumental in the process of restoring their health.

Not All Produce is Created Equal

When we go the grocery store and look at the produce we have to ask ourselves a few questions:

1. What type of soil were the vegetables grown? Soil that has been depleted of nutrients will have limed vitamins and minerals because they weren’t available to the plant’s root system. Commercially grown produce is commonly lacking in many nutrients, especially, trace minerals.
2. How long has it been since the produce was picked?
As produce begins to age the enzymes that are naturally present begin to break down the plant resulting in less nutrition.

3. Was the product ripe when it was harvested? Many fruits and vegetables are picked unripe so they last longer in the supermarket before going bad. Some vegetables and fruits like tomatoes are harvested green then artificially ripened when they get close to their destination.

4. Were pesticides, fertilizers, and other chemicals designed to prevent bugs, inhibit mold or increase growth used?

When we realize that the foods we consume is used by the body as medicine we start looking at the quality of the produce to ensure that we are getting maximum nutrition (value) for our dollars and efforts.

**Here Are Some Tips for Purchasing Produce:**

1. Shop locally as much as possible. Use the farmers markets or local produce stands throughout the year. Ask the local growers how the plants were grown. Did they use pesticides? You can usually tell if the vegetables are grown naturally as they will have more blemishes, little worms and be less perfect. Lettuce leaves might have little holes. Squash and tomatoes might have bug marks. These are naturally occurring.

2. Focus on foods that are in season. They will most likely be fresher as they didn’t have to travel across the country to get to the market.

3. Consume a variety of produce. Include many different colors of fruits and vegetables into your diets.

4. Dark leafy greens are the feeders – lots of Swiss chard, collard greens, kale and spinach.

While it isn’t necessary to only use organically grown produce the nutritional level will be greater and the chemical residue will be less. We would typically say that the health benefits of consuming fruits
and vegetables far outweighs the risks from pesticide exposure however, when the body is working so hard to heal, even small amounts of pesticide residue will cause it to work harder.

Organic foods are typically more expensive than conventionally grown produce. Below you will find a list of the fruits and vegetables with the most amounts of pesticides. If available, these items should be purchased organically. The smaller the number in this list the greater the pesticide residue.

1. Apples
2. Strawberries
3. Grapes
4. Celery
5. Peaches
6. Spinach
7. Sweet Bell Peppers
8. Nectarines - Imported
9. Cucumbers
10. Potatoes
11. Cherry Tomatoes
12. Hot Peppers
13. Blueberries
14. Lettuce
15. Snap Peas

Below are the fruits and vegetables with the least amount of pesticides residue. The lower the number indicates the least amount of pesticides.

1. Sweet Corn
2. Onions
3. Pineapples
4. Avocados
5. Cabbage
6. Sweet Peas
7. Papayas
8. Mangoes
9. Asparagus
10. Kiwi
11. Grapefruit
12. Cantaloupe
13. Sweet Potatoes
14. Mushrooms
15. Watermelons

The Environmental Working Group generated the above lists after analyzing pesticide residue testing data from the U.S. Department of Agriculture and Food and Drug Administration [1].

Genetically modified plants, or GMOs, were discussed in the toxicity section but it is important to consider GMO when purchasing produce. GMO isn’t often found in the produce section of grocery stores. Field corn, nearly all of which is produced with genetically modified seeds, is used to make processed foods like tortillas, chips and corn syrup. It is also used heavily in animal feed and biofuels. Soy is another heavily GMO crop that makes its way into processed food.

The genetically modified crops likely to be found in produce aisles of American supermarkets are yellow crooked neck squash, zucchini, Hawaiian papaya and some varieties of sweet corn. Most Hawaiian papaya is a GMO. Only a small fraction of zucchini and sweet corn are GMO. Since U.S. law does not require labeling of GMO produce, it is advised that people who want to avoid it to purchase the organically grown versions of these items [1].
Unravel the Mystery
Chapter Thirty-One: Cooked Food

“Healthy citizens are the greatest asset any country can have.”
—Winston Churchill

Eating raw food is absolutely necessary when battling cancer and for regaining health. Raw foods are the foundation for an optimal diet and are necessary for effective digestion and proper bowel movements. They must be the foundation of any healthy diet. But should one’s entire diet consist of only raw food? Eating an entirely raw food diet has many drawbacks and is not the healthiest way to live.

Eating many cooked foods will have negative impacts on our health but there are some foods that when steamed or made into soups will add significant value and enhance one’s overall level of health. The inclusion of cooked foods, that are prepared properly, is necessary to regain and maintain health.

When food is baked at high temperatures and especially when it is fried or barbecued toxic compounds called acrylamides are formed. Another result of high heat is that most of the vital nutrients are lost. Many vitamins are water-soluble, and a significant percentage can be lost with cooking, especially when overcooked. Also, most of the plant enzymes that function as phytonutrients in our body are destroyed by overcooking.

Exposing foods to high temperatures through baking, browning, barbecuing and other methods should be avoided.

When cooked for shorter periods of time and in small amounts of liquid, only small amounts of nutrients will be lost and many nutrients will actually have increased absorbability.

Making soups and steaming vegetables are the healthiest forms of
Unravel the Mystery

cooking. Don’t overcook. Remove from the heat when the vegetables become soft but when they still have some crunch. Boiling vegetables is less desirable because many of the nutrients will be discarded with the water after the vegetables are removed.

Sometimes, cooking can actually destroy some of the harmful anti-nutrients that bind minerals in the gut and interfere with the utilization of nutrients. Destruction of these anti-nutrients increases absorption. Steaming vegetables and making vegetable soups breaks down cellulose and alters the plants’ cell structures making digestion easier.

Roasting nuts and baking cereals reduces the availability and absorbability of protein and should be avoided. Certain foods, especially fruit, avocado and nuts undergo significant change with cooking and are best eaten raw.

Studies verify that significantly more of the beneficial anti-cancer nutrients (carotenoids and phytonutrients – especially lutein and lycopene) are absorbed when consuming cooked vegetables as compared with raw. There may not have been as much absorption if they had been consumed raw.

Digestibility and absorption of many beneficial nutrients are significantly increased when we cook beans. Eating beans in soups increases the plant protein in the diet, this is especially important. Even most essential nutrients in vegetables are made more absorbable after being cooked in a soup. And water-soluble nutrients are not lost because the liquid portion of the soup is consumed too. A benefit of eating steamed vegetables and soups is that it expands nutrient diversity.

Beyond the many health benefits of cooked food there are also psychological benefits too. It is difficult being all-raw, especially in cold winter months. Having a bowl of hot soup can calm the nerves and emotions.

So, keep the salad as your main dish and then enjoy the benefits of healthy, cooked foods prepared the healthiest way.
Chapter Thirty-Two: Cleansing

“Poor health is not caused by something you don’t have; it’s caused by disturbing something that you already have. Healthy is not something that you need to get, it’s something you have already if you don’t disturb it.”

—Dean Ornish

Cleansing is the process of removing waste, toxins, sludge, hormones, and so on that have taken up residence in the body but with healthy eating the body has finally mustered up enough energy to do some major housecleaning. There are several routes that the toxins can be removed, but all of the pathways must be open and ready for the removal. There are the primary routes and the secondary routes.

**Primary Routes**

The primary routes of elimination all have direct access to the outside of the body. They are a transition point between normal bodily processing and excretion. Ensuring optimal function of all six primary routes is essential to regaining health.

1. Bowels – This is a major route of elimination of toxins from the body. As food is ingested, it passes through the digestive tract and is continually broken down. Nutrients are absorbed along the way. What the body cannot utilize is then eliminated in the stool. Toxins and waste are eliminated in the stool, thus protecting the body from toxic accumulation. You should empty
your bowels not once but two or three times every day – there should be an urge after every meal. A healthy stool should break up easily and not be a strain to pass. It should resemble a long broomstick that can easily break into shorter pieces. Don’t be surprised if the color resembles the color of your food.

Here are some of the negative impacts and possible indicators of colon dysfunction due to clogging:

– Obesity
– Body odor
– Fatigue and lethargy
– Constipation
– Chronic halitosis (bad breath)
– Unclear thinking
– Diarrhea
– Fibromyalgia
– Digestive pain
– Depression
– Grinding teeth
– Nervousness
– Drooling while sleeping

2. Bladder – The main function of the bladder is to store and release urine. The complex urinary system filters blood through the kidneys as a means of maintaining health and proper pH within the body. The urinary system is the primary system responsible for excretion of metabolic waste. Uric acid and nitrogen, from protein breakdown, are the major metabolic bi-products excreted in the urine. Consume adequate amounts of liquids so the urine is a pale yellow to nearly clear color. This will help to keep the toxins moving through the urinary system.

3. Skin – Elimination of toxins and carbon dioxide from the skin is achieved through sweating. Sweat stimulated by exercise, fever, environment (i.e. summer weather, saunas, steam room etc.) is a way for the body to rid itself of toxins that are stored in fat
tissues.
– This is our largest single organ.
– Eliminates over twice as much by weight as the bowels - each day.
– Bathing washes away residues (use only natural moisturizer such as cold-pressed organic olive oil, coconut butter or avocado oil)

4. Breathing – The lungs are responsible for the elimination of carbon dioxide with every breath. Carbon dioxide in a naturally occurring toxin in the body. The lungs are the largest and most important internal elimination organs. They exchange over 12,000 quarts of air every day. Breathing is a major way for the body to maintain homeostasis. The pH balance in the body is achieved through breathing and optimal kidney function.

5. Voice – The voice is an important way for the body to eliminate emotional toxins. The expression of true emotions and organic feelings through voice allows the body the opportunity to express and release emotions. The proper release of emotions whether positive or negative is an important part of detoxification and elimination for the body.

6. Menstruation – Menses is a primary route of elimination for women. Monthly, women are awarded an additional opportunity to detoxify and eliminate toxins from the body. As blood and uterine lining are shed the body can eliminate unwanted waste. Dark, heavy painful menstruation is a sign of excess toxins in the system. Menstruation should be a natural, pain-free process that the body cycles through every 28 days.

For the first 90 days on the Recovery Program, FiberCleanse is used to facilitate the removal of toxins from within the body. With its 28 herbs, psyllium based FiberCleanse works synergistically within the body to perform a complete, full body detox. It helps to mobilize toxins from within and between the cells. As these toxins make their way to the colon, FiberCleanse acts like a broom sweeping the colon
walls encouraging the removal of toxins that may have built up in the colon over the previous years.

One tablespoon taken in the morning followed with 2 to 3 large glasses of pure water will begin the process. If two to three healthy bowel movements aren’t realized within the first several days consider taking twice daily. It will elicit a gentle, reaction that will not propel you to spend most of your day in the bathroom. FiberCleanse is not recommended for pregnant or lactating women. Always consult a physician or pharmacists if taking medications to ensure there are no contraindications.

**Secondary Routes**

Secondary routes of elimination are utilized when the primary routes are overburdened with toxins. The body attempts to shed unwanted toxins from the system by utilizing the secondary routes. Optimal functioning of all primary routes and minimal toxic exposure will prevent the body from utilizing the secondary routes of elimination. Secondary routes of elimination include nasal discharge, earwax, tears, hair, excess vaginal secretions, phlegm, mucus or blood in stool, mucus in the eyes in the morning and throughout the day, mucus and draining in the nose or sinuses, and sneezing.

Cleansing is an on-going situation. Even after you have eliminated the sickness and restored your body, you will continue to take measures to keep it cleansed. The daily impact from unhealthy air and environmental toxins will always need to be addressed. Healthy foods, daily exercise, selective supplementation and stress management are all beneficial ways to keep the toxins at a reasonable level.
Chapter Thirty-Three: Stress

“You may tend to get cancer from the thing that makes you want to smoke so much, not from the smoking itself.”
—Williams Saroyan

According to Webster’s New Collegiate Dictionary, the definition of stress is “a physical, chemical, or emotional factor that causes bodily or mental tension and may be a factor in disease causation.” There is, however, a difference between negative and positive stress.

Positive stress would involve a healthy internal response to the pressures and tensions of life. When one has a settled sense of purpose in life, the pressures associated with change are more likely to be viewed as opportunities for growth.

In contrast, negative stress that seems to appear daily, will wear the body out through negative internal responses. Anger, for example, will trigger the body’s stress response. When we become aware and realize the adverse consequences to our health that anger can produce, that knowledge could help us respond a little differently.

Another example of negative stress is when individuals see themselves as powerless victims and fear they could be easily replaced in their jobs. Negative internal responses are primarily the ones that are upsetting the delicate checks and balances in our bodies and are costing so many of us the health we need and want.

Many physicians today treat more and more illnesses that are stress related. What is contributing to this increase?

How many on this list of situations and events apply to your life now or have within the past twelve months?
Unravel the Mystery

• Death in the family
• Job loss
• Financial burdens
• Severe illness or health challenge
• Going back to school
• Problems with children
• Deadlines at work
• Increased responsibilities at work
• Moving yourself and/or your family to a new location

It is believed that the top three stress producing situations are: the death of a spouse, divorce, and a death in the family (other than a spouse).

Many cancers surface within one year from one of these major life events. They become the trigger for the cancer. As the body reacts to the uncontrolled stress it becomes completely out of balance because the messaging system is so overloaded from the stressor.

The more of these situations you are currently facing, or have experienced recently, the greater chance there is that you might not have been able to handle them constructively or in a healthy way, thus setting your body up for some damaging responses.

The body’s response to bad stress:
1. The whole body becomes strained.
2. Energy is depleted.
3. Your hormones (the chemical messengers in your body) become out of balance.

When our hormonal balance (the messenger system) becomes upset it affects the:

• Emotions
• Brain
• Body temperature
• Muscles
• Energy level

Stress comes not only from what we do but how we react to the external world. Our body often responds to stress with a fight or flight
The Recovery Program

1. Muscles contract to provide you with a “hard coat” of protection.
2. Metabolism speeds up to give you more energy to react.
3. Breathing increases to give you more oxygen to function.
4. Digestive system begins to shut down to divert more blood and energy to the large muscles needed to operate.

When improper response to stress occurs it can cause elimination organs to hold on to toxicity and metabolic waste. This leads to the acceleration of illness and disease. For the chemical messengers in our bodies to function optimally requires management of our responses to the stresses in our lives.

There are many foods that help to either alleviate stress or help to rebuild after being exposed to major stressors:

1. Fresh living food and juices:
   a. Our body is a living organism made of living cells that require living food (raw food) to function properly.
   b. The most abundant source of nutrients that can be used by our bodies is from raw vegetables.
   c. Drinking the freshly extracted juices of vegetables is the fastest way to obtain the nutrients necessary to restore the human body to health.
2. Living food raises the alkalinity of the body.
3. Living food helps soothe nerves and calms the body as it loosens the constriction of body tissues.
4. Dark green vegetables like kale and broccoli are packed with vitamins and minerals that help replenish the body when it has been stressed out.
5. Oranges, along with Brussels sprouts, broccoli, red and green peppers and strawberries contain lots of vitamin C, which boost your immune system and fights brain-cell damage resulting from constant exposure.
6. Spinach, Swiss chard and kale are loaded with magnesium, which has been credited as a major stress fighter, helping to relax muscle fibers and put you at ease.

7. Omega-3 – A 2011 study from Ohio State showed a 20% reduction in anxiety among medical school students who took omega-3 supplements.

8. Oatmeal, though not a raw, living food contains complex carbohydrates that help to increase serotonin production. The oats have calming magnesium and potassium. Don’t add additional sugar and purchase only steel cut oats.

9. Cooked foods – While void of living enzymes, cooked foods can have a greater calming effect on the body than raw food can. Understand the consumption of the cooked food in this case is for comfort rather than nourishment.

10. Supplements
   a. Vitamin B6 – Vitamin B6 helps produce serotonin in your body, which is a calming neurotransmitter.
   b. Vitamin B12 also helps relax the body. It helps form GABA, a type of calming neurotransmitter.
   c. Folic acid helps create dopamine in the body, which is a neurotransmitter associated with pleasure.
   d. Magnesium stimulates the production of GABA and dopamine in the body, both of which help you to feel calm and happy.
   e. Melatonin is a great supplement to help you sleep better. Stress can become worse when you are unable to sleep well.
   f. Kava is a plant known to Pacific islanders for centuries and has long been used as a mood elevator. Studies show that Kava has demonstrated effectiveness in helping people who are suffering
from panic attacks and other psychological disorders including obsessive – compulsive disorder. Kava has shown to be an effective means of anxiety relief. However, this supplement should be used with the supervision of a doctor due to its effects on the liver.

g. Celery Seed – This supplement is known to be very helpful for many health problems. Celery seed also proves to be beneficial for treating anxiety and stress symptoms. Its active compound known as phthalides provides sedative effects making it helpful for people with anxiety and stress.

h. Niacin/Niacinamide – This supplement provides effects similar to benzodiazepine drugs that are often prescribed to people with anxiety, depression and stress. This supplement has to be taken with food.

i. Valerian is another common supplement being used for people who are afflicted with insomnia and other symptoms brought about by anxiety. Valerian slows down the central nervous system to provide relief from anxiety. However, if you have plans of undergoing any surgery you should stop taking Valerian at least two weeks before. Avoid taking valerian along with any other sedatives.

11. Herbal Supplements – There are many herbal supplements that claim to fight stress.

a. St. John’s Wort is one of the best studied. It has shown benefits for people with mild-to-moderate depression. The herb also appears to reduce symptoms of anxiety.

b. Maca root in its unprocessed form contains a phyto nutrient that helps ward off anxiety and depression. Some studies have found that maca root is just as useful at fighting depression as prescription antidepressants.
Various methods of managing stress:

1. Deep breathing:
   a. The brain uses 1/3 of oxygen you breathe. The air we breathe coordinates with all our movements and mental actions to help us work, play, and think more efficiently.
   b. Short, shallow breathing keeps body and mind rigid and uptight.
   c. To calm yourself, take a few slow, deep breaths to relax. As you do, think happy thoughts and your mind will relax. Your body will begin to relax in response to this and the tension and stress will fade.

2. Laughter:
   Humor is an excellent way to reduce tension. Some health care practitioners recommend their patients turn to humor as a source of relief from various conditions.

3. Stretching:
   a. Strengthens muscles
   b. Tones muscles
   c. Increases flexibility
   d. Relaxes large muscle groups in legs and back
   e. Relieves mental stress
   f. Makes joints loose and supple
   g. Slow, gentle stretching relieves stress in the body and in the mind
   h. Improving your mental focus and clarity
      i. Reducing worry and anxiety
      ii. Strengthening your overall well-being
      iii. Creating a sense of inner peace

4. Exercise – one of the best stress-busting strategies is to start exercising
   a. Aerobic exercise boosts oxygen circulation and spurs your body to make feel-good chemicals called endorphins. Aim for 30 minutes of aerobic exercise three to four times a week.
   b. Walking is beneficial in many ways to relieve
stress especially if walking with a companion in a beautiful park or other natural setting.

5. Crunchy raw vegetables can help ease stress in a purely mechanical way. Munching celery or carrot sticks helps release a clenched jaw, and that can ward off tension.

6. Eat small meals throughout the day, which will keep your blood sugar stable (when blood sugar is low, mental, physical, and emotional energy decreases, and stress increases).

Having stress in our lives is inevitable and it seems with the faster paced lives we live today and the pressures that come from everywhere there is more of it now than there ever was. By recognizing the negative impact stress can have on our lives and taking steps to alleviate as much as we can while incorporating methods to manage the stress we aren’t able to avoid we will be able to support our bodies in its journey toward improved health.

Over the years there have been many stories of people with terminal cancer who decided to leave their homes to go enjoy their last days on the beach or hiking in the mountains only to have their cancer go away. Could it be that they left behind the stress that was causing the problem in the first place?
Unravel the Mystery
Chapter Thirty-Four: Rest

“There is no illness that is not exacerbated by stress.”
—Allan Lokos

Why do we sleep? Is sleep important to healing and the health of the body? In our hectic lives, sleep seems to be one of those things that we figure we’ll get to one day. We treat it like it is a luxury. But, if sleep isn’t important, then why is it that all animals in nature ... sleep?

The purpose of sleep remains one of the most perplexing biological riddles. Aristotle thought that we sleep because of cooling of the vapors of the head. Freud thought sleep was a symbolic journey back to the security of the womb. Pavlov thought of it as a conditioned response. Others have argued that we sleep to repair the ravages of the day, or to purge our brains of extraneous information, or to conserve our energy. Sleep has also been called maintenance time for our bodies.

Perhaps none of these explanations is correct. Perhaps they all are, for it may well be that sleep, like waking, has many functions. We may be making an enormous and costly mistake by assuming that our nights are any less significant or complex than our days.

Our bodies are constantly repairing the wear and tear of living, but when we sleep, those energy hungry machines like muscles and digestive system, even lungs and heart, take a break and free up blood flow and energy (nutrients) for other things like – recovery and repair.

The key to understanding this is to realize that the body has limited resources. There’s only so much blood, so many white blood cells, so much flow through the liver and kidneys, so much energy for use in
cellular functions. If you’re moving around, eating, and generally being active, more resources go to those activities, so less are available for repair. When you rest, or sleep, your body redistributes the resources to repair functions.

It could be said that the primary purpose of sleep is for generating nerve energy or low-level electricity. But, many other beneficial activities are also accomplished during sleep. The physiological rest obtained during sleep is extraordinarily valuable. During the prolonged rest of sleep, the body restocks its cells and organs with fuel, replaces cells that have lost their vitality and rids itself of extra toxins that may not have been eliminated the previous day.

This is also when the body’s immune system is rebuilt to continue the fight against infection and to maintain health.

The benefits of sleep may be chronicled as follows:
1. The regeneration of nerve energy
2. Refueling the liver and cells with glycogen
3. Destruction of old cells and replacement with new cells (multiplication of cells occurs during sleep at a rate of more than twice that during waking hours).
4. The body expels more debris and waste during sleep and rest than when active

Here are some things that happen to the human body while sleeping:

• Brain – The activity in the cortex drops by about 40% while in the first phase of sleep. This reduces the blood flow required for brain activity and the blood is redirected to the muscle to restore energy. The brain does become more active through later phases as it does interesting activities like reevaluate memories, shift short term to long term storage, link thoughts to one another, and more.

• Digestive System – During sleep the digestive system slows down. For this reason, eating late at night is not recommended because the enzymes and stomach acid which is used to convert food into energy is not running at normal levels, thus resulting in poorer digestion and reduced nutrient uptake.
• Hormones – During our waking hours, the body burns oxygen and food to provide energy. This is called catabolic rate and is dominated by stimulation of adrenal hormones and corticosteroid. But during sleep, the hormone system will switch on anabolic phase, energy conversion for improvement and growth. At this stage, the adrenaline hormone level and corticosteroids drop and the body begins producing human growth hormone (HGH), melatonin, as well as sex hormone testosterone, fertility hormones, FSH (follicle-stimulating hormone) and LH (luteinizing hormone). HGH encourages growth, maintenance and muscle repair.

• Immune System – While you sleep, your body produces hormones called cytokines. Cytokines are made to help the immune system fight against certain diseases and infections. That is why getting enough sleep can help fight infections. A cancer killer called Tumor necrosis Factor (TNF) is also pumped through the blood vessels during sleep.

• Blood – Heart rate is decreased between 10 and 30 beats per minute during sleep. This results in a decrease in blood pressure, which occurs in deep sleep. During rest, blood flows from the brain, relaxes the arteries and enlarges the limbs. The cells and tissues that break down to produce toxins also become less active during sleep. This gives an opportunity for damaged tissue to be rebuilt.

• Body temperature – At night, the body temperature along with the adrenaline begin to fall.

• Muscle – Even when people change sleep positions 35 times a night, the muscles remain relaxed. This gives an opportunity for body networks to be repaired and restored.

• Skin – During deep sleep, metabolism rates accelerate and many body cells show increase in production and reduced damage to proteins. This is why sleep can beautify the skin.
Chronic sleep deprivation leads to numerous health problems like depression, high blood pressure, obesity, irritability, irregular hormone production, decreased concentration and memory, and weakened immune system.

Scientists are realizing more and more the physical implications of not getting enough sleep. In a study done at the University of Chicago, Dr. Eve Van Cauter found that, after four hours of sleep for six consecutive nights, healthy young men had blood test results that nearly matched those of diabetics. Their ability to process blood sugar was reduced by 30%, they had a huge drop in their insulin response, and they had elevated levels of a stress hormone called cortisol, which can lead to hypertension and memory impairment [1]. Such physical effects were unheard of before this study, and as a result, scientists are now looking into connections with lack of sleep and obesity.

How much sleep do we need?

The amount of sleep that a person needs varies according to the individual’s body and his or her sleeping conditions. Some people fare nicely on five or six hours of sleep daily, while others require eight or nine hours daily. Why the difference? Sleep needs vary with every individual and every circumstance.

- People sleep more in winter than in summer.
- Mental workers sleep more than physical workers.
- People who work outdoors get by with one to two hours less sleep than those who work equally arduously indoors.
- To answer the above questions, one must understand the intricacies of nerve energy expenditure and the
- Conditions that enable the body to most efficiently regenerate it.

The most efficient sleep can be termed sound sleep, slow-wave sleep, delta sleep, stage four sleep and deep sleep. It produces about twice the amount of recuperation as does lighter stages of sleep.

Since most Americans are toxic, it is doubtful that sleep researchers have examined the sleep of very many truly healthy people. The data the researchers have charted as normal really reflects the average
of unhealthy people.

Truly healthy people sleeping under ideal conditions require less sleep than less healthy individuals. This is due to several factors. First, a healthy person needs less recuperation due to less energy expenditure. Second, a healthy person is capable of a greater proportion of very sound sleep because of less internal body disturbance. Third, a healthy individual can regenerate nerve energy faster due to the increased efficiency.

The ideal conditions of sleep are determined by both internal and external circumstances. The more comfortable the sleeper, the sounder their sleep will be. Pure air affords less sleep and quiet surroundings promote deeper sleep. Also, the less light in the sleeping area, the less disturbed will be the sleep.

Certain internal conditions determine quality of sleep. A person with a toxin-free body sleeps more readily and more soundly than a toxin-laden individual.

For example, insomnia will often result from drinking coffee. The distress and stimulation from the caffeine may inhibit sleep; especially sound sleep. The body must expend energy in expelling the caffeine. At the same time, it generates less nerve energy because of lack of sound sleep.

Another condition that interferes with sleep is eating at bedtime. The primary reason for sleep is to regenerate nerve energy. However, if a person eats before sleeping, his/her body will direct much of its energies towards the digestion of the food. Since the brain is involved in digestion, less sound sleep will result.

Additionally, the body will suffer a deficit of nerve energy because less was regenerated during the digestive process than would have been if the food had not been eaten.

Anything that is in the sleeper’s environment or body that disturbs the senses or uses more nerve energy than normal interferes with sleep, thus making it less efficient and effective.

The book Better Sleep for a Better Life details specific conditions that interfere with sleep.

Those who sleep in fresh air invariably report better sleep and a lesser need for sleep than those who sleep inside their homes. Why should this be so? Stated very simply, any improvement in sleeping conditions improves sleep. When a person sleeps in fresh air, the body
receives its oxygen needs in a relatively pure state. Air inside homes is likely to have less oxygen and more pollution than fresh air. Impure air provides less of our needs and gives the body more problems than does fresh air.

It is beneficial to sleep by open windows in a quiet environment so that fresh air flows freely during sleep. If the environment is noisy, it is wise to have the house ventilated so that fresh air is continuously funneled to and through the bedroom. Even polluted air from the outside is better than stale air trapped indoors. Sleeping is also improved by working in a fresh air environment during the day.

Exercise is a blessing that we should indulge in regularly. Optimally, we should exercise daily, but certainly not less than four times weekly. Performed as much as possible within our limitations, exercise creates only benefits and no liabilities.

Exercise in the form of jogging, calisthenics, gardening, bicycling, swimming, brisk walking, etc., up to about half an hour daily, takes no time from our waking moments! Sleep needs are reduced by about that amount!

Exercise “fine-tunes” the body. Elimination is so accelerated by exercise that extraordinary body cleansing occurs. The body not only eliminates extra carbon dioxide generated during vigorous exercise, but it also assists with the removal of accumulated toxins ingested from nonfoods and drugs and toxins created as a result of overeating, eating wrong combinations, eating under stress, etc.

Foods that require less digestion and assimilation use less nerve energy. Foods that are associated with toxic materials, such as most cooked foods, meats, animal products, condiments, additives, etc., give the body eliminative problems.

Eliminative problems require a great deal of nerve energy to be properly dealt with. For example, a single drink of alcohol can exhaust the body for a day or two. The need for sleep is greatly increased so that the body may recuperate its energy.

Here are some principles you should keep in mind relative to diet and sleep requirements:

1. The healthier the food, the less nerve energy is required to digest and use it. Healthy food lessens sleep needs and increases sleep efficiency.
2. The more unfit the foods eaten, the more nerve energy is expended and the more sleep is required. Moreover, sleep will be less efficient when unhealthy foods are consumed.

3. Fasting individuals require only three to five hours of sleep daily after fasting for a short time. People who eat meat, condiments and cooked foods and who overeat require inordinate amounts of sleep. Despite the extra sleep, they are usually not well rested because they have a perpetual deficit of nerve energy due to their unhealthy practices.

4. You should not eat for at least two hours prior to bedtime. Though meals do sometimes cause drowsiness and sluggishness, due to the redirection of blood supply to the digestive organs, we should not expect to sleep well while the body is at working digesting and assimilating.

5. Eating beyond the body’s need imposes an extra task upon the body. Processing and disposing of food requires a great deal of energy. Unhealthy foods usually end up in a pathogenic state that drains the body’s resources in eliminative efforts. This drain of energy results in poor sleep and in a correspondingly greater need for sleep. A person who overtasks his digestive system and sleeps 12 hours a day may be less rested than a healthy person who gets only six hours!

**Sleeping Conditions**

In America, bedding usually consists of an innerspring mattress over box springs, sheets, a pillow with pillowcase and blankets and/or quilts.

For body comfort, the softer the mattress, the better the quality of sleep. Of equal benefit is airiness. A soft innerspring mattress meets these conditions ideally. A thin cotton mattress on top of a foam, air or waterbed mattress works well too. Pressure points, hot spots, cold spots, and areas where air is deprived disturb the body. The body, like the lungs, will suffocate without fresh air. Although the skin requires only a fraction of the air required by the lungs, it requires it neverthe-
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less. Plastic materials deny the body air.

Fabrics that breathe, such as cotton, are ideal (organic if possible). Sleep should be conducted on cotton surfaces with lots of circulation underneath. Cotton sheets, blankets or materials should be used for cover.

Sleep is more efficiently experienced when the body is comfortable in temperature and when it is physically at ease.

Sleeping on concrete or a hard surface would provide very few contact points between the body and the concrete (or hard surface). The body’s weight would rest on these points, thus creating pressure points that interfere with blood circulation and skin respiration. Distress of the areas in contact would soon occur and thus rouse the brain into a lighter stage of sleep in order to perform a body movement.

On the other hand, a very soft bed permits the underside of the body to make more even contact with the sleeping surface.

Some Sleep Conditions

Insomnia is an inability to sleep. Obviously, this interferes with the body’s ability to recoup the nerve energy it needs for the following day’s activities. Taking sleeping pills or tranquilizers will ultimately make the problem worse by adding to the body’s toxic load.

Rather than immediately searching for methods to induce sleep, you should first look for the causes of the problem. Insomnia results when an individual is assaulted by too much stimuli. Stimuli can result from improper sleeping conditions or stress, but are usually due to body toxicity. This toxicity results from both external sources and from ingested materials. Drugs and drug-like substances are major offenders. These include caffeine, condiments, chocolate, soft drinks, cooked foods, wrong foods, dead foods, allergenic foods, over-the-counter and prescription drugs, etc. The solution to insomnia is simple: Discontinue causes! Remove the conditions that interfere with sleep, and implement the conditions that promote it.

Insomnia is usually overcome in a few days during a fast and will not recur if a regimen of healthful practices is adopted. A good night’s sleep can be had by almost anyone who discontinues body-disturbing practices and institutes healthful practices.

Snoring is not normal! A multitude of conditions can be responsi-
ble for snoring. Enlarged tonsils or adenoids may block the air passage sufficiently to cause the loud “flutter” of snoring. Most snoring occurs because the soft palate, when relaxed, flutters in the diverted current of air. Diverted air may be due to growths, fatty tissue in the throat, nasal deformities or other swelling. My husband found that when he avoids gluten he no longer snores. Food allergies and sensitivities may likely be a problem people never would have considered.

Most fasting people who have previously snored are surprised when the condition disappears. The condition does, however, speedily return if the person returns to its causes – an unhealthy diet. But many have overcome it permanently.

**Healthy Sleep Tips**

1. Eat Healthy Foods – no caffeine, meat, dairy, condiments, and soft drinks.
2. Eat at least two hours before going to bed
3. Get to sleep between 9 and 10 PM
4. A warm shower just before retiring, followed with a good back rub, especially in the middle of your back, will likely generate positive effects after relaxing the nerves and muscles.
5. A hot soaking for your feet will draw any blood from your brain and is effective in helping you relax
6. Make sure the bed is comfortable
7. Include fresh air in the room
8. Ensure there are no lights on in the room – and keep it dark all night long. Exposure to light will reset the sleep process significantly impacting the quality of sleep
9. Keep the mind free of the worries of the day. Should they impose on your thoughts, block them out by saying soothing sentences or recite a short poem. One particular good strategy should be to close the left nostril by pressing it with a finger, then to take four deep breaths through the right nostril. After that, close the right nostril and take 4 deep breaths through the left. Do this repetition four times. Breathe slowly on both nostrils, yet count your breaths. You’ll rarely
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have to count a lot before drifting off to sleep.

10. Slowly count backwards from 100 when trying to fall asleep.

11. Before falling asleep, tell yourself repeatedly that you will sleep through the night waking up feeling rested and refreshed.

“Sleep deprivation has effects on the body much like stress, including weight gain, increased cortisol levels, distorted thyroid hormone levels, and elevations in glucose and insulin that increase the risk for insulin resistance and diabetes,”

—Robert Sack, Ph.D.
Chapter Thirty-Five: Sunshine

“Healing is a biological process, not an art. It is as much a function of the living organism as respiration, digestion, circulation, excretion, cell proliferation, or nerve activity. It is a ceaseless process, as constant as the turning of the earth on its axis. Man can neither duplicate nor imitate nor provide a substitute for the process. All schools of healing are frauds.”

—Herbert M. Shelton

Most health messages of the past century have focused on the hazards of too much sun exposure. UVA radiation (95–97% of the UVR that reaches Earth’s surface) penetrates deeply into the skin, where it can contribute to skin cancer indirectly via generation of DNA-damaging molecule. Sunburn is caused by too much UVB radiation; this form also leads to direct DNA damage and promotes various skin cancers. Both forms can damage collagen fibers, destroy vitamin A in skin, accelerate aging of the skin, and increase the risk of skin cancers. Excessive sun exposure can also cause cataracts and diseases aggravated by UVR-induced immunosuppression such as reactivation of some latent viruses.

However, excessive UVR exposure accounts for only 0.1% of the total global burden of disease, according to the 2006 World Health Organization (WHO) report, The Global Burden of Disease Due to Ultraviolet Radiation. They measure how much a person’s expectancy of healthy life is reduced by premature death or disability caused by disease. Coauthor Robyn Lucas, an epidemiologist at the National Centre for Epidemiology and Population Health in Canberra, Austra-
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lia, explains that many diseases linked to excessive UVR exposure tend to be relatively benign – apart from malignant melanoma – and occur in older age groups, due mainly to the long lag between exposure and manifestation, cumulative exposures, or both. Therefore, sun-induced exposures don't appear to be extremely globally burdensome.

In contrast, the same WHO report noted that a markedly larger annual disease burden of 3.3 billion worldwide might result from very low levels of UVR exposure. This burden includes major disorders of the musculoskeletal system and possibly an increased risk of various autoimmune diseases and life-threatening cancers.

The best-known benefit of sunlight is its ability to boost the body’s vitamin D supply; most cases of vitamin D deficiency are due to lack of outdoor sun exposure. At least 1,000 different genes located in virtually every tissue in the body are now thought to be regulated by vitamin D3, the active form of the vitamin, including several involved in calcium metabolism and neuromuscular and immune system functioning.

Although most of the health-promoting benefits of sun exposure are thought to occur through vitamin D photosynthesis, there may be other health benefits that have gone largely overlooked in the debate over how much sun is needed for good health. As for what constitutes “excessive” UVR exposure, there is no one-size-fits-all answer. Lucas suggests, “Excessive’ really means inappropriately high for your skin type under a particular level of ambient UVR.”

Other Health Links Associated with Low Vitamin D3

- Various studies have linked low vitamin D3 levels to diseases other than cancer, raising the possibility that vitamin D3 insufficiency is contributing to many major illnesses
- Poor bone-mineral density in older people
- Multiple Sclerosis
- Type 1 Diabetes in children
- Metabolic Syndrome – a cluster of conditions that increases one’s risk for type 2 diabetes and cardiovascular disease
- Hypertension
- Atherosclerosis
• Rheumatoid arthritis (RA)
• Asthma
• Infectious diseases
• Influenza
• Bronchitis
• Gastroenteritis
• Bacterial infections such as tuberculosis and septicemia
• Collagen-induced arthritis
• Lyme arthritis
• Autoimmune encephalomyelitis
• Thyroiditis
• Inflammatory bowel disease
• Systemic lupus

The first reports of an association between sun exposure and skin cancer began to appear in dermatology publications in the late nineteenth century. It was not until the 1930’s that the U.S. Public Health Service began issuing warnings about sun-related health risks. People were cautioned to avoid the midday summer sun, cover their heads in direct sunlight, and gradually increase the time of sun exposure from an initial 5–10 minutes per day to minimize the risk of sunburn.

In the decades that followed, the skin cancer hazards of excessive sun exposure would be extensively studied and mapped. Today, the three main forms of skin cancer – melanoma, basal cell carcinoma, and squamous cell carcinoma – are largely attributed to excessive UVR exposure. Skin cancers became the most common form of cancer worldwide, especially among groups such as white residents of Australia and New Zealand.

Australia was among the first countries to spearhead large-scale sun protection programs, with the Slip-Slop-Slap initiative (short for “slip on a shirt, slop on some sun-screen, and slap on a hat”) introduced in the early 1980’s. As a result of increased use of hats, sunscreen, and shade, the incidence of malignant melanoma has begun to plateau in Australia, New Zealand, Canada, and Northern Europe among some age groups.

Whereas skin cancer is associated with too much UVR exposure, other cancers could result from too little. Living at higher latitudes increases the risk of dying from Hodgkins lymphoma, as well as breast,
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ovarian, colon, pancreatic, prostate, and other cancers, as compared with living at lower latitudes. A randomized clinical trial by Joan Lappe, a medical professor at Creighton University, and colleagues, published in the June 2007 issue of the American Journal of Clinical Nutrition, confirmed that taking a daily dietary intake of 200–600 IU vitamin D3 and calcium resulted in a 50–77% reduction in expected incidence rates of all cancers combined over a four-year period in post-menopausal women living in Nebraska.

This study is assuming an older amount of recommended daily diet intake. Today recommended daily diet intake of vitamin D3 for someone with cancer has increased to 10,000 IU. There are health care practitioners that believe this is still too low.

Although excessive sun exposure is an established risk factor for malignant melanoma, continued high sun exposure was linked with increased survival rates in patients with early-stage melanoma in a study reported by Marianne Berwick, an epidemiology professor at the University of New Mexico, in the February 2005 Journal of the National Cancer Institute. Most melanomas occur on the least sun-exposed areas of the body, and in fact, occupational exposure to sunlight actually reduced melanoma risk in a study reported in the June 2003 Journal of Investigative Dermatology.

According to Krause, who was head of the Heliotherapy Research Group at the Medical University of Berlin, a serum vitamin D3 level of at least 40 ng/mL should be adequate to protect against hypertension and other forms of cardiovascular disease (as well as cancers of the prostate and colon).

How Much Is Enough?

One problem with the literature is that everyone recommends something different, depending on the studies with which they are most aligned.

These days, most experts define vitamin D3 deficiency as a serum blood level of less than 20 ng/mL. Holick and others assert that levels of 29 ng/mL or lower can be considered to indicate a relative insufficiency of vitamin D3. Using this scale and considering various epidemiologic studies, an estimated 1 billion people worldwide have vitamin D3 deficiency or insufficiency, says Holick, who adds, “According to several studies, some forty to one hundred percent of the U.S. and
European elderly men and women still living in the community [that is, not in nursing homes] are vitamin D3 deficient.” Holick asserts that a large number of infants, children, adolescents, and postmenopausal women also are vitamin D3 insufficient. “These individuals have no apparent skeletal or calcium metabolism abnormalities but may be at much higher risk of developing various diseases,” Holick says.

In the context of inadequate sunlight or vitamin D3 insufficiency, some scientists worry that the emphasis on preventing skin cancers tends to obscure the much larger mortality burden posed by more life-threatening cancers such as lung, colon, and breast cancers. Many studies have shown that cancer-related death rates decline as one moves toward the lower latitudes (between 37°N and 37°S), and that the levels of ambient UVR in different municipalities correlate inversely with cancer death rates there. “As you head from north to south, you may find perhaps two or three extra deaths [per hundred thousand people] from skin cancer,” says Vieth. “At the same time, though, you’ll find thirty or forty fewer deaths for the other major cancers. So when you estimate the number of deaths likely to be attributable to UV light or vitamin D3, it does is not appear to be the best policy to advise people to simply keep out of the sun just to prevent skin cancer.”

To maximize protection against cancer, Grant recommends raising vitamin D3 levels to between 40 and 60 ng/mL. Research such as that described in Holick’s August 2006 Journal of Clinical Investigation article indicates that simply keeping the serum level above 20 ng/mL could reduce the risk of cancer by as much as 30–50%.

Cedric F. Garland, a medical professor at the University of California, San Diego, says that maintaining a serum level of 55–60 ng/mL may reduce the breast cancer rate in temperate regions by half, and that incidence of many other cancers would be similarly reduced as well. He calls this “the single most important action that could be taken by society to reduce the incidence of cancer in North America and Europe, beyond not smoking.” Moreover, these levels could be readily achieved by consuming no more than 2,000 IU/day of vitamin D3 at a cost of less than $20 per year and, unless there are contraindications to sunlight exposure, spending a few minutes outdoors (3–15 minutes for whites and 15–30 minutes for blacks) when the sun is highest in the sky, with 40% of the skin area exposed.

Holick, Vieth, and many other experts now make a similar daily
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recommendation: 4,000 IU vitamin D3 without sun exposure or 2,000 IU plus 12–15 minutes of midday sun. They say this level is quite safe except for sun-sensitive individuals or those taking medications that increase photosensitivity.

Gilchrest says some sunlight enters the skin even through a high-SPF sunscreen, so people can maximize their dermal vitamin D3 production by spending additional time outdoors while wearing protection. “Without the sunscreen, this same individual would be incurring substantially more damage to her skin but not further increasing her vitamin D3 level,” she says.

Creating a Balanced Message

A growing number of scientists are concerned that efforts to protect the public from excessive UVR exposure may be eclipsing recent research demonstrating the diverse health-promoting benefits of UVR exposure. Some argue that the health benefits of UVB radiation seem to outweigh the adverse effects, and that the risks can be minimized by carefully managing UVR exposure (e.g., by avoiding sunburn), as well as by increasing one’s intake of dietary antioxidants and limiting dietary fat and caloric intake.

Antioxidants including polyphenols, apigenin, curcumin, proanthocyanidins, resveratrol, and silymarin have shown promise in laboratory studies in protecting against UVR-induced skin cancer, perhaps through antimutagenic or immune-modulating mechanisms.

Many experts are now recommending a middle-ground approach that focuses on modest sun exposures. Gilchrest says the American Academy of Dermatology and most dermatologists currently suggest sun protection in combination with vitamin D3 supplementation as a means of minimizing the risk of both skin cancer and internal cancers. Furthermore, brief, repeated exposures are more efficient at producing vitamin D3. “Longer sun exposures cause further sun damage to skin and increase the risk of photo-aging and skin cancer, but do not increase vitamin D3 production,” she explains.

Lucas adds that people should use sun protection when the UV Index is more than 3. As part of Australia’s SunSmart program, “UV Alerts” are announced in newspapers throughout the country whenever the index is forecast to be 3 or higher. U.S. residents can obtain UV Index forecasts through the EPA’s SunWise website (http://epa.
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gov/sunwise/uvindex.html).

In the near future, vitamin D3 and health guidelines regarding sun exposure may need to be revised. But many factors not directly linked to sun protection will also need to be taken into account. “Current observations of widespread vitamin D3 insufficiency should not be attributed only to sun protection strategies,” says Lucas. “Over the same period there is a trend to an increasingly indoor lifestyle, associated with technological advances such as television, computers, and video games.” She says sun-safe messages remain important – possibly more so than ever before – to protect against the potentially risky high-dose intermittent sun exposure that people who stay indoors may be most likely to incur.

**Serotonin, Melatonin, and Daylight**

We humans are programmed to be outdoors while the sun is shining and home in bed at night. This is why melatonin is produced during the dark hours and stops upon exposure to daylight. This pineal hormone is a key pacesetter for many of the body’s circadian rhythms. It also plays an important role in countering infection, inflammation, cancer, and auto-immunity, according to a review in the May 2006 issue of Current Opinion in Investigational Drugs. Melatonin also suppresses UVR-induced skin damage, according to research in the July 2005 issue of Endocrine.

When people are exposed to sunlight or very bright artificial light in the morning, their nocturnal melatonin production occurs sooner, and they enter into sleep more easily at night. Melatonin production also shows a seasonal variation relative to the availability of light, with the hormone produced for a longer period in the winter than in the summer. The melatonin production caused by exposure to bright morning light has been effective against insomnia, premenstrual syndrome, and seasonal affective disorder (SAD).

The melatonin precursor, serotonin, is also affected by exposure to daylight. Normally produced during the day, serotonin is only converted to melatonin in darkness. Whereas high melatonin levels correspond to long nights and short days, high serotonin levels in the presence of melatonin reflect short nights and long days (i.e., longer UVR exposure). Moderately high serotonin levels result in more positive moods and a calm yet focused mental outlook. Indeed, SAD has been
linked with low serotonin levels during the day as well as with a delay in nighttime melatonin production. It was recently found that mammalian skin can produce serotonin and transform it into melatonin, and that many types of skin cells express receptors for both serotonin and melatonin.

With our modern-day penchant for indoor activity and staying up well past dusk, nocturnal melatonin production is typically far from robust. “The light we get from being outside on a summer day can be a thousand times brighter than we’re ever likely to experience indoors,” says melatonin researcher Russel J. Reiter of the University of Texas Health Science Center. “For this reason, it’s important that people who work indoors get outside periodically, and moreover that we all try to sleep in total darkness. This can have a major impact on melatonin rhythms and can result in improvements in mood, energy, and sleep quality.”

For people in jobs in which sunlight exposure is limited, full-spectrum lighting may be helpful. Sunglasses may further limit the eyes’ access to full sunlight, thereby altering melatonin rhythms. Going shades-free in the daylight, even for just 10–15 minutes, could confer significant health benefits.

**Other Ways the Sun Can Benefit Us:**

The sun may be best known for boosting production of vitamin D, but there are many other UVR-mediated effects independent of this pathway.

- It may help prevent autoimmune diseases.
- It will help in limiting DNA damage and increase gene repair, thus reducing melanoma risk, as reported 15 May 2005 in Cancer Research.
- It may help treat skin disorders such as psoriasis
- It will increase blood levels of natural opiates called endorphins according to the June 2003 Journal of Investigative Dermatology, and a study published 24 November 2005 in Molecular and Cellular Endocrinology
**Research Challenges**

Growing evidence of the beneficial effects of UV exposure has challenged the sun-protection paradigm that has prevailed for decades. Before a sun-exposure policy change occurs, however, we need to know if there is enough evidence to infer a protective effect of sun exposure against various diseases.

Only through well-designed randomized clinical trials can cause-and-effect relationships be established. However, most sunlight-related epidemiologic research to date has relied on observational data that are subject to considerable bias and confounding. Findings from observational studies are far less rigorous and reliable than those of interventional studies. But interventional studies would need to be very large and carried out over several decades (since most UV-mediated diseases occur later in life). Moreover, it is not at all clear when, over a lifetime, sun exposure/vitamin D is most important. So for now scientists must rely on the results of well-conducted observational analytic studies.

This research clearly implicates that the sun should be a vital part of your recovery process. The synergistic effects from combining sunlight with the other antioxidants and phytochemicals in the Hallelujah Recovery Diet although not studied, will likely produce significant results in the body as it continues to fight the battle against cancer [1].
Chapter Thirty-Six: Water

“The First wealth is health.”
— Ralph Waldo Emerson

Second to oxygen, clean water is our most important nutrient. The beauty of clean water is the many benefits it provides us. It helps stabilize (and cool) our body; it transports nutrients; it dilutes and carries away wastes; it bathes every cell and hydrates our skin; it works intimately with air and sunshine to promote life and growth. Just as it cleans and refreshes our outsides, so it freshens us throughout.

And the perfect water for us is the biologically active water found in the cell structure of raw plant foods. In general, fruits contain the highest amount of this structured water, approximately 88%, and vegetables contain slightly less, although some, like cucumbers, contain up to 96% water. Obviously, as we begin to enjoy more and more of these foods, our need for additional outside water is reduced.

Conversely, the more we cook our vegetables, the more we will thirst for additional water, since cooking removes or de-structures this valuable, biologically active source.

The real beauty of clean water is in the many benefits it provides us:

• It helps stabilize (and cools) our body by providing the cooling medium for our sophisticated respiration/perspiration/evaporation processes
• It transports nutrients. No nutrients are available to our bodies unless they are in a liquid state, ready to then be transported with the aid of water
• It dilutes toxins and carries away metabolic waste
The water we have available to us now has little resemblance to the water they drank in The Garden or even as recently as a hundred years ago. Contamination and pollutants get to water supplies from every direction and have been found in municipal water systems in every part of our own nation. It is only prudent to take special care about the water we supply to our cells. Many types of ground water are available from wells, springs, lakes, and rivers but even these are either polluted or the body has a difficult time assimilating the minerals. Rainwater is no longer a good option due to environmental toxins picked up in the atmosphere.

Of the types of water available, “pure” distilled water is a preferred choice, although most filtered waters help guard against the toxins and pollutants that unfortunately continue to run through our water systems. Steam distilled water not only cleans the water but has a molecular structure that assists the body in the removal of toxic buildup – detoxification. The cost for a good distiller is around $300. It should be used in conjunction with whole house water filtration systems since the basis for distilled water is consumption and cleaning produce.

Another excellent option is alkaline/ionized water. Using a special machine that filters out most impurities creates this water. While the water is not quite as pure as distilled, it has other benefits that may prove beneficial in the fight against disease. The machine that make the alkaline/ionized water breaks water molecules into smaller parts (called micro-clustering) so that they are more absorbable through the membrane in your body’s cells; this makes the water more hydrating and helps to escort nutrients into the cells and toxins out. Hydrogen is pumped into the water that then adds oxygen into the cells (Cancer doesn’t like an oxygenated environment).

Additionally, the minerals are ionized allowing them to be more easily utilized within the body. As the name implies, the water is alkaline. Disease has a difficult time thriving in an alkaline body. The resulting, oxygenated, hydrogen rich, alkaline water assists the body in maintaining a healthy, alkaline state. After extensive research on the top alkaline producing water machines, we have found that the Enagic Company with the Kangen water machine has the greatest capacity for producing quality water consistently. While there are other manufacturers with similar products on the market, we have tested their
units against the Kangen and have found them to be inferior.

It is unknown the long-term impact of the use of water that is alkaline. There are some who say that a person could become too alkaline. Others say that we are exposed to too many toxins (internal and external) and becoming too alkaline would be nearly impossible. We may never know the truth but for someone with a chronic disease, the body would greatly benefit from this type of water. If becoming too alkaline becomes a concern in the future then there are options on the machines to reduce alkalinity, so the other benefits of the water (hydrogen, ionized minerals and water structure) can be enjoyed. None of these are inexpensive units so don’t waste your money on one that is inferior. One of the best countertop units will cost around $4,000.

Reverse osmosis, activated carbon, and ceramic drip systems are an example of the other filtering systems available. While these units will do a decent job of removing most of the impurities (depending on manufacturer and model) they won’t provide the benefits of either distilled or Kangen for removing toxins and rehydrating the cells.

Bottled water is an option but buyers beware. Unless you know the source and processing method used in the purification system it is better to find a way to purify your own water at home. Remember, glass containers are generally better than any of the plastic jugs, although the harder plastics are less likely to leach into the water than the softer plastic bottles. Look for BPA free on the plastic jug.
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Chapter Thirty-Seven: A Typical Day

“No disease that can be treated by diet should be treated with any other means.”
—Maimonides

So what will a normal day on the Hallelujah Recovery Diet look like? You will find below, in clear, easy terms what you will eat, how many juices to drink and where to find the list of supplements.

A Typical Day on the Recovery Diet includes:
1. Many Juices
   • Consume six 4 ounce glasses of Barlymax® every other hour throughout the day.
   • Consume six 8 ounces glasses of freshly extracted vegetable juice every other hour throughout the day.

   These 12 hourly juices will flood the body with a broad spectrum of naturally occurring vitamins, minerals, and trace elements consistently throughout the day which the body uses to rebuild its immune system to fight the cancer.

   A schedule of juices that need to be taken daily is in Appendix A. You can find it for download on the website www.UnravelTheMystery.com. Print off a copy and tack it to your refrigerator and check off each juice you have consumed. At the end of the day count the number of juices you consumed that day. Try to get to the 12 juices per day as often as possible.

2. Two large salads that are consumed at lunch and at dinner. They can be eaten in a salad form or they may be blended in a high powered
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blender so they can be partially digested which allows the body to work less in digesting the salad. People who eat a blended salad have a greater likelihood of absorbing more nutrients since they don’t need to totally rely on their own digestive systems. Most digestive systems of people with cancer are weakened which doesn’t allow for optimal nutrient processing of foods.

If weakness or reduced appetite creates an inability to eat a dinner plate filled with various colors of vegetables and greens then blend the contents and serve in a soup bowl.

If the large soup bowl becomes too difficult to consume at one time, the next best thing is to create a smaller amount of blended salads and incorporate them into every other hour after the juices and supplements have been consumed and have had time to digest. Even if the large salad is broken down into 4 smaller meals, the nutrition will be consumed.

You may choose to have a cooked meal after either of the salads has been eaten.


4. Drink Kangen or distilled water as needed.

Sometimes people have a hard time visualizing each of those spokes on the wagon wheel. What is important is that you spend a little time every day giving attention to each one of those spokes. As you can see from the breakdown below, if you want to spend the first part of your day in prayer, then you will need to make that a ritual. Rituals are not easy to break. You don’t often forget to brush your teeth or take a shower, do you? If you turn each of these spokes into specific rituals, including when is the best time of the day to perform them, then it is much more difficult to get out of balance and let the other spokes take over. Use this as a guide, but create your own schedule so you can begin the ritual of staying in balance!

A Typical Day on the Recovery Program includes:

Early Morning

• Meditate or pray. Get your mind in a place of gratitude and peace.
The Recovery Program

• Forgive those who need to be forgiven (including yourself) and move on knowing that this is a special day. Listen to calming music.
• Stay away from TV shows and any media that portrays sadness, provokes anger or agitation and hopelessness.
• This is good advice for the entire day! Vegetable Juice and Barleymax® is consumed every hour throughout the day.

Supplements as scheduled.

Mid-day
• Sunshine
• Gentle exercise
• Include several deep breathing exercises to get oxygen to cells
• Rest as needed

Lunch
• Prayer
• Barleymax®/Salad
• Rest
Resume juices after meal

Mid-day
• Prayer
• Sunshine
• Gentle exercise
• Deep breathing
• Rest as needed

Dinner
• Prayer
• Barleymax®/Salad
• Cooked Food
Resume juices after meal until 2 hours before bedtime.

Evening
• Experience humor—studies indicate humor and laughter will release a hormone that can help in the battle with cancer. Watch a funny movie. Read a funny book. Talk to funny people.
• Complete the juices for the day
• Complete the supplements for the day
• Go to sleep before 10:00 pm
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Chapter Thirty-Eight: SuperFoods

“Being healthy is a way of life. It’s not just about what you feed your body; it’s about what you feed your mind and the social environment you keep. Make healthy food choices, exercise your body and brain, and choose your friends wisely.”
—Steve Maraboli

We’ve all heard of super foods and we see a lot of marketing hype around some of these foods but what makes foods super? In the fight against cancer we need to consider the role that nutrition plays in the healing process. Every mouthful we consume we should consider as medicine. An even better way to see it is that every mouthful is giving the body an opportunity to grow strong healthy cells that once increased in numbers can use their shear number and power to kill off the cancer cells.

This means that with every bite and with every drink, the nutrient and enzyme content must be high and the variety of nutrients as well.

The list we have accumulated is not exhaustive. There are numerous other vegetables and beans that have incredible nutrients that can assist the body in creating healthy cell formation. The following are merely some examples of every day foods that aren’t in a fancy bottle with an inflated price that are hard to get. The majority of these superfoods are easily grown or obtainable, not expensive and should be used as frequently as possible in the daily Recovery Diet. Use with other high nutrient vegetables to create a powerful army of new cells!
Super Foods to Eat while on the Recovery Diet:

**Broccoli Sprouts**

They contain a very high concentration of sulforaphane. This compound originates in the seed and is not created in the plant. One sprout contains all of the sulforaphane that is present in a full-grown broccoli plant. Sulforaphane is especially cancer protective.

Small quantities of fresh broccoli sprouts contain as much cancer protection as larger amounts of the mature vegetable sold in grocery stores, according to researchers at Johns Hopkins University. Just 5 grams (0.17 ounces) of sprouts contain concentrations of the compound glucoraphanin equal to that found in 150 grams (5.2 ounces) of mature broccoli. The compound is a precursor to sulforaphane, proven in animal studies to boost cell enzymes that protect against molecular damage from cancer-causing chemicals.

Sulforaphane has been shown to mobilize, or induce, the body’s natural cancer protection resources and help reduce the risk of malignancy. Broccoli is the best source of the chemical precursor to sulforaphane – glucoraphanin. Now, broccoli sprouts are an “exceptionally rich source” of inducers of cellular enzymes for “detoxifying” chemical carcinogens – cancer causing compounds. Some of these compounds are potent enhancers of phase 2 enzymes, which speed the detoxication of electrophiles and reactive oxygen metabolites. Therefore, they say, induction of phase 2 enzymes by these compounds can “... protect cells against mutagenesis and neoplasia.”

The researchers calculated how much broccoli one would have to eat in order to produce a significant degree of protection against cancer, based on epidemiologic evidence. They found that one would have to eat about two pounds of an average broccoli a week in order to reduce, say, one’s risk of colon cancer by about 50%.

Three-day-old sprouts have the additional advantage that they’re far more uniform in their potency. Broccoli sprouts look and taste something like alfalfa sprouts, according to the researchers. The report also notes that small quantities of broccoli sprout extracts markedly reduced the size of rat mammary tumors that were induced by chemical carcinogens.

The researchers refer to the concept of “chemoprotection” – “deliberate efforts to increase the body’s own defense mechanisms to re-
duce susceptibility to carcinogens by administration of substances that can be precisely identified, and ideally, delivered in the diet. The interesting aspect of chemoprotection strategies is that they’re almost never organ-specific. Chemoprotection produces a general cancer protective effect, which blocks multiple steps – a cascade of steps – that are common to cancer formation.

A small amount of sprouts go a long way. A pound of seeds will probably make over ten pounds of sprouts which from the researchers calculations translates to as much cancer protecting phytochemicals as 1000 pounds (half a ton) of broccoli! The other major benefit is that the sprouts don’t smell as you don’t have to cook them. They are eaten raw, usually as an addition to salad. (Proceedings of the National Academy of Sciences, 1997;94:10367-10372)

Other sprouts (except alfalfa sprouts) would be beneficial to add to the diet as well.

**Garlic**

Phytochemicals in garlic have been found to halt the formation of nitrosamines, carcinogens formed in the stomach (and in the intestines, in certain conditions) when you consume nitrates, a common food preservative. In fact, the Iowa Women’s Health Study found that women with the highest amounts of garlic in their diets had a 50% lower risk of certain colon cancers than women who ate the least. It has also been known to help fight breast, esophageal, and stomach cancers.

Garlic also contains the amino acid L-cysteine, which directly increases the level of glutathione in cells. People with low levels of glutathione have a greater cancer risk.

**Onion**

Has quercetin, a flavenoid that demonstrates a special ability to protect DNA in cells. A powerful cancer inhibitor.

**Leafy Greens**

Rich in chlorophyll, they are very effective in binding carcinogens that may come from grilling foods, molds in foods, and other areas. The carcinogen/chlorophyll combination is difficult for the body to absorb so it is essentially removed through the bowels. Chlorophyll also has a chemo-protective effect and the numerous studies have
Spinach, kale, romaine lettuce, dandelion greens, beet greens, mustard greens, collard greens, chicory and Swiss chard are excellent sources of fiber, folate and a wide range of carotenoids such as lutein and zeaxanthin, along with saponins and flavonoids.

According to American Institute for Cancer Research’s (AICR) Second Expert Report: Food, Nutrition, Physical Activity, and the Prevention of Cancer: A Global Perspective, foods containing carotenoids probably protect against cancers of the mouth, pharynx and larynx. Researchers also believe that carotenoids seem to prevent cancer by acting as antioxidants – that is, scouring potentially dangerous “free radicals” from the body before they can do harm. Some laboratory research has found that the carotenoids in dark green leafy vegetables can inhibit the growth of certain types of breast cancer cells, skin cancer cells, lung cancer and stomach cancer. The Second Expert Report also noted probable evidence that foods containing folate decrease risk of pancreatic cancer and that foods containing dietary fiber probably reduce one’s chances of developing colorectal cancer. Green leafy vegetables are rich in all of these and daily intake of them is invaluable when fighting or preventing cancer.

**Cruciferous Vegetables (Broccoli, cauliflower, cabbage, bok choy, brussels sprouts)**

Have very high concentrations of sulforaphane which we discussed above in broccoli sprouts. High intake is required to reach optimal protection. They also contain brassinin; a powerful cancer-fighter. Daily intake of these cancer-fighting vegetables is optimal.

**Barleymax®**

Barleymax® is the dehydrated juice from young barley grass and alfalfa. It is the juice from a whole food, replete with all of the vitamins, minerals, antioxidants, and enzymes of these very potent green foods. See chapter 29 for more information on the superior quality of Barleymax®.

**Vegetable Juices**

There are three main reasons why juicing is considered a superfood:

1. Juicing helps you absorb nearly all the nutrients from
the vegetables. This is important because most cancer patients have impaired digestion. This limits your body’s ability to absorb all the nutrients from the vegetables. Juicing will help to “pre-digest” them for you, so you will receive most of the nutrition, without your digestive system working so hard. The energy saved in digestion can be directed to fighting the cancer.

2. Juicing allows you to consume an optimal amount of vegetables in an efficient manner. The optimal number of servings of vegetables per day is at least 10 servings. 15-20 is a better goal for someone fighting cancer. A serving size for raw vegetables is 1 cup. Some people may find eating that quantity of vegetables difficult, but it can be easily accomplished with a quick glass of vegetable juice.

3. You can add a wider variety of vegetables in your diet. Many people eat the same vegetable salads every day. This violates the principle of regular food rotation and increases your chance of developing an allergy to a certain food. But with juicing, you can juice a wide variety of vegetables that you may not normally enjoy eating whole.

**Flax seed**

A more potent source of phytoestrogens than soy. Several studies performed by various researchers have determined that the lignan in the flax seed had significantly positive effect on reducing cancer tumor growth [6].

According the Michael Donaldson, PhD, other studies have found that flax oil, primarily in the case of prostate cancer has not performed as well as ground flaxseeds which contain the most lignans. Some flax oils contain lignan but we still recommend that in cases of prostate cancer, freshly ground flaxseed are the optimal choice [7][8].

**Fermented Vegetables**

Because there’s no heat involved in the fermentation/culturing process, all of the enzymes stay in tact, just like raw foods – but with many added benefits!
Unravel the Mystery

1. Cultured foods provide probiotics and more bioavailable vitamins and minerals, B vitamins and omega-3 fatty acids in particular. A good balance of gut bacteria can even influence the expression of genes that determine vitamin absorption and metabolism which can have a profound effect on your ability to stay healthy and trim.

2. Cultured foods can assist in detoxifying, fighting infections, reducing high cholesterol levels, and supporting digestive and immune systems.

3. They’re a solid source of amino acids.

4. Cultured foods also increase lactase and lactic acid, and other chemicals that battle harmful bacteria. They even act as antioxidants that may prevent and fight cancer.

Just about any vegetable can be cultured. Some of the most popular cultured veggies are beets, cabbage, carrots, cauliflower, celery, garlic, cucumber, kale, leeks, onions, parsnips, radishes, rutabaga, shallots, turnips, kelp, and various herbs. Consume 1/2 cup daily.

Asparagus

According to the National Cancer Institute, asparagus is the highest tested food containing glutathione, one of the body’s most potent cancer fighters. Additionally, asparagus is high in rutin, which is valuable in strengthening the blood vessels. It should be cooked and pureed. Take 4 heaping tablespoons in the morning with breakfast and in the evening with your meal [9].

Watercress

This clover-like veggie looks a bit like tiny spinach leaves. These little greens have been found to reduce DNA damage to the cells, which is what often leads to cancer. They are also known to increase antioxidant levels in the body, which is another great way to fight off cancer and other illnesses. A study done by Norwich Research Centre found that smokers who were given 170 milligrams per day eliminated higher than average amounts of carcinogens in their urine. Smoker or not, it may be worth it to add this to your diet [10].
Additional Great Food choices:

**Black and Navy Beans**

A study out of Michigan State University found that black and navy beans significantly reduced colon cancer incidence in rats, in part because a diet rich in legumes increased levels of the fatty acid butyrate, which in high concentrations has protective effects against cancer growth. Another study, in the journal Crop Science, found dried beans particularly effective in preventing breast cancer in rats.

**Walnuts**

Their phytosterols (cholesterol-like molecules found in plants) have been shown to block estrogen receptors in breast cancer cells, possibly slowing the cells’ growth, says Elaine Hardman, PhD, associate professor at Marshall University School of Medicine in Huntington, West Virginia.

**CAUTION:** 3-6 nuts a day is enough due to their high fat content while fighting cancer.

**Tomatoes**

This juicy fruit is the best dietary source of lycopene, a carotenoid that gives tomatoes their red color. Lycopene was found to stop endometrial cancer cell growth in a study in Nutrition and Cancer. Cooked Tomatoes have more cancer-fighting properties than raw tomatoes. Both contain the molecule lycopene, but heating the tomato changes its chemical structure and makes the benefits more readily available to your body.

**Berries**

All berries are packed with cancer-fighting phytonutrients. But black raspberries, in particular, contain very high concentrations of phytochemicals called anthocyanins, which slow down the growth of premalignant cells and keep new blood vessels from forming (and potentially feeding a cancerous tumor), according to Gary D. Stoner, PhD, a professor of internal medicine at The Ohio State University College of Medicine.

**CAUTION:** Due to their sugar content, berries must not be consumed in great quantities while fighting cancer.
Unravel the Mystery

Medicinal Mushrooms

Mushrooms have long been used in medicine; the earliest records go back over 4,000 years in China. Medicinal mushrooms come in all shapes and sizes – Maitake mushrooms, Cordyceps, Shiitake, Reishi, Coriolus, Versicolor, etc.

Medicinal Mushrooms contain high levels of glycoproteins and polysaccharides (Beta Glucan Polysaccharide being a particularly active health contributor). Research, including 4 Nobel Prizes, shows that glycoproteins can help cellular communications. So they help your hormones do their job better, they help receptor sites receive the messages they are supposed to receive, and they help your immune system see the rogue cells and differentiate them from the healthy cells. They also help increase levels of the different white cells in your immune system.

Variety is the spice of life! Continue adding these powerful foods to your daily routine while rounding them out with other colorful, health promoting vegetables and the combination will be amazing!
Chapter Thirty-Nine: Food Synergy

“Stretching oneself too thin is the disease of modern life — letting oneself get too thick, the other.”
— Terri Guillemets

Earlier we discussed how two toxins can create more damage than each one individually. By contrast, two foods when eaten together can create a sum of nutritional benefits larger than one eaten alone. For example, when you eat a tomato alone, it will give certain nutritional benefit. When you eat broccoli alone, it will provide other nutritional benefits. But, if eaten together, these two create such a nutritional powerhouse that even prostate cancer tumors have been known to be reduced.

Elaine Magee, author of Food Synergy found that like whole food supplements, individual nutrients, whether they are in food or in supplements work better when combined with two or three other nutrients.

Examples of Food Synergy include:

• Spinach & Vitamin C — Dark green, leafy vegetables like spinach and kale are best eaten in combination with another veggie high in vitamin C like beets, or a portion of an orange because vitamin C helps to improve iron absorption in your intestines.

• Tomatoes & Avocados — Tomatoes are rich in an antioxidant called lycopene, which has been proven to reduce the risk of cardiovascular disease and certain cancers. But lycopene is also fat-soluble, which means
combining it with a healthy, fat like avocados helps boost absorption even more. Ninety-eight percent of the flavonols (powerful phytochemicals) in tomatoes is found in the tomato skin, along with great amounts of two carotenoids. If you cook the tomatoes and eat them with a little fat or oil, you have increased the absorption of the key nutrients.

• Oatmeal & Orange Juice — The combination of these morning basics has actually been shown to prevent heart attacks and clean arteries twice as effectively as eating either one on its own. The organic compounds known as phenols (found in both) stabilize cholesterol levels when consumed together.

• Broccoli & Tomatoes — Both contain cancer-fighting properties, but a study at the University of Illinois indicates that the tumor-inhibiting effects are greatly enhanced when broccoli and tomatoes are consumed together. This can be found in the Journal of Nutrition.

• Blueberries (Wild) & Grapes — It's been proven, these fruits mixed together actually have a greater antioxidant response than one fruit eaten on its own.

• Superfood expert Dr. Steven Pratt has touted the immense synergy between blueberries and walnuts for brain health. He believes that blueberries combined with almost every other food will produce synergy.

• Good fats and Veggies — Eating a little “good fat” along with your vegetables helps your body absorb their protective phytochemicals, like lycopene from tomatoes and lutein from dark-green vegetables. Recognizing that cancer will feed on fat, the 1/4 avocado or the 1 tsp of flaxseed oil daily should be used in the most optimal way to achieve the greatest amount of nutritional value. This would likely be with the daily salads. A recent study measured how well phytochemicals were absorbed after people ate a lettuce, carrot, and spinach salad with or without 2 1/2 tablespoons of avocado. The avocado-eating group absorbed 8.3 times more alpha-carotene and 13.6 times more beta-carotene (both of which help
protect against cancer and heart disease), and 4.3 times more lutein (which helps with eye health) than those who did not eat avocados. Again, with cancer, the optimal amount of avocados to eat in one day is 1/4 of an avocado. An Iowa State University study that was reported in the American Journal of Clinical Nutrition found that people who ate salads with full- or low-fat dressings were better able to absorb lutein, a carotenoid (pigment-based plant compound) important in vision health. “With fat-free dressing, they essentially saw no evidence of the carotenoid showing up in the blood.

• Grapes and Omega 3 — The polyphenols found in grapes make it easier for your body to absorb omega-3 fatty acids.

• Cruciferous Vegetables (kale, cabbage, Brussels sprouts, cauliflower, broccoli, etc.) — Two phytochemicals naturally found in cruciferous vegetables (cambene and indole 3-carbinol) were more active when combined, according to research that tested the compounds individually and together in rats. The researchers found that the two compounds were able to protect the rats against liver cancer much better together activating enzymes that help the body eliminate carcinogens before they harm the genes. Foods rich in cambene include Brussels sprouts and certain varieties of broccoli. And all cruciferous veggies are rich in indole 3-carbinol.

• Apples consumed with the peel on can kill more free radicals than apple flesh without the skin. It turns out that the bulk of an apple’s anticancer properties are hidden in the peel. The phytochemicals in the apple flesh seem to work best with the phytochemicals in the peel to reduce the risk of cancer.

• Apples, Onions, and Berries + Green Tea, Purple Grapes and Grape Juice — Or any combination of the first group of foods with the second, although onions seem to throw a bit of bitter water on this collection, from a taste-perspective anyway (Grape/Onion Juice, anyone?). A recent study found that the phytochemicals
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quercetin (found mainly in apples, onions and berries) and catechin (found mainly in apples, green tea, purple grapes, and grape juice) worked together to help stop platelet clumping. Platelets are a component in blood that play an important role in forming clots. Platelets’ clumping together is one of several steps in blood clotting that can lead to a heart attack.

• Nutmeg and Mushrooms — These make an unusual combination but since nutmeg is a natural antibacterial it can effectively counter the effects of the bacteria-prone fungus.

These are just a few examples of why combining certain high-density nutritious foods can be of greater benefit. One example above may not be useful to cancer patients since grape juice and even grapes have high sugar content. Please do not consider using this combination until well after your cancer has been eliminated.

Synergy is real. Some of its effects are measurable and quantifiable.

An example of nutritional synergy is:

One-half cup of beans provides the nutritional equivalent (in terms of usable protein) of two ounces of steak, while three cups of whole-wheat flour provide the equivalent of five ounces of steak. Eaten at separate times, the two food items contribute the equivalent of seven ounces of steak. But because they each have different amino acids, if the two substances are consumed together they provide the equivalent of nine ounces of steak, or 33% more usable protein. Here is a case where, literally, the whole is greater than the sum of its parts (Peter A. Corning, Ph.D. Institute for the Study of Complex Systems).

There is still much we don’t know about how the components in food work together. Case in point: In the past 10 years, scientists have identified hundreds of biologically active plant-food components called phytochemicals (also called phytoneutrients). A decade ago, we didn’t even know about phytochemicals like lycopene (the one that has made tomatoes famous) or anthocyanins and pterostilbene (which have propelled blueberries into the news).

The easiest way to take advantage of food synergies is to eat a wide variety of colorful foods with as many meals as possible. Enjoy the endless possibilities!
Section Four

Important Considerations
Unravel the Mystery

Important Considerations

Fighting cancer requires additional measures that aren’t needed in other illnesses or diseases. However, some of the suggestions here will be beneficial in overall improved health and should be considered a healthy habit to begin.

Digestion

Are you one of those people who can consume a whole meal in less than 10 minutes? When asked how you did that, do you just shrug and say you must have been hungry. The body has to expend considerable extra energy to digest the food that has not been properly chewed and swallowed which ultimately means that less energy is directed toward recovery.

People assume that all of the digestion work is done in the stomach but in fact, the salivary glands, teeth and gums are all important in the digestion process. Digestion begins in the mouth with the salivary glands. Consider approaching the act of chewing in a new way. Every time you put a mouth full of food in your mouth, remember to chew it from 30-50 times until it is a liquid-pulp before you swallow. You produce up to 32 ounces of saliva every day. Chewing your food will help your body absorb vital nutrients more thoroughly and rapidly due to the enzymes secreted in your saliva. After food is liquefied in the mouth, the tongue will recognize the various flavors of each food and then send messages to the brain, which in turn, orders production of the corresponding digestive juices needed to break down that food. Chewing your food well ultimately leads to more effective digestion.

Don’t drink any beverage with your meal

Another healthy habit to begin is to refrain from drinking beverages including water while eating a meal. Drink Barleymax® before the meal and wait at least 30 minutes after the meal before drinking your next juice.

Friends and Family

When your friends and family find out your diagnosis, the first
Important Considerations

things you will receive are casserole dishes. Although these are well-meaning gestures, you will want to establish boundaries.

Create a list of fresh produce items and create another list of activities. Distribute these lists to them. Ask them if they would be willing to purchase a 5 pound bag of organic carrots for you each week and clean and peel them for you. Perhaps they would be willing to purchase a few other juicing ingredients (vegetables) each week, cleaned and ready for juicing.

If possible, ask them to come to your home and juice fresh vegetables and make fresh salads as often as possible. We are aware of those who have a schedule with friends and family coming in every hour juicing for the sick person.

An example of a produce list to give to them might look like:

Produce List:

- Leafy greens – collards, kale, chard, dandelion, spinach, turnip, mustard, beet, romaine etc. (This list is according to the most nutrient dense so please try to consume as many of the top four each day in juice and in salad as possible.)
- Organic carrots – we peel them only because they taste sweeter. If they are not organic then we highly recommend they be peeled every time.
- Cucumbers – without wax
- Celery
- Beet
- Ginger
- Parsley
- Cilantro
- Romaine lettuce
- Tomatoes
- Onions
- Garlic
- Root vegetables
- Cabbage
Unravel the Mystery

Activities List:
• Juice vegetables
• Create fresh salads (clean, cut, store produce)
• Create fermented vegetables
• Create broccoli sprouts
• Clean house
• Go grocery shopping

Although your friends and family may think this is an unusual way to assist you, you can simply assure them that their efforts in this manner will be of great benefit to you.
Chapter Forty: Sugar and Fat Feed Cancer

For optimal benefit on the Recovery Diet, two particular food types must be significantly reduced or virtually eliminated. They both feed the cancer cells strengthening them making the fight more difficult. These two food items are fat and sugar.

A number of health care specialists in cancer were asked how much sugar and fat a person fighting cancer should consume in a typical day. Their responses are below:

**Sugar:**

There is ample evidence to support the fact that sugar from any source whether it is processed or from fruit, will enhance the growth of cancer.

A perfect example is when you go in for a PET scan. The IV solution that they are sending through your veins to see the glow of cancer contains sugar. When the cancer tastes the sugar, it will light up and the evidence comes to light.

Since sugar is a cancer feeder, it is best to avoid all sugars and sugar substitutes. Remember, simple carbohydrates break down into sugar so although it may not look as if it has sugar in it, the body will receive it as sugar. Example: bread, even wheat bread breaks down into the body and it uses it as if it was sugar.

Stevia may be used as a sweetener if desired, however, there has not been any significant evidence even to support the use of stevia so it may be best to use it sparingly.

If any sweetener is required, then blue, black or raspberries may be sparingly used since they have the least amount of sugar in all fruit and have a high amount of antioxidants. Berries should be used in very low amounts. Berries may be consumed at a rate of 10-15% of the daily
diet. This would look like a small handful on a salad or in a smoothie, but not both.

**Fats/Oils:**

Cancer tends to become stronger when you consume fats and oils. This is not the result that you are looking for so it is best to avoid them almost entirely.

The best oil to use if you have any kind of cancer EXCEPT prostate cancer is Flax oil. If you DO have prostate cancer, it is best to grind the flax seeds fresh before you consume them and refrain from consuming any other oil. The flax seeds provide the important Omega 3 essential fatty acids.

On a typical day on the Recovery Diet the amount of fats/oils you should consume look like this:

- A few walnuts to get the essential fatty acid of Omega 3
- 2 Tablespoons of flax oil
- 1 teaspoon of fish oil
- ¼ of an avocado a day

The best way to utilize these oils is to create salad dressings for all of the large vegetable salads that you will need to consume daily while on this program.

The 1/4 avocado can be eaten in its entirety, sliced over a salad or used in a blended salad or as an ingredient in a smoothie.

The fish oil can be poured over a salad since it is only a teaspoon or it can be placed in a smoothie or blended salad.

Remember, nuts have fat. Stay away from them.

“Modern drug based medicine is as incomplete as a novel written with three vowels. As discordant as a symphony constructed using only some of the notes. Nutritional therapy is the much needed missing part of our vocabulary of healthcare. The fight against disease needs all the help it can get.”

—Andrew W. Saul
Chapter Forty-One: Other Foods to Avoid

“It is easier to change a man’s religion than to change his diet.”

—Margaret Mead

Alfalfa Sprouts

Dangers of L-Cavanine

Alfalfa sprouts contain a protein called L-Cavanine. This is a toxic, non-protein amino acid and is naturally occurring in the seeds of alfalfa. Its purpose is to defend the seed against herbivores and is a vital source of nitrogen for the growing plant. When consumed by humans, the body mistakenly incorporates it into its own proteins in place of L-arginine, a beneficial amino acid. This produces proteins that may not function properly. Consuming foods with L-Cavanine might trigger a flare-up of lupus in patients experiencing a remission of symptoms, lower blood cell counts and spleen enlargement, according to the Beth Israel Deaconess Medical Center.

Bacterial Contamination

Alfalfa sprouts might contain several forms of deadly bacteria, including E. coli. The Food and Drug Administration, or FDA, recommends that children, the elderly and people with reduced immune function refrain from consuming alfalfa sprouts due to their increased susceptibility to infection. Sloan-Kettering notes case reports of people suffering infections with listeria and salmonella after consuming alfalfa in food and supplement form.
Unravel the Mystery

Other Safety Concerns

• Avoid alfalfa sprouts if you are pregnant or nursing.
• Alfalfa sprouts also have a high purine content, which might aggravate gout.

Note: The above is referring to alfalfa sprouts only. As the plant matures, the amount of the protein L-Cavanine drops dramatically. It is not a concern when consuming mature plants like what is used in Barleymax®.

Coconut Oil

Although it may have some benefit for other illnesses, it still is too much fat for a cancer patient and therefore the weakness of the product far outweigh any benefits.
Chapter Forty-Two: Weight Loss and the Recovery Diet

“Be not sick too late, nor well too soon”

—Benjamin Franklin

It is not uncommon for people on the Recovery Diet to lose weight. Most people can afford to lose some weight. At first it will seem like a good thing but after a while friends may start to become concerned because they aren’t used to seeing someone so thin.

Let’s explore some reassuring facts:

First, most toxins are retained in our body fat. Therefore, when we lose the fat, we can more easily rid ourselves of the toxins. Second, our country doesn’t understand the meaning of what “looking healthy” really is. We are so accustomed to seeing people with full faces, full stomachs and bulkier bodies that when we see someone who has visible shoulder blades, collarbones and cheekbones, we tend to think they look “unhealthy.” It is better to judge your health through your energy rather than how much you weigh or even how you look.

We must be mindful that when people go through conventional methods to fight cancer, that is, chemotherapy and radiation, they not only lose weight, but they lose their hair, they develop diarrhea, numerous canker sores in their mouth among many other serious side effects. Those people truly do appear unhealthy.

For most people, after they have eliminated the cancer from their body and have been on the Recovery diet long enough to ensure their organs and digestive system have fully recovered, and then their body...
will bring its weight back naturally (without the added toxins!).

If the weight loss is significant and becomes a serious concern for you or for your family there is a way that you can work on re-gaining some of it:

Introduce a little more cooked food. The calories will help to re-gain the weight. We don't recommend too much additional cooked, if possible, because it can interrupt the detoxification process. Ensure that the guidelines found in the “Cooked Food” section of this book are followed. When we say cooked food we’re talking about steaming vegetables and eating healthy vegetable/bean soups. Eating traditional types of cooked food add strain on the digestive system which requires your body to expend more energy when the goal is to use that energy to continue to fight the cancer and detoxify the body.
Section Five

Nutritional Supplementation
In a survey discussed in the Prescription for Nutritional Healing Book, vitamin and mineral supplementation was found to be higher among people with cancer and with those who had recovered from it than the general population. About 64-81% of cancer patients and cancer survivors take nutritional supplements.

In his book, Natural Strategies for Cancer Patients, Dr. Russell Blaylock emphasizes the importance of nutrition with cancer patients. He also discusses the viability of significantly changing the diet while using conventional methods of cancer treatment like chemotherapy and radiation. This is one of the most well written and comprehensive books on the science behind nutrition and cancer that has been written. It would be a book that can be given to an oncologist if they are against the use of antioxidants with chemotherapy or radiation. I wish we had known about this book when we were trying to convince the oncologist that Joshua should have strong antioxidants while on his chemotherapy treatments. We were not as well prepared to make the case and now, we want anyone reading this book to know how to reach and teach your oncologist the value of taking supplements while using conventional methods to treat cancer.

If you prefer not to give your oncologist an entire book, this chapter will assist you in that effort.

Let’s begin by asking the question, with all of the vegetables and juices that a person with cancer must consume on the Recovery Diet, why take supplements too?

The vegetables are only as good as the soil they grow in. The nutrient content of soil has changed exponentially in the last 20 years. With different variations of crop planting, excessive use of numerous types of pesticides, herbicides and fertilizers, and of course, the genetically modified seeds comes a significant decrease in nutrients left in the soil. If fewer are in the soil, then less will be in our vegetables.

There is a school of thought that even though we try as hard as we can to eat more vegetables and fruits, the produce itself can no longer keep our immune systems in peak performance. Even almonds have to
be irradiated today, which eliminates their living enzyme capacity. The longer we continue to consume produce that lacks certain nutrients, the more likely our bodies will succumb to disease.

The Recovery Diet ascribes to the theory that selective supplementation each day in addition to juices and raw vegetables can provide the spectrum of vitamins, minerals, nutrients, enzymes, etc. that are needed during this critical time.

It will take a lot of energy to re-build the immune system so it has the capacity to go after the cancer cells and annihilate them. This energy must come from freshly extracted vegetable juices, raw vegetables and supplements.

The Supplements that are extremely important to the Hallelujah Recovery Diet Program are:

**Barleymax®**: Young barley and alfalfa leaves that have been grown in the pristine, nutrient rich soil are harvested at their nutritional peak. They are then processed in a way that protects the delicate, fragile enzymes or heat sensitive nutrients. This ensures that Barleymax® provides the cells of the body with maximum nutrition to keep them strong and vibrant. Using Barleymax® each day is essential to strengthen the immune system and boost energy. It may well be the most nutritionally dense food you consume on any given day. Barleymax® is available in three delicious flavors and capsules. For more in-depth information on Barleymax® read the section under The Recovery Program chapter in this book.

**FiberCleanse**: For toxin removal. As the body begins cleansing, it is important that the toxins are eliminated timely and efficiently through proper bowel function. FiberCleanse provides a complete, full-body detoxification with a balanced blend of 28 herbs in a psyllium base to help not only cleanse the colon but the other cells throughout the body. It assists in restoring optimal bowel function ensuring the timely elimination of toxins from the body. Removing toxins from cells and achieving good bowel function is imperative to ensure timely and efficient elimination of toxins. Two to three good bowel movements per day are optimal. FiberCleanse is available in three flavors or capsules. Note: Consult your doctor or pharmacists before using FiberCleanse if on prescription drugs. Should not be used by pregnant or lactating women. It is not designed for using more than two or three consecutive months.
Nascent Iodine: Iodine supplementation is essential for thyroid function but is also critical for the proper function of every other gland in the body, from the tear glands, saliva glands, sweat glands, lymph glands, the pancreas, breasts and ovaries in women, and the prostate gland in men. It also enhances the immune system and assists with cell detoxification. Most people are extremely deficient in iodine and with the uncertainty of the impacts of the Fukushima fallout it is wise for everyone to consider iodine supplementation. When iodine combines with amino acids it supports apoptosis, which is essential when battling cancer. Nascent iodine is the best iodine for maximum utilization and uptake into the thyroid gland. This form also has strong anti-viral, anti-bacterial, and anti-germ properties. The optimal way to take nascent iodine is to put one or two drops into a small glass of water and then drink it about 15 minutes before consuming any food. This can be done 2 or 3 times a day when larger amounts are desired. Nascent iodine is active for 2 to 3 hours.

Vitamin D3: The health benefits of vitamin D3 vary depending on research. However, some studies show that vitamin D3, (cholecalciferol), is necessary for retaining bone density and for maintaining the body’s immunity against cancers, heart disease, diabetes, weakness, muscle wasting and osteoporosis, among other disorders. Some lab and population studies have shown that vitamin D3 may help reduce the risk of certain cancers. Vitamin D3 may help with reducing the likelihood of skin, breast and colon cancers, among several others. Some studies suggest that vitamin D3 supplements may help treat the symptoms of seasonal affective disorder. Vitamin D3 is actually a hormone, produced naturally in the body. Recent research indicates that servings up to 5,000 - 10,000 IU per day may be needed to achieve optimal blood levels. Optimal blood levels of vitamin D3 are 50 to 80 ng/ml. Other studies have found that even higher doses have been used successfully in the battle with cancer but always under the care of a qualified health care professional. An inexpensive blood test will help determine your vitamin D3 blood level.

Professional Strength Probiotics: Probiotics play a critical role in the development, support and function of the immune system (about 80 to 85% of the immune system resides in the colon). A healthy intestinal tract is host to about 3 pounds of bacteria. About 85% of those should be ‘friendly’ flora. Most labels on probiotic brands boast a high
amount of bacteria (CFU), but very few make it past your stomach acids to your colon, where probiotics are needed most. Hallelujah Diet Professional Strength Probiotic delivers up to 60% of its bacteria all the way to your colon – giving you far more effective results. Suggested serving is 2 probiotics daily for the first 2 to 4 weeks and then 1 daily thereafter.

**Bio-Curcumin:** Studies suggest that curcumin may be used to support the immune system. As inflammation is an underlying factor associated with cancer, curcumin is a powerful anti-inflammatory agent. Traditional health benefits of curcumin include: antioxidant, natural anti-inflammatory, anti-bacterial, anti-rheumatic, anti-carcinogenic and hepato protective. Based upon the research of Dr. Bharat Aggarwal, who headed the 12-member team of researchers at University of Texas (U.T.) M.D. Anderson Cancer Center, the use of curcumin, the biologically active extract of the turmeric spice can help supply the body with an abundance of free radical fighting nutrients that may help protect the body from various types of cancer. Bio-Curcumin provides the active components of turmeric in the most bioavailable form, delivering up to seven times higher concentrations in the blood than typical curcumin supplements. Take one capsule twice per day.

**Digestive Enzymes:** When battling cancer Digestive Enzymes are taken to assist in maximizing nutrient absorption from the foods we eat. For the first three weeks of the Recovery Program, take Digestive Enzymes with each juice and meal whether raw or cooked. This is to ensure maximum absorption of nutrients from the foods consumed during the initial adoption of the diet while the body is at its weakest state. After the first three weeks, when you eat cooked foods it is especially important to take 2 Digestive Enzymes to support digestive health in these situations as most of the naturally occurring enzymes are essentially destroyed.

**Betaine Hydrochloric Acid (HCL) Pepsin & Gentian Root Extract:** One of the reasons cancer is able to take hold is because the nutrients in the foods we consume aren’t reaching the cells. Since stomach acid plays a key role in the digestion process it is wise to ensure that optimal conditions exist in the stomach. As people age the acid in their stomach that breaks down food for proper digestion becomes depleted. The addition of hydrochloric acid aids in the digestion and
absorption of nutrients and assists the stomach in the breaking down process thereby reducing the energy required for digestion. Gentian, an ingredient in a wonderful bitter herbal, combined with Betaine HCL maintains a healthy pH in the stomach, supporting protein digestion, mineral absorption, small intestine pH and B12 absorption.

Essential Fatty Acids: Omega-3’s are considered essential fatty acids. They are necessary for human health but the body can’t make them — you must get them through food. Omega-3 fatty acids play a crucial role in brain function, as well as normal growth and development. They have also become popular because they may reduce the risk of heart disease. Research shows that omega-3 fatty acids reduce inflammation and may help lower risk of chronic diseases such as heart disease, cancer, and arthritis. Omega-3 fatty acids are highly concentrated in the brain and appear to be important for cognitive (brain memory and performance) and behavioral function.

Symptoms of omega-3 fatty acid deficiency include fatigue, poor memory, dry skin, heart problems, mood swings or depression, and poor circulation.

Other benefits of omega-3 fatty acids includes:
• Maintain overall cardiovascular and arterial health
• Support joint health, help to reduce inflammation and pain
• Support brain health, promoting concentration and long-term cognitive functions
• Promote mental well-being
• Support eye health

1 to 2 Tbsp of flax seed oil or 3 to 4 Tbsp of ground flax seed daily. If dealing with prostate issues, research suggests the use of ground flax seed rather than the oil is preferred. One teaspoon of Pharmax fish oil daily will meet the DHA needs of the body.

Vitamin B12, B6 and Folate: To maintain a healthy body, vitamin B12 is essential and according to the The American Journal of Clinical Nutrition, 39% of individuals tested had low-to-normal levels of B12 in their blood while 17% had levels low enough to cause symptoms of deficiency.
Health Benefits of Vitamin B12

• Maintains healthy nerve cells
• Maintains red blood cells
• Makes DNA, the genetic material in all cells
• Aids in proper digestion and the absorption of foods
• Helps with the synthesis of protein
• Helps metabolize carbohydrates and fats
• Plays an essential role in many other metabolic processes
• Aids in cell formation and cellular longevity

When B12 is combined with B6 and folate the benefits may include:

• Production of hydrochloric acid
• Absorption of fats and proteins
• Sodium and potassium balance
• Red blood cell formation
• Support for normal brain function
• Absorption of B12
• Support of the immune system
• Hormonal balance

It is important that B12 is in the Methylcobalamin form to ensure maximum absorption by the body.

Supplementation is not just what has been referred to as “expensive urine.” It works with the body in the overall process of ensuring that nutrients that are needed to perform thousands of functions are readily available. Remember, if a cell is being created, the goal is to create the strongest, healthiest cell possible. This means there can be no nutrient deficiencies while this process is going on. And, it goes on every day.
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Can I be on the Recovery Diet while participating in conventional treatments such as chemotherapy and radiation? Organic fruits and vegetable juices will help combat the side effects of chemotherapy. There are over 2,000 papers cited worldwide on the benefits of antioxidants to patients during and after treatment. Antioxidants will protect against chemotherapy-induced side effects.

Some oncologists don’t realize that antioxidants will actually protect against chemotherapy side effects and may even improve long-term survival in cancer patients. Through the years, several people have told us that when they made a significant dietary change as well as added nutritional supplementation, certain side effects of chemotherapy like, hair loss, nausea, need for blood transfusion, mouth sores, constipation, and several others seemed to have improved and were no longer challenges to contend with.

There are those who argue against nutritional supplementation during chemotherapy because they are concerned that antioxidants will protect cancer cells against free radical induced destruction. According to the research done by Dr. Russell Blaylock, the only way antioxidants have been shown to be harmful to cancer patients by in-
creasing tumor growth or interfering with chemotherapy is when they have been administered as a sole or single entity.

He goes on to say that since 1932 the most common cause of death among cancer patients is starvation. It would seem that with the abundance of nutritional advancement, and the fact that even today, cancer patients are dying due to lack of nutrients for fear that those very same nutrients will feed the cancer cells, research should be on how to prevent people from starving to death while being treated for cancer. Even the Journal of the American Nutraceutical Association indicates considerable evidence that well-nourished cancer patients actually live longer than undernourished ones. The evidence is clear and readily available that there is no longer need to fear the nutrition, and that in fact, it needs to be consistently given to the person fighting cancer to strengthen the healthy cells to overcome the cancer cells.

There is little evidence that depicts any other negative implication on vitamin and mineral supplementation during conventional therapies.

Dr. Blaylock reviewed all of the available data on both sides of the issue and published an article in 2000 in the Journal of the American Nutraceutical Association where he concluded that the bulk of the evidence actually demonstrates great benefit to the cancer patient [1].

He cites Dr. Jerome Block, professor of medicine at the University of California at Los Angeles (UCLA) School of Medicine and former chief of medical oncology at the Harbor-UCLA Medical center as saying, “The hypotheses that antioxidants inhibition of free-radical activity may negate cytotoxic properties of some cancer therapies have been dependent on naive and inaccurate assumptions [2].”

He also references Dr. Charles Simone who has cited more than 350 studies, involving 2000 cancer patients that showed antioxidants extended the life span of cancer patients and improved quality of life. He included one of his own (Simone et al. 2000) involving 50 breast cancer patients who participated in either radiation or chemotherapy or both. All patients took large doses of various nutrients and antioxidants. He reported that 90% of them noted improvement in their physical symptoms, cognitive ability, sexual function and general well being. Not one person reported a worsening of symptoms.

Dr. Abraham Hoffer, MD, PhD. has treated more than 1100 cancer patients with high doses of vitamin C (most of whom were cur-
rently receiving chemotherapy). He concluded that their prolongation of life was heavily influenced by the use of various vitamins (Hoffer et al. 1993a; Hoffer et al. 1993b; Hoffer 1994; Hoffer 1996).

Antioxidants can enhance the efficacy of certain chemotherapy drugs. Dr. Blaylock sites several more studies to suggest to your oncologist that have demonstrated that antioxidant vitamins can actually enhance the efficacy of certain chemotherapy drugs on tumor cells which hopefully may convince them that antioxidants are an important addition to conventional treatment of cancers (Prasad et al. 1994; Prasad 1999; Prasad et al 2003).

Many doctors including Dr. Russell Blaylock have been treating cancer patients with nutritional supplementation either in supporting conventional methods or without them, and say they have found the patient to be stronger while battling the cancer and never have had a case where nutrition was detrimental to the patient. We just need to continue the process of educating those who have the most influence on our treatment options, that when a person maximizes certain nutrients and combinations of nutrients then the chances of him fighting off and recovering from disease is more likely to be quicker and require less recovery time and fewer invasive measures [3].

Science has become so intricate that now it has been proven that vitamins and minerals, phytonutrients, antioxidants, flavonoids, etc. can not only cause cancer cells to stop growing and subsequently die, but these very same nutrients will enable the healthy cells next to the cancer cells to maintain their strength and not allow any damage from chemotherapy or radiation. And what is more exciting is that these nutrients can actually enhance the effectiveness of the conventional therapies of chemotherapy and radiation while mitigating or preventing the most serious side effects of these treatments.

**Additional Studies:**

From many studies over the past five decades, antioxidants are known to prevent cancer and other age-related diseases especially when taken long-term by healthy people [3].

In cancer patients or those at great risk of cancer, antioxidants in appropriate doses can also be of great benefit in treatment, taken in consultation with a nutrition-aware doctor [4].
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Chapter Forty-Four: Daily Schedule of Supplements

Daily

- Fresh Air
- Prayer/Meditation
- Gentle Exercise
- Deep Breathing
- Forgiveness
- Plenty of Rest
- Humor

Upon Rising:

- Prayer/Meditation

7:00 am

- Iodine (nascent) supplement (on empty stomach); 1 to 2 drops
- Barleymax® (1 tsp) mixed with 4 oz water (or taken dry)
- Digestive Enzyme capsule (1)
- B12-B6-Folate sublingual tablet (1)

8:00 am

- Juice (8 oz): carrot (70%) and vegetables (30%)
- Digestive Enzyme capsule (1)

8:30 am

- FiberCleanse (up to the first 90 days of The Hallelujah Recovery Diet; some people will require more cleansing than others) or B-Flax-D as directed
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9:00 am
• Barleymax® (1 tsp) mixed with 4 oz water (or taken dry)
• Digestive Enzyme capsule (1)

9:30 am
• Mid-Morning Snack – Cut veggies, or green smoothie with ¼ cup ground flax seed (minimal fruit)
• Digestive Enzyme capsule (1)
• Vitamin D3 capsule - 5,000 IU (1)
• Exercise, Sunshine, Rest, Deep Breathing

10:00 am
• Juice (8 oz): carrot (70%) and vegetables (30%)
• Digestive Enzyme capsule (1)

11:00 am
• Iodine (nascent) supplement (on empty stomach); 1 to 2 drops
• Barleymax® (1 tsp) mixed with 4 oz water (or taken dry)
• Digestive Enzyme capsule (1)

12:00 noon – Lunch meal
• Digestive Enzyme capsules (2)
• Professional Strength Probiotics capsule (1)
• BioCurcumin capsule (1)
• Hydrochloric Acid (2)
• Salad – Whole or blended

1:00 pm
• Juice (8 oz): carrot (70%) and vegetables (30%)
• Digestive Enzyme capsule (1)

2:00 pm
• Barleymax® (1 tsp) mixed with 4 oz water (or taken dry)
• Digestive Enzyme capsule (1)

2:30 pm
• Mid-Afternoon Snack (Cut veggies, or green smoothie)
• Digestive Enzyme capsule (1)
• Exercise, Sunshine, Rest, Deep Breathing

3:00 pm
• Juice (8 oz): carrot (70%) and vegetables (30%)
• Digestive Enzyme capsule (1)

4:00 pm
• Iodine (nascent) supplement (on empty stomach); 1 to 2 drops
• Barleymax® (1 tsp) mixed with 4 oz water (or taken dry)
• Digestive Enzyme capsule (1)

5:00 pm – Supper meal
• Digestive Enzyme capsules (2)
• Professional Strength Probiotics capsule (1)
• B12-B6-Folate sublingual tablet (1)
• Prayer
• Salad – Whole or blended
• Hydrochloric Acid (2)
• Cooked food

6:00 pm
• Juice (8 oz): carrot (70%) and vegetables (30%)
• Digestive Enzyme capsule (1)

7:00 pm
* Barleymax® (1 tsp) mixed with 4 oz water (or taken dry)
* Digestive Enzyme capsule (1)

8:00 pm
• Juice (8 oz): carrot (70%) and vegetables (30%)
• Digestive Enzyme capsule (1)

10:00 pm
• Sleep

This schedule can also be found in Appendix C. You can print a schedule from www.UnravelTheMystery.com.
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Chapter Forty-Five: Highly Recommended Supplement

“Adam and Eve ate the first vitamins, including the package.”
—E.R. Squibb

**Melatonin**

This supplement has been shown to protect against chemotherapy-induced weakened immune. In a randomized study by Lissoni et al. In 1999, people receiving chemotherapy also were given melatonin and it was found they had less hair loss, vomiting, nausea, stomach issues, red blood cell issues, blood platelet issues, lack of strength and fatigue. It would appear that adding melatonin to a chemotherapy regimen might prevent some toxic effects of the chemotherapy drugs.

Still other studies have also shown how melatonin has rescued bone marrow cells from death which is induced by chemotherapy compounds. (Maestroni et. Al 1994a; 1994b; 1998).

Depending on the type of cancer a person has, melatonin may be beneficial as an added supplement. It is not known how it will affect leukemia so those people may need to be cautious with its use. Prostate cancer men will need to get their blood tested for prolactin before they consider melatonin and ovarian cancer women have found better success in lower doses.

**Selenium**

Selenium is an essential trace mineral involved in a number of
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biological processes including kinase regulation, gene expression and immune function. Animal and epidemiological studies have suggested there may be an inverse relationship between selenium supplementation and cancer risk[1]. Low selenium levels have been linked to several different types of cancer. Selenium has anti-viral and anti-bacterial properties. Taken with vitamin E it can move heavy metals (especially mercury) from the body.

Zinc

Zinc, a trace mineral which, is vital for the functioning of numerous cellular processes, is critical for growth, and may play an important role in cancer outcome. The intracellular levels of this mineral are regulated through the coordinated expression of zinc transporters, which modulate both zinc influx as well as efflux. Zinc was first described in 1988 as an estrogen regulator with later work suggesting a role for this transporter in cancer growth and metastasis. Zinc is a requirement for all life on earth. Despite being the 27th most abundant element, the physiological importance of zinc is unparalleled. There are four general biological roles of zinc, which include its structural, signaling, catalytic, and regulatory functions. The ubiquity of zinc in biological processes lends itself to the idea that aberrations in zinc status may play a significant role in cellular dysfunction, including the development and/or progression of cancer. Evidence in support of this idea is extensive[2]. Zinc has long been used to help stimulate and support the immune system.

Ubiquinol

Ubiquinol is the antioxidant form of CoQ10 and is essential for mitochondrial synthesis of energy. It is the only known lipid-soluble antioxidant that is endogenously synthesized, protecting biological cell membranes against lipid peroxidation as well as regenerating other antioxidants such as vitamin C and vitamin E. Published clinical and experimental research shows that ubiquinol affects cardiovascular health, neuronal metabolism, renal health, and genes related to lipid/lipoprotein metabolism and inflammation.

Melanoma and breast cancer are two types of malignancies for
which CoQ10 has demonstrated substantial clinical benefit.

A recent melanoma study compared the effects of administering alpha interferon with or without daily CoQ10 (400 mg). There was an astounding 10-fold lower risk of metastasizing in the CoQ10-supplemented group! This effect was even more pronounced for those with more advanced melanoma, where CoQ10-supplemented patients were 13 times less likely to develop metastasis. Alpha interferon is an immune boosting drug that can induce side effects so severe that patients have to discontinue it. In this study, only 22% of CoQ10-supplemented patients developed side effects while taking supplemental CoQ10 compared to 82% not taking supplemental CoQ10 [3][4].

Even the National Cancer Institute which has displayed bias against certain alternative therapies reports on the role that CoQ10 may play in cancer treatments.

**Lycopene**

Lycopene is a carotenoid, a natural pigment made by plants and various fruits and vegetables, including tomatoes, apricot, guava, and watermelon. Lycopene’s absorption is improved with concurrent dietary fat intake. Lycopene inhibits androgen receptor expression in prostate cancer cells in vitro and, along with some of its metabolites, reduces prostate cancer cell proliferation and may modulate cell-cycle progression. Lycopene may also affect the insulin-like growth factor intracellular pathway in prostate cancer cells. Results from several in vitro and animal studies have indicated that lycopene may have chemopreventive effects for cancers of the prostate, skin, breast, lung, and liver; however, human trials have been inconsistent in their findings. Clinical trials utilizing lycopene in prostate cancer patients with various different clinical presentations (e.g., early stage, prostate-specific antigen (PSA) relapse, advanced disease) have yielded inconsistent results[5]. If I had prostate cancer, I would include the least sugar-ridden forms of lycopene rich foods realizing that the potential for food synergy is still a factor, and including these lycopene-rich, foods may attain results that may not have been indicated in clinical trials.
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Section Six

Alternative Treatment Options
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“Each patient carries his own doctor inside him.”
— Norman Cousins

According to the Life Extension book entitled Disease Prevention and Treatment, there are around 4 million people in America today who will survive cancer and live a full and productive life. The same book suggests that 1,500 people will die every day from cancer, which equates to a survival rate for cancer victims of 44%. These numbers would be difficult to validate since many of the people who die don’t have cancer on their death certificate as the primary cause.

In our son’s case, the wrong kind of cancer was placed on his death certificate and now it will not be counted in the appropriate statistics. The importance of this is that in recent history, there were two other students in his small high school that had the exact same kind of cancer that he did. But if anyone were to research this, his cancer would not show up in those stats.

One question that must be asked is how many of these deaths were the result of the treatment and how many were induced by disease?

The University of Texas MD Anderson Cancer Center (Houston) found that 99.3% of patients have heard of complementary medicine, and 68.7% of patients reported having used at least one unconventional therapy (Richardson et al. 2000). Since this research is 13 years old, it would seem likely that those numbers have both increased significantly.

Cancer isn't the same as it was 20 years ago. Charlotte Gerson has said in many interviews as well as in her book, Healing the Gerson Way, that the way she treats cancer isn’t exactly the same way her father treated it years ago. She said it is stronger and more resistant than it was then.

We believe without any doubt that the Recovery Diet and selective supplementation of whole food minerals and antioxidants is the primary way to rebuild your body to fight against cancer. Yet, with the advent of some extraordinary measures we would be remiss if we didn’t help you to identify them so you can make an informed decision on whether to add them to your artillery as you continue to battle this
disease.

There are many alternative, complementary or stand-alone treatments that have been used successfully by practitioners both in the United States and across the world. These all can be used in conjunction with the Recovery Diet.

While cancer cells need to be killed (or reverted into normal cells), that is only one aspect of a natural cancer treatment. The treatment will likely need to build the immune system, shrink tumors, deal with microbes (which may be a cause of cancer and must be dealt with), deal with lactic acid in the bloodstream, deal with weakness (such as the cachexia cycle or a weak liver), and so on.

There are hundreds of alternative cancer treatments. There are many books written to describe the top ones. Unfortunately, for home use, there are likely less than two-dozen that can be considered strong enough to use in advanced cancer care. Some of these make sense from a logical perspective, don’t cost a lot, and will not harm you in any case.

If we had cancer, we would consider adding some of these protocols in addition to the Recovery Diet, superfood supplementation and additional supplementation:

**Home Based Supplemental Methods**

**Exercise** – This is so important that a separate chapter has been designated in this book to convince you of the powerful changes your body will undertake when you add exercise into your cancer fighting regimen.

**Hyperthermia** – Far Infrared saunas provide a place where the body is exposed to high temperatures. High temperatures can kill cancer cells, usually without damage to normal tissues. In most countries of the world, hyperthermia is considered the 4th major modality of cancer therapy along with surgery, chemotherapy, and radiation. Only in the United States is it not at that status. In the United States it is used only as part of an alternative cancer treatment protocol.

Hyperthermia generates heat to create more blood supply to the area. Because cancers have such a high rate of metabolism, when they are warmed up with far infrared heat for example, they literally over-metabolize themselves to death. Some cancers are associated with viruses. You can make a body produce more heat shock proteins--one of
the most common proteins in life, widely distributed all throughout Nature. They allow healthy cells to persist in the face of adversity. Far Infrared saunas provide a form of whole-body hyperthermia that can improve your health by eliminating toxins from the body [1].

Some have found Hyperthermia to be very effective when used with a low dose of potentiated and targeted chemotherapy, also known as Insulin Potentiation Therapy (IPT).

**Treating Candida** – Many cancer patients have candida and without treating it simultaneously, the body must split its energy in fighting two battles. Many of these home-based methods will assist in fighting candida.

**Protocel** – A brown liquid formula that seems to have amazing effects on cancer. It is designed to specifically target cancer cells and weakens them and they finally die without disrupting any of the healthy cells in the body. The book entitled *Outsmart Your Cancer* by Tanya Harter Pierce devotes nearly 100 pages to this incredible product. It deserves great consideration and I would definitely place that in my top options to consider.

**Ionic Foot Detox Machine** – This machine does have controversy that surrounds it. However, it represents a significant advance in Energetic Medicine. It is a spa device, which appears to be associated with providing negative electron (Ionic) energy, enabling the body to accomplish detoxification, potential elimination of heavy metals, and balancing of inherent energy fields. As a therapeutic spa it seems to be an extremely useful adjunct to both Mainstream and Holistic medical therapies. Initial observations and anecdotal reports indicate this technology warrants further investigation. You can get these treatments from a health care provider or you can purchase a unit and take them at home.

**Coffee Enemas** – Coffee enemas are a way to remove circulating toxins and partial metabolites by dilating bile ducts and cleansing the liver. It is important that they be used in conjunction with juicing as the removal of toxins needs to be supported with extensive nutrition. The coffee administered by means of a cleansing enema stimulates an enzyme system in the liver known as glutathione S-transferase (GST) that removes a vast variety of free radicals (electrophiles) from the bloodstream. Under the influence of a coffee enema the GST enzyme system increases in activity to 650% above normal and removes elec-
trophiles (free radicals) from the bloodstream. During the time coffee is being held in the intestines, all the blood in the body passes through the liver at least five times. The blood circulates through the liver every three minutes [2].

**Vitamin B17** – Also known as nitrilosides or Laetrile. When the laetrile compound molecule comes across a cancer cell, it is broken down into 2 molecules of glucose: 1 molecule of hydrogen cyanide and 1 molecule of benzaldehyde. In the early days of laetrile research it was assumed that the hydrogen cyanide molecule was the major cancer cell killing molecule, but now it is known that it is the benzaldehyde molecule that is by far the major reason the cancer cell is killed.

The reason laetrile therapy takes so long to work, in spite of the marvelous design of the laetrile molecule, is because if the laetrile molecule happens to chemically react with the enzyme of a non-cancerous cell before it reacts with the enzyme of a cancerous cell the non-cancerous cell will break apart the laetrile molecule in such a way that it can no longer kill a cancer cell. Thus you have to take enough laetrile molecules, over a long enough time, that enough laetrile molecules coincidently (as far as we know) hits all of the cancer cells first. The second way that laetrile therapy works is in conjunction with the Recovery Diet. It is designed to build up the cancer fighting cells in the body, and let them work on the cancer cells. What they do is break down the enzymes surrounding the cancer cell so the white blood cells can identify and kill the cancer cell. One of the good side-effects of laetrile therapy is that more vitamin B12 is made in the body. With this in mind, make sure you supplement laetrile therapy with vitamin C. Vitamin C and vitamin B12 are, by themselves, an effective synergistic treatment for cancer.

If you want to know more about vitamin B17, watch the documentary “A World without Cancer” by G. Edward Griffin. This is quite an “old” documentary.

Vitamin B17 appears in abundance in untamed nature. Because B17 is bitter to the taste, in man’s attempt to improve tastes and flavors for his own pleasure, he has eliminated bitter substances like B17 by selection and crossbreeding. It can be stated as a general rule that many of the foods that have been domesticated still contain the vitamin B17 in the part that is not eaten by modem man, such as the seeds
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in apricots. Listed in Appendix E is an evaluation of some of the more common foods that contain laetrile. Keep in mind that these are averages only and that specimens vary widely depending on variety, locale, soil, and climate.

**Distilled Water** – We strongly recommend Distilled water for the first 3 months on the Recovery Diet to assist in the detoxification process. It is best purchased in BPA free containers if possible or you can make your own from a fairly inexpensive machine.

**Alkaline Water** – After the 3 months of distilled water, we recommend Alkaline water. Ionized water increases alkalinity and uses its negative oxidation-reduction potential (ORP) to neutralize free radicals. Another important aspect that can be attributed to negatively charged, reduced water – low micro clustering of the water molecules. This process reduces the surface tension of the water and allows for solubility and cell permeability. Our studies found that the best machine to perform these functions is the Enagic SD501. You can find one on the internet.

**Essiac Tea** – Four simple ingredients of burdock root, sheep sorrel herb (powdered), slippery elm bark (powdered), Turkish rhubarb root (powdered). Lab tests show that sheep sorrel is the actual cancer killer and the other ingredients combine for a synergistic immune booster and blood purifier. The quality of the ingredients is the most important aspect of beneficial Essiac.

**Pulsed Electromagnetic Field Therapy** – several studies have found magnetic therapy has promising results in inhibiting tumor growth and deserves additional attention as an adjunctive therapy combined with other modalities to fight cancer. Magnetotherapy provides a non-invasive, safe, and easy method to directly treat the site of injury, the source of pain and inflammation, and other types of diseases and pathologies.

**Proboost** – This product is made from an animal that was raised in a country with strict standards on animal treatment and no known illnesses in these animals. Its purpose is to activate the white blood cells in an effort to boost the immune system. The thymus gland is responsible for maturing the T-cells with specific proteins so that these act as soldiers of the immune system. The T-cells are a key to regulating the immune system by maintaining the tempo of the B-cells which are antibody producers to a particular antigen. The T-cells also
attack and destroy invading cells such as viruses and cancer cells. Initially when T-cells are created by the bone marrow, they are not able to perform their function until they are matured by the Thymic Protein A from the Thymus.

**Moringa** – The moringa tree has long been recognized by traditional healers as valuable in the treatment of tumors. Its cooked leaves have an estimated 17 times the calcium of milk, 10 times the vitamin A of carrots, 15 times the potassium of bananas, 25 times the iron of spinach and 4 times the protein of eggs. In addition to the leaves, the seed pods (drumstick) and other parts of the tree can be eaten as part of a tasty, nutritious dish. It seems however; the roots are where the medicine is [3][4].

**Outside of Home Supplemental Methods**

**UVBI** – Ultraviolet Blood Irradiation Therapy involves removing a very small volume of blood under sterile conditions, briefly exposing that blood to selected frequencies of Ultraviolet Light and re-infusing the blood back into the body. The blood is also treated with a very small amount of temporary acting anti-coagulant (heparin). UVBI is currently approved by the FDA for treating certain forms of lymph cancer and psoriasis. UVBI therapy is used clinically as both a specific (i.e. psoriasis, lymph cancer) and non-specific (chronic infections, chronic fatigue, auto-immune diseases, scleroderma, etc.) immune modulating therapy. Certain forms of cancer, auto-immune diseases, infections and tissue transplant rejection have all been published as benefiting from UVBI therapy. It is a process that several holistic doctors are using in an integrated plan to defeat cancer.

**Hyperbaric Oxygen** – Cancer exists in a low-oxygen environment and plentiful oxygen can kill it off. Hyperbaric oxygen therapy (HBOT) has also been shown to significantly reduce inflammation in the body, which is known to be a precursor to cancer. Thus it has the potential to be a simple alternative cancer treatment. HBOT involves increasing blood oxygen levels. ‘Hyper’ means increased and ‘baric’ relates to pressure. Oxygen is one of the gases in the air, and it’s essential for life. Normally, oxygen makes up just over one fifth (21%) of air. In HBOT treatment, people breathe in pure (100%) oxygen. This is
done by sitting in a chamber known as a hyperbaric oxygen chamber and using a mask or hood. Oxygen is carried around the body by the blood. Breathing in 100% (pure) oxygen under increased pressure allows extra oxygen to be taken up by the bloodstream and dissolved at a far greater rate. This extra oxygen can help where healing is slowed down by infection or where blood supply is limited by damage to the tissues. HBO treatment encourages new blood vessels to grow and carry additional blood, it increases the ability of the body’s defense mechanisms to fight infection and kill bacteria, and helps reduce any swelling that may occur around the area.

A 2012 review by Moen suggests that this procedure will not stimulate tumor growth or enhance recurrence. Rather, the review suggests that the evidence supporting this method for tumor-inhibiting effects is strong and bears more recognition of this therapy [5].

Other significant points of HBOT:
1. Research shows it is already used to good effect when used with radiotherapy where it does seem to reduce tissue damage and side effects.
2. Some cancer centers use it to improve the assimilation of chemotherapy drugs.
3. On its own, in research with mice models, Hyperbaric Oxygen did not seem to offer any benefit in the fight against cancer. However, when used in combination with a Ketogenic Diet, albeit in mice models, the benefits were significant. Imagine what it would do when combined with the Hallelujah Recovery Diet!

Oral Health Care – One of the first things I would do if I was diagnosed with cancer, especially a breast tumor would be to go to a biological dentist and get mercury amalgams removed, root canals evaluated, cavitations repaired and any other dental work relating to gum and tissue health addressed. If you are not using an oral irrigation system daily, you should begin. I recommend the Hydrofloss oral irrigation system.

Root canals and other dental concerns are risk factors for various illnesses, including cancer. Pockets of bacterial infection can exist under the teeth and be undetectable using screening methods such as x-rays. This is especially true for teeth that have had root canals. These infections can persist for years without either the patients’ or
Alternative Treatment Options

their doctors’ and dentists’ knowledge. Compounding this problem is the fact that bacteria and other toxins that can build up in root canals can be very difficult to eliminate. As a result, just as mercury vapors from amalgam fillings continually leech out to be absorbed by the body’s tissues and organs, so too do harmful bacteria and related toxins leak out from root canals and the gums in general to depress immune function. Left untreated, these unhealthy microorganisms can severely weaken the immune system over time. It may be years before the cancer develops and no one thinks to connect it with the mouth. A Biological, or Holistic dentist is the only one you should see. They are specifically trained to remove both root canals and mercury fillings properly and completely. Do your research and be selective as not all biological dentists using this label are as knowledgeable as they need to be. Dentists and doctors indicating that upwards of 90% of breast cancer patients having a significant dental issue have written several articles. Others suffering from cancer may find great results after they get their oral pathology addressed as well.

To find a legitimate Biological dentist start searching here:

Huggins Applied Healing
5082 List Drive
Colorado Springs, CO 80919
Toll Free: (866) 948-4638
E-mail: info@drhuggins.com
www.hugginsappliedhealing.com

or

International Academy of Biological Dentistry and Medicine (IABDM)
19122 Camellia Bend Circle
Spring, Texas 77379
Telephone: (281) 651-1745
www.iabdm.org

Ozone Therapy – Ozone is a blue colored form of oxygen (it’s what makes the sky blue), and unlike regular oxygen, it is composed of three oxygen atoms instead of two. It is the addition of the third oxygen atom that makes ozone “supercharged” oxygen, and gives it all of its remarkable medical properties. Ozone is a potent regulator of the immune system. Ozone increases antioxidant protection more
than any other therapy including vitamin C. Ozone is a powerful mitochondrial stimulant. Someone who has been fully trained should only administer it.

**Enzyme Therapy** – Enzyme therapy involves taking enzyme supplements as an alternative form of cancer treatment. Enzymes are natural proteins that stimulate and accelerate many biological reactions in the body. Digestive enzymes, many of which are made in the pancreas, break down food and help with the absorption of nutrients into the blood. Metabolic enzymes build new cells and repair damaged ones in the blood, tissues, and organs. Dr. Nicholas Gonzalez practices enzyme therapy in New York.

**Radio Frequency Ablation (RFA)** – High frequency electric current that is used to heat tumors from within. Inoperable tumors have been the target and this was initially done to provide relief only. We took our son to have this done. Unfortunately, by the time the doctor saw him, his tumor was too large for this procedure to be successful. This technique has become so valuable that in medical circles the word is, it may replace both surgery and radiation therapy. It is cost-effect, non-invasive, low-risk and the National Institutes of Health now consider RFA the most predictable, safest, and simplest method for thermal ablation in bone, liver, adrenal, kidney, prostate, breast and brain tumors. It has even been used in lung tumors.

**Insulin Potentiation Therapy (IPT)** – IPT is a true Stage IV alternative cancer treatment. It uses a combination of two orthodox drugs - insulin and a chemotherapy drug. Cancer cells have highly active insulin receptors. With IPT the insulin works on the cell membranes and allows chemotherapy to target cancer cells. Thus, it is the chemotherapy that kills the cancer cells, however, because of the insulin; the amount of chemotherapy needed is greatly reduced, meaning the side effects of the chemotherapy are greatly reduced. Thus, the chemotherapy is much more potent (hence the word: potentiation), much less chemotherapy is needed, and far less side effects are experienced.

**Intravenous Vitamin C** – An article published in the British Journal of Cancer Vol. 84, No.11, by Neil Riordan at the Riordan Clinic indicated that up to 46% of cancer patients have severe deficiencies in vitamin C. This procedure is excellent for infections, cellular recovery and when combined with Reishi mushrooms it enhances anti-tumor
Alternative Treatment Options

effects (Dr. Fukumi Morishiga). Interesting, how the synergy effect is seen again.

DMSO – Some alternative cancer centers use Dimethyl sulfoxide with some success. There is evidence that DMSO can cause cancerous cells to become benign. It may stop or slow the development of cancers, such as breast, ovarian, bladder and colorectal cancers. It is also promoted as an immune system booster.

DMSO Potentiation Therapy is used by some cancer centers to protect healthy cells from chemotherapy and to decrease side effects from the drugs. It seems to enhance the targeting action of drugs with cancer cells.

Several books have exceptional information about these various modalities.

The two I recommend are:

-Outsmarting Cancer by Tanya Harter Pierce
-Everything You Need To Know To Beat Cancer by Chris Woollams

Two other books that may be useful are:

-Killing Cancer Not People by Robert G. Wright
-Cancer-Free your Guide to Gentle, Non-toxic Healing by Bill Henderson
Unravel the Mystery
Section Seven

Cancer Recovery Keys
Unravel the Mystery
Chapter Forty-Six: Healing Reactions

“I don’t believe that there are any situations or any person on this planet who cannot be helped, whose life cannot be made better. And many of these situations can be cured. If your doctor does not know something, it does not mean that the knowledge does not exist elsewhere. No body is beyond hope. No body!”

—Natasha Campbell McBride

When your body begins to receive the vast amount of nutrients from the Hallelujah Recovery Diet day after day, it won’t be long before it begins to make some big adjustments.

One of the first things we tell people is that when the body finally has enough energy, the first thing it will do is begin “housecleaning.” This means that as good quality nutrition is added and stronger, healthier new cells are continuously being formed, the weak, sick, older cells will die off and will need to be removed.

If you have been on the Recovery Diet for a while and one day awaken and can’t understand why you don’t feel as well, you should congratulate yourself on the fact that you finally have accumulated enough nutrition and energy in your body to achieve a “healing crisis.”

When toxic foods are eliminated, and we start eating living foods, especially fresh vegetable juices, the body is able to rebuild as well as cleanse. This internal cleansing results in toxins/poisons being emptied into the bloodstream, and is what many people refer to as detoxification. During this process, one may experience a range of both physical
and mental discomfort that will subside over time, depending on the amount, degree, and length of time that a cleansing diet is sustained. Some may notice mild cleansing or detoxification signs, such as fatigue, mood swings and/or a headache, within a few days of making the change. A small percentage will experience severe detoxification indicators a few weeks later, which may include diarrhea, depression, vomiting, or an unexplained rash. Each person is different, and each body reacts in different ways. What is important is that these symptoms are evidence that the body is in a cleansing mode. Eventually, as the “bad” gets eliminated and the “good” is put back in, symptoms start to abate, and the body starts functioning at a higher level of health.

Don’t be discouraged or afraid. This process is vitally important to reach. One doctor tells his patients that when they start to vomit the entire staff erupts in applause encouraging the patient that they are removing the toxins and another layer of health will soon follow. He uses extreme detoxification methods in his practice that should only be done under a doctor’s direction and care.

The Hallelujah Recovery Program promotes cleansing while the body rebuilds. This is different from the teachings of a lot of other programs. Many times people are encouraged to detoxify, or cleanse, the body first, and then work to rebuild the body. But the body is starved for nutrition so by feeding it high quality foods in the form of juices and Barleymax® at the very start it will strengthen and rebuild while performing the function of cleansing. Therefore, it is essential to deal with both the toxicity and deficiency issues simultaneously.

Why does Detoxification occur?

The main function of the body is to create homeostasis—the state at which every part of the body is properly balanced and in a state of perfect health. Over the years, when that balance or homeostasis is upset due to lifestyle choices, the body starts to function in a constant mode of repair and restoration, working to keep you alive at all costs. To accomplish this, the body stores the toxic elements that have been forced upon it because it doesn’t have the energy to do both tasks—repair and detoxify. The toxins may be stored deep within the tissues and cells. Unfortunately, it is when toxins are stored that real damage begins to occur in those areas, and signs of disease begin to manifest. As we begin making healthier nutrition and lifestyle choices, the body
starts a cleansing process—eliminating the bad (toxins) and putting in the good (live nutrients) and the areas damaged by stored toxins begin to rebuild.

**The cleansing process has several avenues of elimination:**

1. Elimination through the bowels. One of the most important issues to address in detoxification is elimination. There are some indications that between 75–90% of Americans suffer from sluggish bowels. This can be a warning sign of greater health problems to come. If toxins from our body (dead cells, waste products, etc.) are not eliminated quickly, they can be re-absorbed into the body and result in a toxic buildup, which can ultimately contribute to the breakdown of the body and illness. Therefore, it is vital that bowel function be optimized in order to ensure rapid and efficient elimination of toxins.

2. Elimination through the skin. One way to help eliminate toxins is through dry skin brushing where the dead cells on the skin are brushed away. We lose over two pounds of toxins each day through our skin. Our skin is our largest organ and as such, when the bowels are not eliminating as they should, the toxins will try to get out any way that they can—the skin is one such avenue. This is why some people develop rashes or acne when their body goes through a cleansing process. Sores or rashes on the skin may be the last part of the body to heal as the body often heals from inside out.

3. Elimination through the lymph system. The lymph system is part of the immune system, and it assists the body in ridding itself of toxic elements; however, the lymph does not move through the body unless the body moves. Thus, exercise is a key component when it comes to dealing with signs of detoxification and rebuilding the immune system. An excellent way to move the lymph is through walking or rebounding for at least fifteen minutes every day.
4. Elimination through the mucous membranes. The mucous membranes trap toxins and help to move them out of the body; however, if the mucous is not kept at a thin consistency, the toxins may become trapped and sometimes infection will develop. Consuming an adequate amount of distilled or alkaline water (6-8 glasses per day) will help keep the mucous thin enough to flow out of the body rapidly.

What to do about the effects of Detoxification

When you go through detoxification you have several options to choose from:

Option 1: Do nothing and allow the body’s detoxification to run its course. The body will only cleanse what it has the energy to deal with. Generally, these detoxification episodes last 3–7 days.

Option 2: Slow down the cleansing. Eat more cooked foods and cut back a little on the Barleymax®. This generally results in an easing of the discomfort because the body is concentrating more of its energy on digesting and dealing with cooked foods than it is with cleansing and rebuilding. This is only recommended if the symptoms are too difficult to handle. The optimal method is to wait out the process and allow it to run its course without slowing it down.

Option 3: Speed it up! Help the body to cleanse more quickly. This entails eliminating solid foods; increasing water, juices and Barleymax®, juice fasting and possibly even partaking in some water enemas or colonics. The symptoms won’t disappear; in fact, they may even intensify for a short period of time. But when they are over, they usually don’t reoccur in the same manner.

No matter which course you choose, getting rest is of the utmost importance. The body needs to reserve its strength for cleansing and rebuilding.

One of the reasons many people on The Hallelujah Recovery Diet
do not experience severe cleansing is because of the 15% cooked food that is part of the program. It causes a slow-down in the release of toxins. They continue to be removed from the body, but at a much slower rate and over a longer period of time. That is why the cooked part is so important. Usually within the first two weeks, most people are over the symptoms of detoxification. However, there are instances where it may take over a year for the body to completely release all toxins, such as when a person has been exposed to environmental toxins, chemotherapy, radiation, excessive prescription drugs as well as the S.A.D.

Drinking plenty of water helps to dilute the toxins and move them out of the body more rapidly reducing some of the discomfort from detoxification.

The God-given intelligence of our cells is forever moving us toward full and complete homeostasis, or balance. While detoxification can be uncomfortable at times, it is nature’s way of keeping us healthy.

So, if you believe you are going through or have gone through a detoxification episode – REJOICE!!! It means that your body and immune system are still recognizing when things are not as they should be and are busy putting it back in proper, working order.

Over time, as you stay on the diet and lifestyle, the detoxification episodes tend to get shorter and the length of time between them tends to get longer, as the body continues on its quest for health and well-being.
Unravel the Mystery
Chapter Forty-Seven: Exercise

“Sometimes the walk to the doctors is a better cure than the medicine you receive”
—Benny Bellamacina

There has been a growing movement that has shifted the way of thinking in the recovery of people. Years ago, people who were hospitalized were told to stay in their beds so they could recover. In the case of cancer, people stayed in their beds and hoped for the best. Today, the pendulum has begun to turn. Instead of staying sedentary through the cancer recovery process, people are being asked to get up and move.

Dr. Thierry Bouillet, MD, Medical Director of the Institute of Radiotherapy at the Avicenne Medical Center of the University of Paris, is also an expert in sports medicine who was intrigued with reading several recent studies that showed fewer cases of cancer among the most physically active patients as well as distinctly fewer relapses in those who remained active as compared to those who didn’t.

He believes there are numerous ways that exercise will improve the body:
- When it reduces areas that store fat, it will reduce the areas that toxins are stored.
- It modifies and reduces our excess hormones that could stimulate growth of cancers.
- It reduces blood sugar levels and as a result, reduces the secretion of insulin and insulin growth factor (IGF) which can cause tissue inflammation and increase the growth and spread of tumors.
Unravel the Mystery

• It can even lower the level of inflammation in the blood.
• It has a protective effect on the immune system against stress from bad news.

He has also seen research that suggests that when a patient learns of bad news their NK (natural killer) cells count will reduce rapidly unless they have been exercising consistently and moderately. He has found great success in ensuring many of his cancer patients begin a moderate level of exercise when they begin their chemotherapy. The preferred method of exercise he uses is karate. He sees a lot of value between the movement of the exercise and the meaningful relationships that are formed. Dr. Bouillet is one of a growing number of doctors that see exercise as part of recovery.

Oncologists are slowly beginning to realize the idea that physical movement is one of the most proven methods to relieve fatigue that results from disease or from its treatment.

It must be noted that not all cancer patients can perform exercise from the beginning of their conventional treatment. Whether they have had surgery in places that require additional time for healing, or are extremely fatigued from nausea from chemotherapy, it is still important to work with a health care provider in all cases. But adding any form of light activity or movement is likely to benefit them.

Wendy Demark-Wahnefried, PhD, of Duke University wrote an editorial in the Journal of Clinical Oncology suggesting there is a reduction in cancer relapse rate of 50 to 60% with exercise. She actually compared exercise to one of the most revolutionary drug combinations of her time: Herceptin, combined with chemotherapy was considered “a major turning point in the eradication of suffering and death from cancer” [1]. But, physical exercise can provide benefits to people who have a broader variety of cancers than Herceptin could since it is typically used just for breast cancer.

Just remember, more is not always better when it comes to exercise. In fact, there is evidence that high intensity exercise, if done for a length of time, over time, can actually reduce the immune system and set the body up for disease. While battling cancer it is best not to push the body during exercise to the point that it needs to rebuild muscle or other body tissue. The body’s energy needs to focus on healing from the cancer and not making repairs caused by exercise.
Examples of Exercise

Light yoga, karate, Pilates, gentle walking, light rebounding, light resistance training are all options that can assist the person with cancer in creating movement.

Exercise is an excellent way to increase metabolism, get fresh oxygen to the cells and hasten release of metabolic waste products. This also allows the body’s natural production of life-enhancing endorphins to flood the bloodstream.

Several studies in the past few years have prompted such great results that overall, the message is clear: If you have cancer, you’ll have a more successful fight against it and a better recovery afterward if you introduce light exercise. And, to avoid relapse, the combination of exercise and diet are likely to bring the greatest results over time.
Chapter Forty-Eight: Cancer Recovery Checklist

“Health is not valued until sickness comes.”
—Thomas Fuller

Below is a checklist that you may find useful as you begin to weave through all of the well-meaning, well-intended mountains of guidance and information:

1. **Juicing** – As challenging as it can be to juice consistently, it is the best thing you can do for your body. Strive for 12 freshly extracted vegetable juices/ Barleymax® each day. Solicit the help of those well-meaning supporters who would likely bring over a casserole. Instead, give them a grocery list where they can bring you 5 pounds of carrots and some collard greens once or twice a week. Preferably they will be cleaned and ready to juice. The fresher the juice and the more you drink the more quickly the body will respond positively. Feed the army of Natural Killer Cells and starve the cancer cells! Use the juice and supplement log in Appendix A to help keep track of what to do and when. Remember, consuming juice allows 92% of the nutrients to reach cellular level as opposed to about 30% when the same food is chewed.

2. **Stay Hydrated** – Drink plenty of structured water, which comes from freshly extracted vegetable juices
and raw vegetables. Most people with cancer are dehydrated. Water is needed to facilitate cell movement. It transports nutrients and carries away waste matter. While on the Recovery program you may not want to add much additional water. Adding more water after the juices may risk diluting the nutrients from the juices.

3. **Remove Toxic Foods** – Eliminate the foods that are causing the cancer: Meat, Dairy, White Flour, White Sugar and Salt and all processed “dead” foods while severely reducing those substances that feed cancer – natural sugars and healthy fats.

4. **Veggies, Veggies, Veggies** – Consume large amounts of raw vegetables through smoothies, salads and blended salads and don’t cheat! This isn’t the time to eat less, it is the time to eat more!

5. **Minimize Toxin Exposure** – Replace or eliminate all avoidable toxins that are in your personal hygiene products: Hair dyes and shampoos, soaps, deodorant, cosmetics, lip balm, household cleaners, laundry soaps, dry cleaning, etc. that are commercially purchased all may have toxic substances. Place a water filter on the shower and consider a whole house water filtration system. Use a mask and gloves when handling any chemicals. Eliminate the use of plastic plates, plastic cups, plastic straws, plastic freezer bags, plastic storage containers, teflon non-stick, etc. Don’t use the microwave and minimize microwave radiation exposure by applying biochips to all appliances and devices that emit radiation. Reduce time on the cell phone, sitting in front of computer screens, etc.

6. **Supplements/Detoxing** – Take whole-food supplements consistently; without forgetting. It can get monotonous consuming numerous pills every day throughout the day. Look at it this way, with the exception of some detoxification symptoms, you won’t lose your hair, you won’t be terribly nauseous, you can still enjoy your family, you will still be able to work
and hundreds of other things that you would not be able to do if you chose an aggressive path. On the other hand, for those who still do choose the aggressive path, these supplements and the Recovery Diet may quite possibly prevent you from getting exceedingly sick with side effects as they have for many who have chosen to complement the different modalities.

7. **Hormones** – Get a hormone saliva test if battling a hormone-based cancer. Stop the introduction of outside hormones by drinking unchlorinated water that has never touched plastic, eliminating foods that have added estrogen-mimicking hormones. Consider herbs and other supplements that assist the body in “balancing hormones” which is helpful to reversing a hormone-based cancer. Supplements to consider include Ashwaganda, Maca, DIM etc. in conjunction with zero introduction of outside hormones. These can assist the body in regaining its hormonal balance.

8. **Begin Exercise Program** – All research points to a greater chance of successful recovery no matter what type or stage the cancer is if you add movement to your day. A slow walk, light weight lifting, rebounding, Pilates, all are great options. It is best for your body to keep the movement gentle. You don’t need to be sore. You don’t want to get to the point of exhaustion. This exercise is meant to assist your body in the detoxification process. You can rebuild your muscles later.

9. **Teeth** – Have your teeth and mouth evaluated by a biological dentist. Too much evidence proves unequivocally that the mouth has a direct link to the health of the entire body. Mercury amalgams, root canals and improper tooth extractions can cause cancer. Go to a dentist that has been specially trained to carefully remove these toxins in a way that will not compromise your health any further. Make him aware that you are battling this illness but don’t de-
10. **Sleep** – Get adequate sleep every night. The body performs healing while you are asleep. There are cycles of detoxification that occur after midnight but well before the waking hours. Any hour that you sleep before midnight is a benefit to your recovery. Strive to be asleep before 10:00 pm and stay asleep as long as possible before sleep is interrupted. Keep the room dark. Eliminate as much EMF radiation from the room as possible. Melatonin taken before bed may assist with sleep difficulties. It has also recently been shown to have great anti-cancer benefits. Magnesium before bed is not only beneficial for sleep but also for bowel cleansing.

11. **Support** – Ensure you have a network of support. It has been proven that people with cancer will be more successful in overcoming the disease with increased survival rates when surrounded by loving, supportive, nurturing family and friends.

12. **Check Your Emotions** – Evidence suggests that unresolved anger, grief, guilt and negative thinking are powerful deterrents of cancer recovery and may in fact be instrumental in the cause of developing cancer. This means that body, mind and spirit all must be in harmony before the true physical recovery can take place.

13. **Evaluate Your Relationships** – Where is your mind regarding your present relationships; your past ones? Determine if you have unsettled emotions that you must come to terms with. “Bitterness is drinking a glass of poison and hoping the other person will die.” When we brought our son to a toxicologist on his first visit, the doctor identified someone who our son had a strong negative emotional reaction to. The doctor told our son that he needed to forgive this person, whether or not they deserved it. He needed to forgive that person for his own sake. Remember, it is your own anger or hurt that is killing you and preventing

lay.
your recovery!

14. **Be Thankful** – Create a peaceful mind focused on gratitude. Keeping positive, peaceful thoughts are important to your recovery. Maintaining feelings of gratitude will keep you from concentrating on fear and hopelessness. This is the time to get outside of yourself and begin to look at others. The more time you spend thinking about others will help you see yourself as needed and important not as ill and in a hopeless situation.

15. **Pray** – Spend time each day in prayer and meditation. Having cancer requires mind over matter. It is important that you keep your mind in a state where you believe with every part of yourself that you will recover and that your body is a miraculous self-healing machine that will overcome this situation. Prayer can keep you in the frame of mind that maintains calm, peace, faith, hope and strength.

16. **Alternative Therapies** – Consider adding some of the alternative methods that have been discussed in the Alternative Treatments chapter. Your body is absolutely capable of repairing and restoring itself to better health. The alternative methods that are suggested may assist the body in its recovery process. It is not recommended to use all of these methods. However, many of them are natural, non-toxic approaches that will augment the Recovery Diet and give the body additional energy to beat the cancer. They would be great additions that should be considered.

“You only get one body; it is the temple of your soul. Even God is willing to dwell there. If you truly treat your body like a temple, it will serve you well for decades. If you abuse it you must be prepared for poor health and a lack of energy.”

—Oli Hille
Unravel the Mystery
Chapter Forty-Nine: Living With(out) Cancer

“When you mature in your relationship with God you realize how suffering and patience are like eating your spiritual vegetables.”

— Criss Jami

**Living With(out) Cancer**

The National Cancer Institute defines:
- Remission — A decrease in or disappearance of signs and symptoms of cancer.
- Partial Remission — Some, but not all, signs and symptoms of cancer have disappeared.
- Complete Remission — All signs and symptoms of cancer have disappeared, although cancer still may be in the body.

Many people who have chosen to change their diet and lifestyle have been able to see complete remission for many years and some for the remainder of their extended lives. The testimonies of just a few of those people can be found in the Real Life Stories chapter as well as thousands more can be found on www.myHDiet.com.

Others, for various reasons have been unable to obtain complete remission but have “lived with” controlled cancer in their bodies with reduced or no symptoms. One pastor friend of ours has been living with prostate cancer for over 17 years. He has been faithful on the
Hallelujah Diet, takes additional supplements and yet the stage 4 cancer that he was told would take him 17 years earlier, is now only a nuisance. It reminds him daily of the frailty of life, but he is an active, practicing head pastor of a large church and is nearing 80 years old.

The lesson we must learn here is that whether in complete or partial remission, you cannot allow cancer to infiltrate your minds to lead you to live in fear. The phrase “mind over matter” is aptly used here. People can overcome much if they don’t allow their minds to succumb to their perceived reality of the situation. Perception is based on emotion. Reality is truth.

There are many worse things than “living with” cancer. Many people are working, living and loving each day knowing their cross in this life may be an illness that hasn’t stopped them from experiencing abundant life. The key to “living with” cancer is the same as “living with” a spouse who is ill, or being a primary care provider for an elderly parent, or having a child with Down’s Syndrome or another issue that requires your greater attention. The key is to have hope and faith that the One who allowed this situation is still in control and will continue to guide you each day sometimes moment by moment to not just “live with” the situation, but thrive in it. Look at Joni-Eareckson-Tada, a quadriplegic who for many years has never been capable of itching her nose, but who has broken free from that restraint and has painted beautiful pictures with her feet. She has started a ministry to provide wheel chairs in places to make other handicapped people able to access them.

Nick Fujicic has no limbs, yet he has a powerful ministry that is reaching the world with the message “You can still enjoy life and make a difference even if you aren’t perfect!”

For anyone that has experienced remission by changing their diet and lifestyle, it must be noted that the body is only as strong as its next meal. In other words, to maintain this optimum level of health that reduced or removed the tumor, or other forms of cancer, the body is required to maintain a high level of nutrition intake. It may not require 12 juices each day once the cancer has been eliminated, but please note, if you choose to go back to the foods that you were eating when the disease first started, then you are setting yourself up to develop the cancer again.

Once your body has fully recovered, you can go from the Recov-
ery Diet to the Hallelujah Diet, which will afford many more food opportunities. The Hallelujah Diet can provide more for your sweet tooth, possibly a little more healthy bread options, more living foods options that have been dehydrated so you can enjoy nuts, seeds, living potato chips and so much more. The Hallelujah Diet can be found on the website www.myHDIet.com.

We have seen people who have chosen to go back to the Standard American Diet and the unhealthy, toxic foods and within a year or two or longer, their cancer returned and it returned with a vengeance. Going back on the healthy diet and lifestyle may not be enough next time to kick the cancer again.

We strongly urge you to stay on course eating clean, whole, living foods so your diet will maintain the level of health that you were able to achieve.
Unravel the Mystery
Section Eight

Preventing Cancer
“Health is the greatest possession. Contentment is the greatest treasure. Confidence is the greatest friend.”

—Lao Tzu

Preventing Cancer

Although no one has the perfect cure, it is not hard to prevent cancer. Follow the guidelines below adding to them a positive attitude and you will likely find yourself healthier than you have ever been for many years to come.

1. Keep your weight under control. You want to avoid weight gain or increases in waist circumference after age 21.
2. Be physically active every day. Aim for 30 minutes of vigorous activity or 60 minutes of moderate activity every day on average.
3. Eat plant-based foods. They will maintain a strong immune system.
4. Eat your living foods on a dinner plate. Eat your cooked foods on a dessert plate.
5. Remove or severely limit all Toxic Foods. They promote and feed cancer.
6. Stay hydrated. Drink fresh vegetable juice and Barleymax® everyday. 3 glasses of each through the day.
7. Limit consumption of refined salt.
8. Selective mineral and nutrient supplementation is key. No one can rely on just a “good diet” anymore.
9. Breastfeed infants (as appropriate) exclusively up to 6 months and continue as they start eating food.
10. Manage or change stress factors and your reactions toward them.
11. Eliminate as many toxins as possible that you drink, breathe, consume, wear, etc. Lifestyle changes are not hard and will pay great health dividends in the upcoming years.
12. Get periodic blood tests to ascertain your nutrient, vitamin and hormone levels. Once a year is a good amount.

13. Get 6-8 uninterrupted hours of sleep every night. Try not to change your sleeping habits on the weekends.

14. Consider going through a FiberCleanse detoxification at least once a year or after a period of unhealthy food consumption or stress.

15. Daily prayer and meditation are of paramount importance.

16. Remove all amalgams, infected root canals and repair cavitations. Take continuous care of your teeth and gums.
Section Nine

Real Life Stories
James S. – Prostate Cancer, Multiple Myeloma

Age at diagnosis: 68 – Recovery Diet only, no chemo or radiation
Type of cancer:
Prostate/multiple myeloma
Diagnosis date:
March, 2011

Scientific evidence of the diagnosis:
24 hour urine tests, prostate biopsy and blood tests

Diet:
100% Hallelujah Recovery Diet

Number of juices consumed each day?
6 carrot/vegetable juices
6 barley max juices
2 – 4oz wheat grass juices

Did you have any chemo, radiation or surgery BEFORE you started the Recovery diet?
No

How long were you on the Recovery Diet before you found your cancer was gone?
1 year

Scientific evidence to prove your cancer is gone:
Yes, blood tests and 24 hr urine tests

What can you say about the Hallelujah Diet Recovery Program?
It was extremely difficult trying to figure out what to eat in the beginning, but with the help of the website, my wife was able to figure out what to make for me without the oils, seeds, nuts or sugars. Olin Idol was always our ‘go to’ person in clarifying questions that we had. We wish we had a recovery diet recipe book to refer to, so thank you for writing it. After about 2 weeks, I began to feel really good and there were times that I forgot I was sick, as did my wife. After all the juicing, I really looked forward to eating the raw vegetable salads and especially that one cooked food.

Do you have any pictures or scans you would be willing to share with us?
The tests that found the cancer are the tests that eventually showed no cancer. No pictures or scans just reports.
Jordan R. – Medulloblastoma (Brain Cancer)

Age at diagnosis: 14 – Surgery to remove brain tumor plus Recovery Diet – No chemo or radiation
Type of cancer: Medulloblastoma (Brain Cancer)
Diagnosis date: December 9, 2012
Scientific evidence of the diagnosis: CT Scan and MRI
Diet: Recovery Diet
Number of juices consumed each day: Started with 7–8 juices per day for 6 months then went to 5 per day for 4 months. Now still drinks 4 per day.
Any chemo, radiation or surgery BEFORE you started the Recovery diet: Surgery only because the tumor was acting like a cork to drain fluid from his brain so in this case it was life threatening and needed immediate attention.
How did your oncologist react to you being on the diet while doing chemo, or being on the diet in general: They turned us in for child abuse. A sheriff had to meet with us at our home. Then we had to appear at a meeting in front of Doctors, Child Services, Attorney General Reps, Sheriffs Rep, DCF Reps (Department of Children and Family).
How long were you on the Recovery Diet before you found your cancer was gone? After the first MRI in April, 5 months after surgery, there was no evidence of recurrence. After another MRI in August, 9 months after surgery, there was no evidence of residual growth or anything.
Do you have scientific evidence to prove your cancer is gone? MRI Results
What can you say about the Hallelujah Diet Recovery Program? Basically it was a God-send for our family. We believe in it 100%.
Do you have any pictures or scans you would be willing to share with us?
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We do have initial CT scan of the tumor and the MRI disk from April. Sadly the hospital did not want to give us anything else unless we ‘purchased’ it. (All the paperwork and medical files)

It’s a long story, so many details. Sadly we have realized how corrupt and incompetent the medical industry is. We hurt for people that are sheep in their system.

Thank you for allowing us to share

Website created from his testimony- www.harvestyourhealth.com

Larry J. – Prostate Cancer, aggressive

Age at diagnosis: 72 – Recovery Diet only, no chemo or radiation – Diagnosed in 2005 – Has lived pain-free for 8 years

Type of cancer: Aggressive prostate cancer.

Diagnosis date: September 15, 2005

Scientific evidence of the diagnosis: Biopsy

Diet: Started Recovery Diet on October 15, 2005

Number of juices consumed each day: Eight carrot juices per day

Any chemo, radiation or surgery BEFORE you started the Recovery diet? No

How long were you on the Recovery Diet before you found your cancer was gone? Never had test to determine if cancer is gone. Quit having PSA tests. Body became very alkaline vs acidic.

Do you have scientific evidence to prove your cancer is gone? No. Has been eight years. Why have tests if I would never submit to chemo, etc.?

What can you say about the Hallelujah Diet Recovery Program? Very painless compared to chemo, etc.
Do you have any pictures or scans you would be willing to share with us?

*Initial biopsy report is all that I have.*

*I will be 73 on January 31 and don’t have any pain(s) whatsoever in my body. Our research indicates that cancer cannot survive in a high alkaline environment which I have. Donna was pronounced lupus free after adopting the vegan diet.*

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**Michael V. – Stage 4 Lung Cancer, Spread to Bones and Spinal Cord**

Age at diagnosis: 65 – Chemo plus Recovery Diet – Has 36 Pages of test results.

Type of cancer:
*Stage 4 extended small cell lung cancer. The cancer had traveled to the bones in both hips and ball and sockets, and upper spinal cord.*

Diagnosis date:
*July 11, 2013 – Five days later full oxygen and a wheel chair.*

Scientific evidence of the diagnosis:
*Cats scans, Pet scans and Blood tests -- 36 pages*

Diet:
*The Recovery Diet*

Number of juices you are drinking each day:
*Still 12 juices a day. 6 Barley Max, 6 Carrot and green*

Any chemo, radiation or surgery BEFORE you started the Recovery diet:
*2 days of chemo. On day 3 of chemo, started only Barley Max 12 times a day until our juicer was delivered along with the supplements which was 6 days later.*

Did you continue the Recovery diet while on chemo?
*Yes, still on diet.*

Did the Recovery diet relieve or reduce any of your symptoms from chemo or radiation?
*Had NO pain thru the chemo or radiation, doctors were surprised no bone pain and had bone cancer. Never took any medicines they prescribed. Feel*
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very strongly by the grace of God and juicing!!

How did your oncologist react to you being on the diet while doing chemo, or being on the diet in general?

Everyone at the hospital from the Oncologist to the Radiologist to the chemo nurses are very open to it. We even brought the juices to appointments and treatments! Radiologist noted juicing in her report dated 8-28-2013.

How long were you on the Recovery Diet before you found your cancer was gone?

July 23, 2013 to December 6, 2013

Scientific evidence to prove your cancer is gone:

Yes, scans blood test and reports

What can you say about the Hallelujah Diet Recovery Program?

I have already started 3 people I work with juicing. They have 4 a day. 2 Barley max and 2 carrot & green juices.

I tell everyone at work and anyone I’m talking to about the diet and Dot Scarpa the Health Minister that was kind enough to bring me into her home the week I had found out about my husband’s cancer. She and her daughter had shown me all they had learned with the diet, from juicing to the correct foods to eat and where to shop for them. I have had someone come to my home to see how to juice as Dot had done for me. I truly believe that my husband would not be here today in the state of good health he is in, if it wasn’t for the juicing, by the grace of God and chemo.

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Nancy H. – Breast Cancer, Stage 1 Grade 3

Age at diagnosis: 62 – 4 rounds of Chemo+Bilateral Mastectomy plus Recovery Diet – Visited Lifestyle Center in Missouri

Type of cancer:

Breast Cancer, Stage 1 grade 3 – “Triple Negative”– Not related to hormones. Only 15% of women get this type

Diagnosis date:

April 2011

Scientific evidence of the diagnosis:

Yes – Mammogram, Biopsy

Diet:

Recovery Diet . Had been vegan for 2 years prior to cancer, added juices
and supplements

Number of juices consumed each day:
8 per day for the first 6 months

Any chemo, radiation or surgery BEFORE you started the Recovery diet?
1 round of chemo before going to lifestyle center in Missouri
3 more rounds of chemo

Bilateral mastectomy (then reconstructive surgery)– tumor was in right breast

Did you continue the Recovery diet while on chemo? Yes

Did the Recovery diet relieve or reduce any of your symptoms from chemo or radiation?
Yes! Never got nauseous. Symptoms were minimal.

How long were you on the Recovery Diet before you found your cancer was gone?
6 months

Do you have scientific evidence to prove your cancer is gone?
Almost 3 years of clean scans and blood work:

PET scan– clean
CT scan and blood work every quarter– clean

What can you say about the Hallelujah Diet Recovery Program?
It’s a great way to fight cancer or any type of disease.

Do you have any pictures or scans you would be willing to share with us?
Yes, diagnosis report and pictures

Had been vegan for 2 years after reading The China Study

Exercises regularly
Endured a lot of difficult times and stress at home. -- Believe stress contributed to the cancer
Pastor David B. – Prostate Cancer

Age at diagnosis: 78 – Recovery Diet only. No chemo or radiation
Type of cancer: Prostate cancer
Diagnosis date: January 10, 2013

Scientific evidence of the diagnosis:
Yes: Gleason reported 9 out of 10 for prostate, CAT scans, picture of where cancer spread to lymph nodes, and documents with PSA readings (went from 3 to 16.9 in 12 months – From Jan 2012 to Jan 2013)

Diet: Recovery Diet Feb 2013

Number of juices consumed each day:
12 per day

Did you have any chemo, radiation or surgery BEFORE you started the Recovery diet?
Had a hormone shot in February 2013 and August 2013. No other treatments, lymph node biopsies were scheduled but not needed after second CAT scan showed no more cancer

Did you continue the Recovery diet while on chemo?
Never had chemo, still on Recover diet today

How long were you on the Recovery Diet before you found your cancer was gone?
4 months

Scientific evidence to prove your cancer is gone:
Second CAT scan in May 2013 reported cancer was gone and PSA went down to 0.5

What can you say about the Hallelujah Diet Recovery Program?
Absolutely wonderful! I would recommend it to others who are suffering.

Do you have any pictures or scans you would be willing to share for us?
Gleason report, picture of lymph nodes, and PSA reports

Had been taking medication for 8 years to reduce size of prostate so he could urinate – was told later by doctor that cancer is a potential side effect of this drug.
Additional benefits from diet change:
• Lowered cholesterol
• Lowered blood pressure
• No more indigestion = no more medication needed for indigestion
• No more constipation
• No more dry itchy scalp

Sandy R. – Breast Cancer

Age at diagnosis: 58 – Went to Lifestyle Center in Missouri
Surgical Biopsy – Recovery Diet plus Essential oils plus Infrared Sauna plus Alkaline Water plus Rebounder
No Chemo or radiation
Type of cancer:
Breast Cancer

Diagnosis date:
March 14, 2012
Scientific evidence of the diagnosis:
Surgical Biopsy (Lumpectomy) – Showed cancer cells, MRI-clean
Diet:
Started on 100% raw vegan diet 2 months before going to HA Lifestyle Center, then followed Recovery Diet
Ingested therapeutic grade Frankincense and Myrrh essential oils for 40 days
Number of juices consumed each day:
Alternated Barleymax® and juice 6 times a day
Did you have any chemo, radiation or surgery BEFORE you started the Recovery diet?
Surgical biopsy
How did your oncologist react to you being on the diet while doing chemo, or being on the diet in general?
Integrative medical doctor–recommended and supported a raw vegan diet
How long were you on the Recovery Diet before you found your cancer was gone?
5 months
Unravel the Mystery

Do you have scientific evidence to prove your cancer is gone?
*Thermal imaging scan in Sept 2012 -- clean, full body scan Dec 2012 and June 2013 – Completely cancer free*

What can you say about the Hallelujah Diet Recovery Program?
*It’s a blessing. I loved it! It was the right place for me to be to learn how to eat what God’s put here on the earth as our medicine.*

Do you have any pictures or scans you would be willing to share with us?
*Yes, reports.*

*Also used an infrared sauna, Alkaline water machine, whole-body vibration machine, rebounder, uses Young Living Essential Oils, and became a yoga instructor*

*Testimony was published at http://www.hahealthnews.com/halc/the-key-to-healing-breast-cancer/*

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**Eleanor R. -- Breast Cancer**

**Age at diagnosis: 39**

Type of cancer:
*Early Stage 1 aggressive breast cancer*

Diagnosis date:
*2011*

Scientific evidence of the diagnosis:
*Mammograms*

Diet:
*As close to the recovery diet as possible–so a variation*

Number of juices consumed each day?
*2-3 juices a day plus green smoothies*

Any chemo, radiation or surgery BEFORE you started the Recovery diet?
*No, I immediately changed my diet then had surgery and radiation*

Did the Recovery diet relieve or reduce any of your symptoms from chemo or radiation?
*Relieved the symptoms of radiation. I was not tired and was able to work and keep up with my young children–ages 4 and 7 at the time.*

How did your oncologist react to you being on the diet while doing
chemo, or being on the diet in general?
*Told me that this was not the time to change my diet, but I did not listen and changed it anyway!!*

How long were you on the Recovery Diet before you found your cancer was gone?
*6 months*

Do you have scientific evidence to prove your cancer is gone?
*Mammograms for 2 years they have looked fantastic...boring in my doctor's words!!*

What can you say about the Hallelujah Diet Recovery Program?
*Awesome! Delicious! It works!!*

Do you have any pictures or scans you would be willing to share with us?
*I am willing to sign something so that my doctors office can release this info to you.*

**Lifestyle Centers**

If you believe you need further assistance in adopting this lifestyle, there are three Hallelujah Lifestyle Centers that are waiting for your visit. Although they are not a medical facility their specialty is in teaching people how to incorporate all of the components that you learned in this book. You and 6 or so other guests will spend a week in a lovely home perfectly designed to help you learn how to juice in the spacious kitchen, ensure that you exercise each day and spend time out in the sun. You will get further education on the miraculous self-healing body and receive a number of great tips on how to create a living foods kitchen and pantry. They will send you home with many recipes to try and enjoy.

The best way to learn anything is to actually do it. These centers are here to teach you the practical tips and how to apply the Recovery Diet into your daily life. There is one in North Carolina, West Virginia and Florida. Take a look at the website www.halifestylecenters.com and give them a call. Their nurturing, loving approach will feed your soul as well as your body. It is a great time to immerse yourself into this life-giving program.
What if I go back to SAD foods?

Your body is only as strong as the cells that it most recently created. If a person reverts back to the Standard American Diet, there is a chance the body will weaken from the lack of strong nutrients in the food and in time usually within three years, the body can succumb to the weakened immune system and the potential for cancer recurrence is quite high. Through the last 22 years we have observed that some people who have chosen to bring the SAD foods into their diets after overcoming cancer through nutrition, have re-developed it and the Hallelujah Recovery Diet was not strong enough to overcome it a second time. Cancer cells mutate and become extraordinarily strong. The SAD food introduction is taking a great risk.

How long do I need to do this?

This diet must be followed in its entirety for at least 12 months. Remember, cancer can take 10-20 years to develop into what you are experiencing right now. It will take time to rebuild your immune system to create a strong army to fight it and once the cancer is gone, the diet will still be needed to repair the immune system from the fight it just went through. Lots of nutrients are needed to ensure that all organs, tissues and cells have time to rebuild and create an alkaline environment. This all will take time. It may take 15-18 months.

Once you have reached complete recovery, you can return to eating a little more fat, maybe in the form of nuts, seeds, avocados, Veganaise. You can slowly introduce more honey, maple syrup, and other natural sweeteners. But you can never return to the Standard American Diet. Those killer foods can never again be a part of your diet.
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Why do I remove the pulp from juice before I drink it?

This program recommends that to obtain the optimal amount of nutrition, fiber should be extracted from the juice before it is consumed. All vegetable juices should be consumed without the pulp in them. Fiber is extremely important. It assists in the elimination of toxins and removal of them through the bowels. The optimal way to get the fiber is through eating the fresh, raw vegetables and leafy greens twice a day in the large salads. Blended salads and smoothies can provide additional fiber as well. The juices will do their job best when the fiber has been removed. Remember, drinking the juice from a carrot allows over 90% of the nutrients to reach cellular level as opposed to 30% when the same carrot is chewed.

Why must I stay on the Hallelujah Diet Recovery program for at least 12 months?

Most cancers that affect adults can take from 10-20 years to develop. Therefore, to assist your body in the process of recovery, it may take up to 12 months and sometimes up to 18 months on this high nutrient program before the cancer has been eradicated and the immune system as well as other vital organs to sufficiently recover and regain control in the body. It seems amazing though, that it can take 10 years to develop it, but within less than 2 years, it can be not only controlled but often turned into remission.

This diet may seem restrictive at first glance, but unlike chemotherapy, radiation or even surgery where your entire life must be placed on hold during these treatments and the residual effects of them can be life changing, but likely in negative way, the Hallelujah Diet recovery program merely assists you in giving your body all the nutrients daily for it to successfully eliminate the toxins, rebuild its immune system and subsequently develop a strong, living body that will sustain health for a long time.

Will antioxidants interfere with the effectiveness of chemotherapy?

There are no studies that even remotely suggest this is true. In fact, there are numerous studies that prove that a patient participating
in chemotherapy will be more successful when taking supplements that include antioxidants, vitamins, minerals and enzymes and probiotics. See the special section in this book to assist you.

The lack of awareness of these studies may prompt oncologists to be wary of the combination but you, the patient, can bring this to their attention and demand that the two must be used together.

**What if you can only get in 6-8 juices on certain days, will the program still work?**

We suggest the optimal program because there are very sick people who need every drop of nutrient that the juice will provide. We have had testimonies of those who were unable to maintain 12 juices daily yet, removed the negative foods, thoughts, etc. And were able to make a complete recovery with a few less juices each day but still high amounts of raw vegetables were included.

**I hate exercise. Can I just do the program and still get good results?**

Although, we have no way of knowing how you personally will react, we can only say that when the body is removing toxins daily through exercise and other measures, there is a greater likelihood that the nutrients will be delivered to the cells to enhance their effectiveness thereby improving the likelihood that they will breakdown the cancer cells and subsequently create the conditions for the body to recover.

**Do I have to drink water while drinking all of the juices?**

There is no great need to continue to drink water throughout the day. In fact, it is best to avoid water after you have consumed juice since you don’t want to dilute the nutrients. If you can get all 12 of the juices into your body each day, you may still find yourself thirsty. If that is the case, the best water to drink is distilled water. You would be best served if you could make your own distilled water since nearly all distilled water comes in plastic, BPA containers that will likely leach the chemical into the pure distilled water. If you cannot make your own distilled water, then purchase only in plastic containers that have
not been exposed to florescent light that can break down the plastic quickly or those containers that have not been exposed to heat.

It is recommended that you stay on the distilled water for at least 3 months and longer if needed. This water has a strong detoxification effect and will work in conjunction with the other supplements to detoxify the body. After the 90 days, consider adding HydroBoost, which will make the distilled water less aggressive while replenishing the body with minerals in a form that can be easily assimilated within the body.

**What if I miss a dose of supplements? Can I double up on the next dosage?**

Supplements are not like prescription drugs. They work best when taken in individual doses either with or without food as indicated. The purpose of supplements is to act as as an accompaniment to the nutritious food to enhance the effectiveness of the food and to build the cells and strengthen the immune system. Do not double up on the doses but try to maintain a consistency in taking them.

**What about organic ingredients?**

If you live in an area where organic produce is readily available, those are the optimal foods to eat. You may find them in health food stores or even in some higher end grocery stores. However, if they look as if they have traveled a long distance, and are wilted, dry or wrinkly, then, the next best option is to find a local grower who may have fresh produce that may have minimal pesticides and herbicides on it. Finally, if you cannot find either, then purchase the produce you find in your local supermarket, wash it well and peel the outside where the pesticides would likely congregate most.

**Can I have a massage with cancer?**

People with cancer should avoid very deep massage. Gentler types may be safer. Some people worry that having a massage when you have cancer may make the cancer cells travel to other parts of the body due to lymphatic circulation. No research has proved this to be true.

If you are having radiation you should avoid massaging the treated area to avoid risk of cancer spreading. And don’t have massage to any
area of your body where the skin is broken, bleeding or bruised.

Several small studies have been done to see if massage would assist cancer patients in pain, fatigue, nausea, anxiety, and depression. The integrity of the studies has been in question so there really isn’t any strong documentation to support these.

**What if my doctor does not support this?**

We can’t tell you what to do. We can only provide you with studies, research, clinical evidence and anecdotal evidence so you may be ready to share any or all of it with your doctor. Remember, this is your body and you will be responsible for the consequences. Second opinion anyone?

**Can children follow this program if they have cancer?**

A modified version of the diet can be useful for children; however, they are still growing and will need additional nutritional support in the form of cooked vegetables. They will also require a different amount of supplementation since the recommended amounts are for adult bodies.

**If I have to eat smaller salads during the hours I drink my juice, how long must I wait after I consume my juice before I begin to eat the smaller salads?**

It is best to delay adding the solids for 20-30 minutes to allow the juices time to reach the cells and do their work.

**What if I lose too much weight on this program?**

Significant weight loss can occur on the recovery program. Major detoxification is taking place.

Many toxins are stored in fat cells therefore the less fat cells on the body, the more likely toxins will be eliminated. When people say that you are too thin, remember that they are seeing you from a perspective of what the average American looks like. Most people who lose weight may see their ribs and hip bones. That is actually not too thin.

What is more important is your energy level. You can expect days
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where your body is working so hard that you have the feeling that you are fatigued. However, this is to be expected as well. The body is undergoing a major transformation and it needs all the energy it can get.

If you feel that you need to stop losing the weight, you can increase the amount of cooked vegetables and beans into your diet. These additional calories will assist you in this goal of maintaining a little more weight. This food may also give you more energy. Remember though, the cooked food cannot replace any of the other juices or raw foods.
Conclusion

After years of reviewing studies, analyzing data, researching nutrition, and learning about toxins and environmental effects there are several conclusions that we can draw from these efforts:

The environment and the way our society has set itself up for the benefit of convenience and technological advancement, has wreaked havoc with our hormones. From the food additives to the fluorescent lighting to the diesel exhaust, and the chlorine plus hundreds of other factors, our endocrine system and our delicate hormone balance is constantly becoming imbalanced. So many xenoestrogens are plaguing us daily that over time, this will weaken our thyroid, adrenals and ultimately our hormone balance causing us to succumb to numerous cancers that were not so prevalent even 10 years ago.

We use the word synergy often in this book relating to what happens when two or more components combine. Sometimes it creates positive results like when vitamins A and D combine. The result is greater than the two individual vitamins alone. There are some powerful, positive synergistic effects from food! However, after all of the reviewing of the various toxins, we have come to the conclusion, that there are very few studies being done on the synergistic effects of two or more toxins that combine. We know what happens when we consume fluoride, and we know what happens when we consume chlorine, but what happens when we consume them together? It would seem, with what little research is available, that the two carcinogens together may be more dangerous to the body than when exposed individually. Ironically, in this particular example, it is highly likely that your body will be exposed to them simultaneously. The challenge is not knowing all of the damage they are causing. Just because the damage may be occurring slowly, doesn't mean that you won't live long enough to experience the full effect.

It is wise not to wait for the government or any administrative body to test the combinations of these carcinogens and finally inform us of their dangers and what we should do to avoid them. There are too many to test and the combinations would outnumber the actual toxins themselves. It is best to recognize that the world we live in is filled
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with many seen and unseen toxins that we are exposed to every hour of every day. We need to evaluate what we can live with and what we must live without. It is best to do this before a cancer diagnosis is made but that will definitely put everything into perspective. Sometimes, it takes that type of diagnosis for us to realize that what we thought was so important really means nothing at all.

Ask yourself these questions:

Is that newest smart phone really going to make you look smart after 10 years of radiation exposure? Do you have to have wireless internet when you don't know what it can do to your body long term? Is the extra time it takes to warm up a bowl of soup on the stove top too much effort? Is switching from plastic to glass really an issue? Can you find another “favorite” skin care product? Can your neighbors live with your dandelions?

A clean, efficient and strengthened immune system that isn’t weighed down with attacking allergens, toxins or inflammation is free to wage war on things like infection, inflammation, and cell mutations.

Your immune system requires proper cell food to function at its best. Eating high-quality, nutrient-rich foods is the primary way to give your body strength it needs to overcome and prevent disease.

We can’t forget detoxification. Avoiding exposure to toxins in our industrialized world is nearly impossible, unless you live in a giant bubble. Therefore, it’s important to eat foods that flush toxins from the body, so toxins don’t accumulate. Yes, the body detoxifies itself naturally, but given the ever-increasing amount of toxins in our everyday environments, it’s important to make sure this function is efficient.

Some antioxidants like glutathione help clean the liver and neutralize the effects of harmful medications for people dealing with chronic disease like cancer, making it an important part of cancer nutrition. Detoxification is key when fighting infections, because dead bacteria (such as Candida) can release harmful neurotoxins. If you’re trying to recover, it makes no sense to make it more difficult. Detoxification is also key when losing weight because toxins can remain stored in fat tissue. As that weight is shed, years of accumulated toxins are released into the bloodstream.

Eat the foods that promote healthy urination, bowel movements
and support liver function, as these are the primary elimination points within the body. The more vegetables, fresh water and juices you give to your body, the more it can rejuvenate and repair the areas that need attention. Don't give up and don’t give in.

Don't forget the companion to this book, Unravel the Mystery: Simple, Effective, Nutritious Recipes to Fight Cancer. It is available through myHDiet.com.

As Dr. Blaylock says, “Almost all recurrence of cancer can be avoided by consuming a strong diet and supplementation for the rest of the life of the person.”

Once you have eliminated the disease and have also given ample time for the vital organs to recover and regain their strength, which can take from 12 to 15 to sometimes even 18 months, you will need to continue to support them with nutrition for them to stay in peak performance and not allow them to weaken from inferior nutrition.

Then, we suggest you move to the Hallelujah Diet at that time. While it is less restrictive it is still a nutrient dense program that helps to keep the body working smoothly. There are many avenues of support to teach you the additional foods and recipes that you will be able to enjoy. Our website www.myHDiet.com has hundreds of recipes at your fingertips and they are free.

Another great opportunity for learning is 60 Days To Reclaim Your Health video program. My husband, Paul and I developed this to help people put into practice the principles needed to combat disease. Each day you will receive an email that will teach you even more about this incredible way of eating for your health. You will watch us in our kitchen, creating great recipes and discussing and teaching practical, time and money saving tips to continue this lifestyle. Check it out at www.juiceupyourlife.com. Click on the Reclaim your Health program and start learning more.

As you find yourself gaining more energy and restoring your health, you will likely be more encouraged to research this incredible connection between nutrition and health. An excellent place to start is on our website at this location: www.myHDiet.com

After living this lifestyle for nearly twenty years, I have learned much about the incredible human machine, how it thrives when given quality air, pure water, many nutrients and calming peace. This message has been shared with hundreds of thousands of people in the
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last 25 years. Many people who were told to go home and prepare to die, are alive today celebrating birthdays, anniversaries and creating memories they never thought would be possible.

When God designed man he made an incredible creation. 6,000 years later the body is as marvelous now as it was then. Unlike the automobile there has never been any recalls and there has never been any need for revisions or reconfiguration. The body has the capacity to repair, restore, replace and recover. That gift was given to you when you were born and it is still available for you today. Even the natural aging process that everyone goes through won’t turn off the healing mechanism.

Compared to Creation and Biblical times, the environment where the human body exists today has changed. Today, the human body must balance the poor air quality, the poor water quality and the constant barrage of radiation that surrounds it day and night. It must do the best it can to extract whatever nourishment is available from the processed, dead but convenient sources of fuel that it is being fed. The human body today, is so over stimulated by cell phones, email, hundreds of TV stations, radio, and appointments that silence and stillness are nowhere to be found.

In spite of the different environment, the human body is still amazing. Unleash the power from within. Take the important step of faith. Make the changes that were outlined in this book. As you do, continue to remember that you were designed by the most intelligent creator whose IQ is far beyond the reach of any mortal. Your body has the capacity and the capability to change its own destiny. Give it the fuel it needs and then... get out of the way!
## I have a Miraculous Self-Healing body... I am Healthy!

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</table>

| Vegetable Juice | | | | | | | | | | | | | | | | | | | |
| BarleyMax | | | | | | | | | | | | | | | | | | | |
| FiberCleanse | | | | | | | | | | | | | | | | | | | |
| Iodine | | | | | | | | | | | | | | | | | | | |
| B12/B6/Folate | | | | | | | | | | | | | | | | | | | |
| Digestive Enzymes | | | | | | | | | | | | | | | | | | | |
| D3 | | | | | | | | | | | | | | | | | | | |
| Hydrochloric Acid | | | | | | | | | | | | | | | | | | | |
| Probiotics | | | | | | | | | | | | | | | | | | | |
| Bio-Curcumin | | | | | | | | | | | | | | | | | | | |
| Essential Fatty Acids | | | | | | | | | | | | | | | | | | | |

Idea for Use
Place an X in the center of the shaded box after the task has been completed.
Print a new sheet every day or use a different color pen for each day.
CANCER FIGHTING SUPPLEMENT LIST

ESSENTIAL SUPPLEMENTS:
• Barleymax® – Available in Regular, Berry, Mint or Capsules
• FiberCleanse – Available in unflavored, green apple, lemon and capsules
• Nascent Iodine
• Vitamin D3 – 5,000 IU
• Professional Strength Probiotics
• Bio-Curcumin
• Digestive Enzymes
• Betaine Hydrochloric Acid (HCL) Pepsin & Gentian Root Extract
• Flora Flax Oil W/DHA
• Vitamin B12, B6 and Folate

HIGHLY RECOMMENDED PRODUCT/SUPPLEMENTS:
• Unravel the Mystery: Simple, Effective, Nutritious Recipes to Fight Cancer by Ann Malkmus
• Pharmax Fish Oil – One Teaspoon Daily
• Ubiquinol
• Melatonin

RECOMMENDED PRODUCTS & SUPPLEMENTS:
• The Hallelujah Diet book by Rev. George Malkmus
• 60 Days to Reclaim Your Health – On-line video program
• Getting Started On The Hallelujah Diet DVD Set
Appendix C

Daily Routine

Nutritional Supplementation/Daily Schedule Of Supplements

Daily
- Fresh Air
- Prayer/Meditation
- Gentle Exercise
- Deep Breathing
- Forgiveness
- Plenty of Rest
- Humor

Upon Rising:
- Prayer/Meditation

7:00 am
- Iodine (nascent) supplement (on empty stomach); 1 to 2 drops
- Barleymax® (1 tsp) mixed with 4 oz water (or taken dry)
- Digestive Enzyme capsule (1)
- B12-B6-Folate sublingual tablet (1)

8:00 am
- Juice (8 oz): carrot (70%) and vegetables (30%)
- Digestive Enzyme capsule (1)

8:30 am
- FiberCleanse (up to the first 90 days of The Hallelujah Recovery Diet; some people will require more cleansing than others) or B-Flax-D as directed

9:00 am
- Barleymax® (1 tsp) mixed with 4 oz water (or taken dry)
- Digestive Enzyme capsule (1)
Unravel the Mystery

9:30 am
- Mid-Morning Snack – Cut veggies, or green smoothie with ¼ cup ground flax seed (minimal fruit)
- Digestive Enzyme capsule (1)
- Vitamin D3 capsule - 5,000 IU (1)
- Exercise, Sunshine, Rest, Deep Breathing

10:00 am
- Juice (8 oz): carrot (70%) and vegetables (30%)
- Digestive Enzyme capsule (1)

11:00 am
- Iodine (nascent) supplement (on empty stomach); 1 to 2 drops
- Barleymax® (1 tsp) mixed with 4 oz water (or taken dry)
- Digestive Enzyme capsule (1)

12:00 noon – Lunch meal
- Digestive Enzyme capsules (2)
- Professional Strength Probiotics capsule (1)
- BioCurcumin capsule (1)
- Hydrochloric Acid (2)
- Salad – Whole or blended

1:00 pm
- Juice (8 oz): carrot (70%) and vegetables (30%)
- Digestive Enzyme capsule (1)

2:00 pm
- Barleymax® (1 tsp) mixed with 4 oz water (or taken dry)
- Digestive Enzyme capsule (1)

2:30 pm
- Mid-Afternoon Snack (Cut veggies, or green smoothie)
- Digestive Enzyme capsule (1)
- Exercise, Sunshine, Rest, Deep Breathing
3:00 pm
- Juice (8 oz): carrot (70%) and vegetables (30%)
- Digestive Enzyme capsule (1)

4:00 pm
- Iodine (nascent) supplement (on empty stomach); 1 to 2 drops
- Barleymax® (1 tsp) mixed with 4 oz water (or taken dry)
- Digestive Enzyme capsule (1)

5:00 pm – Supper meal
- Digestive Enzyme capsules (2)
- Professional Strength Probiotics capsule (1)
- B12-B6-Folate sublingual tablet (1)
- Prayer
- Salad – Whole or blended
- Hydrochloric Acid (2)
- Cooked food

6:00 pm
- Juice (8 oz): carrot (70%) and vegetables (30%)
- Digestive Enzyme capsule (1)

7:00 pm
- Barleymax® (1 tsp) mixed with 4 oz water (or taken dry)
- Digestive Enzyme capsule (1)

8:00 pm
- Juice (8 oz): carrot (70%) and vegetables (30%)
- Digestive Enzyme capsule (1)

10:00 pm
- Sleep
Unravel the Mystery

Appendix D

MSG, Truth in Labeling

Table 2: Names of common ingredients that contain processed free glutamic acid (MSG)\(^1\) or create MSG during processing

<table>
<thead>
<tr>
<th>Names of ingredients that always contain processed free glutamic acid:</th>
<th>Names of ingredients that often contain or produce processed free glutamic acid during processing:</th>
<th>The following are ingredients suspected of containing or creating sufficient processed free glutamic acid to serve as MSG-reaction triggers in HIGHLY SENSITIVE people:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Glutamic acid (E 620)(^2)</td>
<td>Carrageenan (E 407)</td>
<td>Corn starch</td>
</tr>
<tr>
<td>Glutamate (E 620)</td>
<td>Bouillon and broth</td>
<td>Corn syrup</td>
</tr>
<tr>
<td>Monosodium glutamate (E 621)</td>
<td>Any “flavors” or “flavoring”</td>
<td>Modified food starch</td>
</tr>
<tr>
<td>Monopotassium glutamate (E 622)</td>
<td>Maltodextrin</td>
<td>Lipolyzed butter fat</td>
</tr>
<tr>
<td>Calcium glutamate (E 623)</td>
<td>Citric acid, Citrate (E 330)</td>
<td>Dextrose</td>
</tr>
<tr>
<td>Monoammonium glutamate (E 624)</td>
<td>Anything “ultra-pasteurized”</td>
<td>Rice syrup</td>
</tr>
<tr>
<td>Magnesium glutamate (E 625)</td>
<td>Barley malt</td>
<td>Yeast extract</td>
</tr>
<tr>
<td>Natrium glutamate</td>
<td>Pectin (E 440)</td>
<td>Yeast food, Yeast nutrient</td>
</tr>
<tr>
<td>Anything “hydrolyzed”</td>
<td>Malt extract</td>
<td>Autolyzed yeast</td>
</tr>
<tr>
<td>Any “hydrolyzed protein”</td>
<td>Seasonings</td>
<td>Gelatin</td>
</tr>
<tr>
<td>Calcium caseinate, Sodium caseinate</td>
<td></td>
<td>Textured protein</td>
</tr>
<tr>
<td>Yeast extract</td>
<td></td>
<td>Whey protein</td>
</tr>
<tr>
<td>Yeast food, Yeast nutrient</td>
<td></td>
<td>Whey protein concentrate</td>
</tr>
<tr>
<td>Autolyzed yeast</td>
<td></td>
<td>Whey protein isolate</td>
</tr>
<tr>
<td>Gelatin</td>
<td></td>
<td>Soy protein</td>
</tr>
<tr>
<td>Textured protein</td>
<td></td>
<td>Soy protein concentrate</td>
</tr>
<tr>
<td>Whey protein</td>
<td></td>
<td>Soy protein isolate</td>
</tr>
<tr>
<td>Whey protein concentrate</td>
<td>Anything “protein”</td>
<td>Anything “protein fortified”</td>
</tr>
<tr>
<td>Whey protein isolate</td>
<td>Anything “protein modified”</td>
<td>Soy sauce</td>
</tr>
<tr>
<td>Soy protein</td>
<td>Anything containing “enzymes”</td>
<td>Soy sauce extract</td>
</tr>
<tr>
<td>Soy protein concentrate</td>
<td>Anything “fermented”</td>
<td>Protease</td>
</tr>
<tr>
<td>Soy protein isolate</td>
<td>Vetsin</td>
<td>Anything “enzyme modified”</td>
</tr>
<tr>
<td>Anything “protein”</td>
<td>Ajinomoto</td>
<td>Anything containing “enzymes”</td>
</tr>
<tr>
<td>Anything “protein fortified”</td>
<td>Umami</td>
<td>Anything “fermented”</td>
</tr>
<tr>
<td>Soy sauce</td>
<td></td>
<td>Amino acid chelate</td>
</tr>
<tr>
<td>Soy sauce extract</td>
<td></td>
<td>Citrate, aspartate, and glutamate used as chelating agents with mineral supplements.</td>
</tr>
<tr>
<td>Protease</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Anything “enzyme modified”</td>
<td></td>
<td></td>
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<tr>
<td>Anything containing “enzymes”</td>
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<tr>
<td>Anything “fermented”</td>
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<td>Vetsin</td>
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<tr>
<td>Ajinomoto</td>
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<tr>
<td>Umami</td>
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</tbody>
</table>

\(^1\) Glutamic acid found \textit{in unadulterated protein} does not cause adverse reactions. To cause adverse reactions, the glutamic acid must have been processed/manufactured or come from protein that has been fermented.

\(^2\) E numbers are use in Europe in place of food additive names.
<table>
<thead>
<tr>
<th>Fruits</th>
<th>Range*</th>
<th>Seeds</th>
<th>Range*</th>
<th>Beans</th>
<th>Range*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blackberry, domestic</td>
<td>low</td>
<td>Apple seeds</td>
<td>high</td>
<td>Black</td>
<td>low</td>
</tr>
<tr>
<td>Blackberry, wild</td>
<td>high</td>
<td>Apricot seed</td>
<td>high</td>
<td>Black-eyed peas</td>
<td>low</td>
</tr>
<tr>
<td>Boysenberry</td>
<td>med.</td>
<td>Buckwheat</td>
<td>med.</td>
<td>Fava</td>
<td>high</td>
</tr>
<tr>
<td>Choke cherry</td>
<td>high</td>
<td>Cherry seed</td>
<td>high</td>
<td>Garbanzo</td>
<td>low to med.</td>
</tr>
<tr>
<td>Wild crabapple</td>
<td>high</td>
<td>Flax</td>
<td>med.</td>
<td>Green pea</td>
<td>low</td>
</tr>
<tr>
<td>Market cranberry</td>
<td>low</td>
<td>Millet</td>
<td>med.</td>
<td>kidney</td>
<td>low to med.</td>
</tr>
<tr>
<td>Swedish cranberry</td>
<td>high</td>
<td>Nectarine seed</td>
<td>high</td>
<td>Lentils</td>
<td>med.</td>
</tr>
<tr>
<td>Currant</td>
<td>med.</td>
<td>Peach seed</td>
<td>high</td>
<td>Lima, U.S.</td>
<td>low</td>
</tr>
<tr>
<td>Elderberry</td>
<td>med.</td>
<td>Pear seeds</td>
<td>high</td>
<td>Lima, Burma</td>
<td>med.</td>
</tr>
<tr>
<td>Gooseberry</td>
<td>med.</td>
<td>Plum seed</td>
<td>high</td>
<td>Mung</td>
<td>med. to high</td>
</tr>
<tr>
<td>Huckleberry</td>
<td>med.</td>
<td>Prune seed</td>
<td>high</td>
<td>Shell</td>
<td>low</td>
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<tr>
<td>Loganberry</td>
<td>med.</td>
<td>Squash seeds</td>
<td>med.</td>
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<tr>
<td>Mulberry</td>
<td>med.</td>
<td>Sprouts</td>
<td>Range*</td>
<td>Leaves</td>
<td>Range*</td>
</tr>
<tr>
<td>Quince</td>
<td>med.</td>
<td>Bamboo</td>
<td>high</td>
<td>Alfalfa</td>
<td>high</td>
</tr>
<tr>
<td>Raspberry</td>
<td>med.</td>
<td>Fava</td>
<td>med.</td>
<td>Beet tops</td>
<td>low</td>
</tr>
<tr>
<td>Nuts (all raw)</td>
<td>Range*</td>
<td>Garbanzo</td>
<td>med.</td>
<td>Eucalyptus</td>
<td>high</td>
</tr>
<tr>
<td>Bitter almond</td>
<td>high</td>
<td>Tubers</td>
<td>Range*</td>
<td>Water cress</td>
<td>low</td>
</tr>
<tr>
<td>Cashew</td>
<td>low</td>
<td>Cassava</td>
<td>high</td>
<td></td>
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<tr>
<td>Macadamia</td>
<td>med. to high</td>
<td>Sweet Potato</td>
<td>low</td>
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</tr>
</tbody>
</table>

Range*: High -- above 500 mgs. nitrilosides per 100 grams food  
Medium -- above 100 mgs. per 100 grams food  
Low – below 100 mgs. per 100 grams food
Endnotes

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Chapter 1

Chapter 2

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Chapter 19


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Chapter 30

Chapter 34

Chapter 35

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Chapter 43


Chapter 45


Section 6


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