

From the editor

According to the World Health Organization, cancer is among the top ten leading causes of death of people around the world. In high-income countries, the situation is even worse: oncological diseases are second only to coronary heart disease and stroke. Millions of people get this diagnosis every year and millions die. official medicine, despite all the modern and very expensive methods of diagnosis and treatment, is powerless to prevent such a bitter fate of most patients. WHO's forecasts are also disappointing - cancer mortality will only grow every year. Therefore, the diagnosis of "cancer" is usually perceived as a terrible sentence. A genetically recognized genetic theory of the occurrence of cancer, according to which anyone can, and quite suddenly, get sick, only strengthens people's fear of this disease. And this idea of cancer in our society is generally accepted and does not cause doubts.

The proposed book changes the reader's view of the cardinally opposite, destroying the stereotypes imposed in this sphere. In it, the author (naturopathic practitioner and practicing specialist in alternative oncology) reveals the reasons for the failure of traditional methods of cancer treatment and offers an alternative view on the nature of cancer, the causes of its occurrence, and also introduces the reader to the natural methods of its treatment, which in practice have proved effective.

The book is designed for a wide range of readers, not just cancer patients or oncologists.

Onko sick people, who can get rid of imposed false stereotypes, it will not only give hope for healing, but will also become a sort of guiding card that opens the door to a new life free from illness, and also indicates simple steps in this direction that are available to anyone who wants regardless of physical and financial condition.

Oncologists, if they really want to follow their vocation (to successfully help the sick be cured of the disease and not do business for their illness), this book can provide an impetus for a deeper study of the issue and the search for truly effective and safe methods of treating cancer.

And to all other readers who do not belong to the above categories, the book will allow you to understand what is health from the point of view of naturopathy, and this, in turn, can induce you to take responsibility for your health and the health of your loved ones, and thereby preventing not only the occurrence of cancer, but also any other diseases.

Author warning

The purpose of this book is exclusively educational. No information, as well as the methods of treatment described in this book, should not replace communication with appropriate medical specialists and the implementation of their recommendations. The author hopes that this book will improve understanding, evaluation and selection of the right treatment.

Some of the treatment methods described in the book are, by their definition, alternative, that is, they are not recognized as official medicine. The attitude to these methods of national and local laws can be very different from the attitude to officially recognized methods. Therefore, this book can not be a tool for conducting treatment by a specialist or an individual.

Use the information in this book wisely - explore, analyze, test it for compliance with common sense, and do not take it as a dogma. Remember, your main goal is health! Consult your doctor about the alternative treatments described in the book. It is very important that the reader takes full responsibility for his health, as well as for how to use the information in this book.

The author does not bear any responsibility for any negative consequences that may result from using the information given in this book.

About the author

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The founder of the project "MedAnternet.Info",

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Boris Grinblat (born in 1964), now a doctor-naturopath, a practicing specialist in alternative oncology. At the dawn of his career, after giving 10 years of his life to the official medicine and deeply disappointed in the way the modern medical system works, he radically changes his career and becomes a successful businessman. Years later, fate again brings him closer to medicine, but now with its other side - an alternative.

Having finished the European School of Natural Medicine, the author decides to understand the reasons for the total dominance of modern allopathic medicine, despite its apparently low efficiency, and why many natural treatments, despite their obvious success, are simply ignored, discriminated against or even are prosecuted by law.

The author is most interested in oncology, which he devotes several years of his life to research, and as a result he discovers the reasons for the total incapacity of official methods of cancer treatment (surgery, chemotherapy and radiation therapy). Also the result of these studies is the discovery of a multitude of incommensurably more effective therapies, alternative to traditional ones, which in practice have proved their success.

A certain dramatic event in the author's recent life (it is described in the proposed book) convinces him that the results of these studies should be known to as many people as possible, especially cancer patients, as well as all those who want to protect themselves from this disease.

The author's acquaintance with two medical systems (Soviet and English), as well as with the two sides of medicine (traditional and alternative), allows him to comprehensively approach the problems associated with official methods of treating chronic diseases and oncology in particular. This picture is supplemented by the author's fascination with alternative politics and history.

Thank you, my angel, for being near
with me in the hardest period of my life for me.

Thank you for your faith in me and support.

I am deeply grateful to Raphael,

my virtual friend and like-minded,
for helping to create this book.
It is dedicated to Vlad Chinese (2005-2013).

Prologue

London. February 2013,

Russian Orthodox Church in Kensington.

I stood behind everyone and looked at this little coffin lying in the center of a huge dark church hall. The flickering lights of the candles and the sounds of the choir, interrupted periodically by the bass of the burial priest, made this picture mystical. People stood like shadows, silently, almost not moving. A woman in a black kerchief, hugging her coffin, said something and sobbed, but for some reason I did not hear this. After the mother began to approach other people, who stayed a little, saying goodbye to the dead boy, and stepped aside, giving way to the following.

I stood still, immersed in a strange state, which completely enveloped me. I could not move, because at that moment I did not feel like a physical body. I felt that I was watching this tragedy not only with my own eyes, but also with some new, unknown to me feeling that paralyzed me physically, giving an amazing clarity of sensations and thoughts. Somehow I felt the significance of what was happening for my life. I knew that this would change my life, but I still did not know how.

The tear rolling down my cheek brought me back to the physical world. At the same moment the decision came that I should promise this little hero, who lived only eight years, to do everything I could to protect others from the same fate, even if I have to change a lot in my life. If I manage to save at least one person with the help of knowledge acquired in recent years, then his short life will make even more sense. I made a promise and left without waiting for the end of the service.

Walking from the church to the parked car, I already knew that I had become different. I surprisingly clearly represented what I have to do. The feeling of completeness, integrity, embraced me, as if suddenly found a link, completed the long-remaining unfinished chain.

London. May 2013 - January 2014, at home in Harrow.

The boy, whose funeral I was at that time, was very different from other doomed sick kids during my lifetime, which I saw during my time in the department of pediatric oncology in one of the private clinics in London. He really was a little hero. Steadily enduring the infernal torments of healing, he found the strength to smile and inspire hope in his victory over the illness to others, even when she left adults.

Half of his eight years lived, he was treated for cancer. When he was five years old, doctors in Russia refused to continue the treatment of the boy and, therefore, gave him several months of life. His mother, being an amazingly strong woman, was able to find funds and brought him for treatment in England.

He was loved by all the staff of the department, as well as other kiddies and volunteers. He was the "oldest" patient in the ward, and everyone was watching him to fight the disease. Everyone but me. I followed his struggle with the treatment.

When I first saw this strong boy, it was hard to believe that he had been sick for a long time and had passed through the "fire, water and copper pipes" of official treatment. He not only survived the prediction that Russian doctors gave him, but also suffered so many cycles of very toxic therapy that even treating doctors in England were surprised at this.

Nevertheless, as soon as the baby recovered from the next "chemistry", he was given a new dose, often simply changing one toxic drug in a protocol to another. This lasted a year and a half, while I worked there as a medical coordinator for Russian-speaking children who came to England for treatment.

Having a higher medical education, it was not difficult for me to understand what actually happened in the treatment of such patients and, in particular, this child. It was obvious to me that it was not chemotherapy and other aspects of traditional cancer treatment that helped the boy to survive his prognosis, but his mother, who simply did not let him go.

During his illness, she got to know a lot of information about proper nutrition for cancer patients and about some natural preparations that helped fight this disease, restoring the body after the crippling treatment. Only thanks to her efforts and perseverance, as well as the exceptional character of the boy, who, despite his age, understood that he needed to be persistent, he managed so long to fight the illness and survive such a difficult treatment.

Nevertheless, the boy gradually faded away - toxic treatment killed him faster than illness. He already many times got out of intensive care and recovered, thanks to the efforts of his mother, and every time - just to again be there after another cycle of treatment. One of these regular visits to the intensive care unit was the last.

It was obvious that the child died from complications of treatment, and not from his illness. His mother, although suspected of the true cause of his death, but, being overwhelmed with grief, did not understand this. For me it was obvious that the poor guy had no chance of recovering from the very beginning of the aggressive treatment in England.

I also began to wonder why people do not know anything about more successful methods of cancer treatment, which, although not accepted by official medicine, are nevertheless known to a large number of people. Why have those who were able to find and understand this information are indoctrinated [1] by the system to the extent that they use it only as an adjunct to treatment, and do not refuse official treatment in its favor? Why are oncologist doctors, watching the uselessness, and especially the harm, of the treatment they are carrying out, can not change anything in the treatment approach to the patients?

[1] Indoctrination is the uncritical acceptance by a person of other people's ideas (doctrines) and the erection of these ideas into the rank of implied truth. We are talking about a psychic phenomenon that characterizes a special state of the psyche, a specific mechanism and at the same time the process of identifying the individual with the group through the acceptance of group values, ideas or doctrines.

I tried to give answers to these questions in this book, as well as to justify my conviction that traditional treatment, including chemotherapy, radiation therapy and surgery, significantly weaken the patient's chances of recovery, and often cause the patient's death.

I think it would be right to explain here what grounds I had to write a book on a similar topic.

My life a few years ago was very far from oncology, and from medicine in general. Arriving in England due to circumstances, I decided to leave my doctor's career and started my business. Years passed, business developed, but I got less and less satisfaction from what I was doing. I felt that I was using only half of my mental abilities.

So the unprotected part of my brain prompted me seriously to get carried away by politics and economics. I started to read books from Chomsky, Naomi Klein, Greg Palast. Soon, I began to understand that the generally accepted official model of the organization of our society strongly disagrees with reality. An alternative view of politics and economics, which these authors represented, made it possible to clearly understand all those aspects of these disciplines that had previously remained difficult to understand. I got acquainted with the official version of the economy when I was studying at the IBA at Westminster University, and from the official version of politics - being an indokrinirovannym two systems: socialist (in the former USSR) and capitalist (for years of life in England).

With the help of the new information I received, I began to add a "puzzle" or "mosaic" to a new picture of real life that I had never heard before. However, politics and economics could not give all the components of the mosaic to reproduce the full picture. I understood that for this I will need to get acquainted with alternative views on other important aspects of our life, such as history, science and, in particular, medicine.

Of course, it was impossible to study both sides of each direction in a few years, however, this would not be enough for life. I needed to be convinced (and I managed to do this quite quickly) that the official version of each direction is artificial and often fictional selection of facts aimed at maintaining the existing concept of our life. And that in fact our reality is an artificially created for us "matrix", the image of which in the form of a metaphor is shown in the film "The Matrix." [2] And that real world, which the "matrix" hides from us and makes it inaccessible, is the real reality. And this "matrix" covers absolutely all aspects of our life, it is global and has been building for a very long time.

[2] The "Matrix" is a famous Hollywood film-trilogy, which shows the life of people in the virtual reality artificially designed for them, creating a complete illusion of life in the real world. The purpose of creating this artificial reality is to hide the real state of affairs, namely, that people are only sources of food (batteries) for a computer system - the Matrix. The main characters of the film, disconnected from the Matrix, actively fought for the liberation of mankind from this enslaved people of the system.

Without understanding all these issues, it will be difficult to understand why official medicine aims not to treat people, but only to support them in a state of illness, often seeking temporary symptomatic improvements. The disease is constantly progressing, and the number of sick and new diseases is constantly increasing, despite visible scientific and technological progress.

If we try to understand the question of what official medicine is in isolation from other aspects of our life in today's world, and not realizing that it represents only part of the "matrix" artificially created for us, it will be similar to how the child looks at one piece of the mosaic (puzzle) and does not understand which part of the toy he is.

After several years of my self-education, I already fully understood what a finished version of the mosaic I had gathered was. I was overwhelmed with conflicting feelings. On the one hand, I realized that I have very important information, thanks to which my life began to change radically. My worldview has also changed dramatically. My values also changed. I wanted to do good again to people, as in the beginning of my medical career, and not to fight with others for my own survival, as the system teaches. Also I began to realize that this information can change the life of any person to whom it will be available. On the other hand, I noticed that most people are not able to see the obvious, regardless of the level of education and intelligence.

Probably, I could live on, not much worrying about others who live in this "matrix", but the cruelty of this artificially created world, in which people die in millions simply because of the inability to see the obvious, did not bother me. Easily preventable and curable diseases take more and more people, while we are told that this is the price for progress and for an increase in life expectancy.

I set out to find practical application of my new knowledge and began to consider various ways of implementing my plan. Now medicine again seemed to me a very interesting and noble kind of occupation, to which I was drawn from childhood, and in which I was so disappointed during my years of training and work that I subsequently chose another career. I decided to return to medicine, but not in the official, but in its less recognized direction - natural medicine, in order to get a naturopathic education. For two years I finished a course of phytotherapy, dietology and homeopathy. My main interest was discoveries in medicine and science, which contradicted the official concept of medicine and therefore were not adopted by it.

I discovered that such works and studies are united by a single concept - that our body is perfect, and for its normal work, it must be in a state of balance (energy, biochemical and spiritual). According to this concept, the disease is a loss of such a balance in the body, and in order to defeat it, it is necessary to restore this balance. In contrast, the concept of official medicine was aimed at correcting the "imperfection" of the body (removing its protective reactions, such as temperature, etc., "strengthening" immunity of vaccines, etc.) and eliminating the symptoms of diseases, which invariably led to the progression the cause that caused the symptom.

Even at the beginning of my "alternative way", I often met various papers and articles on alternative methods of oncology, and gradually it enticed me completely. The more I did this, the more I understood the essence of what was happening. My past medical education helped me a lot in understanding the explanation of the new cancer theories, as well as the factors that affect the cancer process, and made it possible to justify alternative cancer treatment protocols. On the other hand, study in honey. the institute gave me the notion of the limitations and lack of knowledge of the doctor on the understanding of the etiology of diseases, their treatment and, in particular, the attitude of medicine to the problem of cancer. About the reasons for this condition in honey. education and its result, which is expressed in the disproportionate use of pharmaceuticals in treatment, I will discuss in more detail later in the book.

When in 2011 I was asked to help with the work of Russian children of the department of pediatric oncology, one of the most famous private clinics in London, I readily agreed. I was not familiar with the practical side of official oncology and decided that this experience would complement my knowledge. What I saw there struck me to the depths of my soul. People with kind hearts and intentions did everything in order to bring another small sacrifice to the insatiable molokah [3] of official oncology.

[3] Moloch is an ancient pagan deity. The worship of Molech was marked by the sacrifice of children through their burning.

This picture was repeated with constant constancy. The child after the child died from the complications associated with treatment, and the doctors continued to prescribe combinations of poisons (which are all chemotherapeutic drugs) only by changing one to another. At the same time, the attending physicians were highly qualified specialists and pleasant people who were convinced that although their treatment has no practical positive results, they nevertheless do everything possible and use everything necessary in the treatment of children with cancer. In reality, these doctors were indoctrinated bio-robots, as they were done by medical education. Even when I talked to them about other approaches to treatment, they treated it this way: that if they were not taught this, it simply can not be. The attitude of the parents was also surprising. They had an unconditional faith in medicine and they all waited for a miracle, not understanding that the treatment was organized in such a way that there could be no other outcome than the sad one.

Many parents were interested in alternative methods of cancer treatment and many supplemented the treatment with natural remedies or changes in the diet, but no one could understand that traditional oncological treatment is the greatest obstacle to recovery. Such a radical paradigm shift in the approach to treatment is almost impossible to do under such difficult conditions, being an indokrinirovannymi system, so

in no case can not blame the poor parents. At the same time, no force of argument can break through this psychological barrier. What was obvious to me was incomprehensible to others.

I began to wonder what prevents people from perceiving information that can save the life of their child or make the only correct decision about the treatment approach? To answer this question I was helped not only by the medical education, knowledge of the naturopath and years of research of the alternative approach to oncology, but also by the "mosaic" that I collected, in which medicine was only one of the elements of the general picture of the world.

In addition to hundreds of scientific papers and articles, I re-read about two dozen books of the most famous authors in the matter of alternative oncology and thus got acquainted with various aspects of this topic. Some authors expose the falsity of scientific research on which official medicine relies and describe the mechanism of combating successful methods not taken by medicine and ways to discredit doctors, scientists and specialists who propagandize these methods. Others systematize the most effective therapies with detailed explanation of the protocols. There are authors who deal with the origin of cancer, taking into account the latest scientific achievements and the failure of the official mutagenic theory of cancer. Some specialists describe the therapeutic protocols invented by them and their effectiveness. In fact, you can find a book on any aspect of an alternative view of oncology. Any of these books can radically change your view of this disease and its treatment. However, one should approach this information with an open mind, which is not blocked by official propaganda. Unfortunately, most people will simply reject this information as not deserving of attention, and justify it with standard arguments that they so often heard on TV or read in the headlines of newspapers. With the help of this book, I want to try to help the reader free himself from the psychological block that interferes with the perception of this information and direct it to an independent study of this topic.

This book is not a benefit to cancer treatment. My goal is to try to explain easily what is the main obstacle in choosing the right path in treatment, and also to make a brief excursion into the world of alternative oncology. Now you can find a lot of correct information on this topic on the Internet, as well as good specialists who are engaged in alternative methods of cancer treatment. I hope that the information gathered in this book will help the reader to make the right choice of the concept of cancer treatment (traditional or alternative) and to understand the main principles of an alternative approach to treatment, and also help in finding information and specialists.

I am convinced that in 10-20 years, people will look at today's oncological methods of official medicine as a medieval inquisition. Only some 50 years ago lobotomy was a common way of treating mental illnesses, including depression, until it was banned. The traditional triple oncology (surgery, radiotherapy and chemotherapy) is the "lobotomy" of today, which must also be banned. But many millions of people will die of cancer over the years, never having waited. I can not live peacefully with this thought and therefore wrote this book. If it helps at least one person make the right choice and find their way to recovery, then I will consider fulfilling my promise given in the church.

I wish you all good health and good.

Chapter 1 - What's the problem?

It is much easier to deceive a person than to convince him that he is deceived.

Mark Twain

How would you react if you were told that the cancer is curable, its causes are known, and that there are hundreds of methods for its successful treatment, some of which are already about 100 years old? No doubt,

this, at least, would cause you surprise and mistrust, and most likely - quite an emotional reaction to the denial of what you heard. That's how I'd reacted just about 10 years ago. Why, not so long ago, I with passion and passion could rush into a dispute and use arguments from the knowledge I received at school and the institute to refute such a statement? Then I was convinced that if I was not taught this and I did not hear about it, then this simply can not be.

Today I perceive such information differently. Now I understand that I was at the mercy of imposed false stereotypes (false beliefs), laid down in school and fixed throughout life. In fact, they are a program implemented in the minds of people, the purpose of which is that a person is not able to perceive information that is radically contrary to what is accepted in society.

Having freed myself from the action of this implemented program, I discovered a new world, almost a parallel reality, where much radically differed from my previous ideas. I realized that I know practically nothing about this real world and started self-education, absorbing in huge quantities alternative information on the topics of history, politics, biology, medicine and oncology in particular. My horizons have expanded considerably, the world view has radically changed, and soon I had a need to share my new knowledge.

Obviously, many do not even realize how different their knowledge of the world in which they live, from his real picture. I was convinced then that if I correctly point out the source of information or explain the essence of what I said, using the right arguments and reliable facts, I can easily convince my interlocutor of the correctness of the alternative view. However, this turned out to be a rather difficult task. Most people were simply unable to perceive this information, because it was convinced that such serious facts would simply not be concealed if it were true. Thus, most of these conversations boiled down to this position.

It became obvious to me that the information coming into people's minds passes through a sort of filtration system to correspond to previous ideas about reality, and if this new information does not correspond to them, it simply blocks. Thus, it turns out that most people, the incoming new information, if it is significantly different from their past beliefs, simply does not reach those parts of the brain that could perceive it, and then evaluate it. Since then, I have become interested in the question, why do so many different people have such a similar reaction and how exactly is this behavior achieved?

A few years ago in one documentary on the analysis of people's behavior, I heard interesting statistics. It turns out that about 87% of people tend to take for a reliable, opinion given to them from the source of power. Today, this information is transmitted through the media and the education system. Only 13% of people are natural skeptics and are inclined to question the information they receive. They check it and form their opinion regardless of the generally accepted opinion. The establishment [1] is well aware of this and is successfully using it.

The establishment (from the English establishment) is the power-holders, the fused political and financial elite of capitalist society. The totality of people occupying key positions in the socio-political system and shaping public opinion, as well as the set of institutions by which these people support the existing social order and its dominant position in it.

Despite the fact that I began to meet many like-minded people, most of them came to "enlightenment" in the same way as I did - getting rid of these false beliefs (programs) embedded in the subconscious that interfered with the perception of objective information.

This is a rather long process and rarely anyone can get rid of these imposed false beliefs after one conversation with an informed interlocutor. Then I came to the conclusion that neither the strength of the arguments, nor the reliable facts, nor the reference to the sources of this new, contrary to the already known information, can convince my interlocutor of its correctness. After all, in the minds of such an interlocutor, a

program still blocking any new information that does not correspond to the notions of "truth" that are acceptable from the establishment's point of view was still in effect.

A similar reaction in most people can be caused by other radical statements, such as that vaccines are not only useless, but also harmful; that, for example, the Americans were not on the moon; that the New York towers were blown up in 2001 as a result of a conspiracy in high circles of the American government, and not fell from the fire as a result of the terrorist attack (the last two examples are typical for ordinary Americans with whom I communicated a lot). Most people include a program of instinctive denial of such information, which then is difficult to overcome in a subsequent conversation, whatever facts in favor of what was heard would not be given. The brain has already taken a defensive position and connected the emotional center, which makes the reasoned conversation practically useless. Inclusion of this program of emotional negation occurs after a person hears something that radically contradicts what he knows and believes in. And how did the person get this knowledge and faith?

A person's outlook is formed exclusively by the external environment, and not inherited genetically. In the printing house, when you pass a white sheet of paper through a printing press, the output that produces the print that contains the printed matrix will be obtained. Each born person falls under a similar but already informational matrix - a deliberately created false establishment of the reality created by the establishment, which is formed through the media, educational system, medicine, finances and other aspects of our life controlled by him, and which contains only information that is acceptable to us and does not endanger this the version of reality imposed on us. Passing through the impact of this information matrix, people acquire a worldview that is acceptable to the establishment.

Some of us suspect or admit that some moments of history, certain scientific facts and, often, a simple description of the establishment of today's reality can be distorted and inaccurate. Many are ready to admit that today's deplorable state of medicine is due to the prevalence of financial interest in it, and not the desire to eradicate disease and make people healthy. Some even understand that this situation is due to the merging of interests of corporations (big business) and state structures. However, very few of us can, without preparation, assess the depth of that deception and the degree of complexity of the artificial reality we are woven from it, in which we live. After all, many of its elements were built by generations and many concepts, as well as the version of history permitted by the establishment and pseudoscientific facts were hammered into us for years, and sometimes even for decades. We never doubted all this, and suddenly this statement: "Cancer has been cured for a long time"!

Many of us do not know that, in fact, 95% of our behavior depends on our subconscious and the programs that it uses. Only 5% of our behavior is due to the work of the cerebral cortex, i.e. conscious part of it [2]. Of course, most of these programs arise naturally in the process of responding to the environment, bringing up and gaining life experience. However, there are special psychological methods that are able to establish in the subconscious certain programs that cause our behavior, which is acceptable to certain circles of people.

The mechanism of creating certain knowledge, views and even reactions to certain events among the population has long been known. In the 1920s, the father of propaganda, Edward Burns [3], developed methods of influencing the behavior of the masses. These methods have long and successfully been used by the governments of the developed countries (dictatorships have different methods - there people know that they have no freedoms, while in democracy, people have only the illusion of freedom).

One of these methods of mass programming, which politicians and corporations use with very high efficiency, is a method of constant repetition of lies, which they borrowed from the great speaker Adolf Hitler. He said that the bigger the lie, the easier it will be believed by people, if you repeat it constantly.

If it is necessary to introduce a certain version of the events in the consciousness of the population or to convince him of the authenticity of a certain fact, it is enough to provide the necessary information as an already established and verified fact, and to scroll it for a certain period of time in all major media. Subsequently, these versions and false-facts, having fallen into books and textbooks, will become an integral part of our lives, to challenge that will already be not only obscene and offensive, and sometimes even criminal. For example, in some European countries, the practice of treatment methods, alternative official oncology is prohibited.

[2] Bruce Lipton, "Clever Cells" (Bruce Lipton, "Wisdom of our cells"). The Russian language was released by the publishing house Sofia in 2012.

[3] Edward Bernay (Edward Louis Bernays; 1891-1995) - one of the largest PR specialists. Has made a significant contribution to the creation of modern science of mass belief, based not on the mind, but on the manipulation of subconscious feelings and impulses. He was an Austro-American "pioneer" in public relations and propaganda.

The establishment also teaches us how it is necessary to ridicule and discredit people who question the official, generally accepted "truth" or their statements, throwing and repeatedly repeating the necessary arguments that are usually emotionally painted. In fact, the use of these arguments translates the conversation into an emotional plane. For example, if you are an opponent of vaccines, then you will be accused of killing children who will not be vaccinated. If you advise a cancer patient an alternative treatment, you will be accused of being overwhelmed by others, or because your patient will lose precious time for treatment and then it will be too late. And it does not matter at all, that there is absolutely no scientific data or practical evidence of these arguments, but their constant repetition made them "indisputable truth".

There is no doubt that such an emotional denial and sincere indignation are the result of a program specially laid down in our subconscious. If this program does not work, then the person has the opportunity to be interested in new information, which will form in the minds of a picture of events, an alternative to the existing, and then it will become irreparable - the consciousness, once opened, will never close! A person will be out of control of the establishment and will make decisions using their new knowledge.

In our example of oncology, it will be easy to see the inability of official theory and treatment methods based on it. Information about an alternative view of oncology and natural cancer treatments is more than enough and, if desired, easy to find. This is a scientific information and statistics of the success of the use of these natural methods, as well as a description of a wide range of these methods, both by the authors themselves and their followers. Thus, open access to such information will trigger a rapid collapse of traditional official oncology. That is why the medical establishment, as in the rest and the establishment in general, realizing that their position will not stand up to any scientific critique and fall under the stream of irrefutable facts, have taken the only correct decision - to block the perception of people by any significant alternative information. Thus, such a programming of subconscious people through special psychological methods and became the main barrier to such information.

In support of this, the following is said: the program is repeatedly repeated, it is included immediately from the key words and almost always causes a strong emotional reaction (for which the subcortical center of the brain is hypothalamus). An interesting feature of this program is that it does not allow logically to accept any counterarguments, no matter how serious they were. The chain of neurons included in the dialogue closes on the programmed subconscious reaction and does not allow the inclusion of other brain units that can evaluate new information. This trained ("washed") part of the brain issues the same arguments, actually repeating quotes from television commentators and analysts or news headlines.

Another interesting feature of the manifestation of this program is that, when it is activated, it creates the impression that your interlocutor is in dialogue with someone else. He attributes to you what you have not said and is totally incapable of taking into account what you said. For example, often speaking to opponents of an alternative approach to oncology, I hear from them that doctors and healers are very dangerous and can not understand the oncology. My arguments that many alternative methods of treatment, as well as scientific discoveries that contradict the oncological establishment, were made by well-known scientists, often Nobel Prize winners, or doctors with long years of work experience and degrees, but remain unheard of, no matter how much I repeat them. In a couple of minutes, I heard a repeat of the same argument that doctors and healers deceive the sick. It was this information that was enclosed in this program, which served as the reason for the constant repetition of it by my opponents.

Of course, the reactions of people to such radical statements are different, and there are those who are interested in such a way that he is ready to hear the interlocutor at least. Some perceive it more often as an addition to the information they know, which does not contradict the official version of "reality". And only a few of these statements open their eyes and turn their perceptions of reality.

I brought such a radical example to show how a program working in our subconscious works and prevents the perception of objectionable information.

Thus, the ability to perceive information that contradicts our knowledge and life principles does not depend on the strength of reasoning, and not even on the intellectual level of man, but on the degree of influence of this program on his consciousness, the degree of openness of this consciousness and the ability to get rid of the embedded in us programs.

It is precisely this reaction (which is a sign of the availability of the program) that is observed in many people when they are told that modern oncology has nothing to do with cancer treatment, but is a brutal business whose aim is to increase the number of new clients (patients) and the continued profits from already existing, as well as the inflow of large sums of taxpayers and private donations to the constant "research of causes and treatment of cancer". This goal is achieved by several important honey actions. Establishment:

- constant intimidation of people through the mass media about the fatality of this disease (genetic theory of cancer actively promotes it);
- active discrediting of natural alternative methods of treatment of oncology;
- the introduction of the myth of people about the fact that the best way of preventing and fighting cancer is its early diagnosis (itself carcinogenic, very expensive and often inaccurate), as well as the spread of other myths - about a quick victory over cancer, increasing success in treatment and diagnosis.
- blocking the results of scientific papers, confirming the failure of methods and drugs of traditional oncology [4], as well as blocking the widespread publication of research findings confirming the positive effect of natural drugs in the fight against cancer. [5]

[4] Like, for example, the study of Ulrich Abel on the complete futility of chemotherapy and even her harm (1990); according to the journal Clinical Oncology (Australia 2004), the effectiveness of chemotherapy in the United States is 2.1% (!), in Australia - 2.3% (!).

[5] Linus Pauling and Vitamin C in cancer treatment, the history of vitamin B17, Joanna Budwig and omega 3, Collins toxins, Dr. Barton's immunotherapy, Colin Campbell's Dietetics work - "Chinese Research," the results of research on granola, turmeric and other natural substances.

- Our body is imperfect and requires constant medical assistance. Only she can restore it or maintain it in the normal way.

Given all of the above, sometimes even a very sick person, who is on the brink of despair, it is difficult to convince that the medical establishment to which he addressed (doctor, clinic, diagnostic center, etc.) and the patient - different objectives. The patient needs to be healed, but honey. Establishment - to maintain a monopoly on the treatment of people, protect a successful business model and eliminate successful methods that lead to rapid recovery, which are often more natural and cheaper. And the doctor, as a representative of the structure, will support it, as well as strictly supervised by it.

That is, the methods of treatment of modern medicine are not aimed at the recovery of the patient, but only for the temporary improvement of his condition by eliminating the symptoms of the disease. And if the doctor dare to use "untested" natural methods, he will have serious problems: from dismissal to the loss of a license and even imprisonment. [6]

People were taught to be responsible for their own health and make informative choices about different types of treatment. It is much easier to entrust your health and often even the life of someone else who has been studied and controlled by the same honey. Establishment

From all this it follows that the very information about alternative methods of treatment that are not accepted by modern medicine, it is very difficult to convey to the patient. In my opinion, the problem in treating cancer is precisely this. Most cancer patients have heard of alternative methods, but this enclosed program does not allow you to consider a new, contradictory information program. In the best case, the patient may start to use some alternative methods as auxiliary, against the background of traditional methods: chemotherapy, radiation therapy and surgery. Unfortunately, this is almost always not enough, and as a result, the extremely destructive effect of this official cancer triple triumphs over the positive effect that an alternative treatment approach can give.

[6] As was the case with the Italian physician Tulio Simonchini, who treated cancer with sodium bicarbonate, that is, ordinary baking soda.

The acquaintance of a patient with an alternative view of oncology should go calmly, without emotions, preferably in stages, in order to avoid blocking vital information all by the same program. From many conversations with patients, I noticed that if we began to talk about alternative (more natural to say natural) cancer treatments for scientific arguments in their favor or about some of the most successful protocols, then the entire conversation could then be reduced to the same issues: "But if this were so, would probably have been treated for a long time?" Or "Why did not the doctors hear about it?" That is why I am now often starting my conversations with patients explaining the history of the domination of allopathic medicine and the political and economic reasons that formed the principles of its work. It should be further explained that official medicine is absolutely necessary to maintain its monopoly in the field of health care in order to maintain its current state of affairs. It has to be explained that oncologists are not taught to cure cancer, but instead they are taught to treat cancer by burning, cutting and digestion of the patient's body. Then it is necessary to touch on the pseudoscientific approach of traditional oncology and the absence of visible positive results of its methods of treatment.

I believe that after such, albeit a long explanation, the patient will have a much greater chance of correct perception of information about an alternative approach to cancer and its treatment in natural remedies.

However, this is often not enough. Owning information in itself does not lead to anything. Only application, use became known information, often under the supervision of a specialist - will lead to the desired result.

If we summarize the above, then, in my opinion, the problem of cancer treatment is practically monopoly domination promotes the establishment of traditional oncology over its natural and far more successful alternatives.

It should be understood that the establishment is not a dormant and lazy giant. He is very aggressive in defending his position by influencing people's minds by forming the necessary beliefs that actually become subconscious programs. Since information about an alternative perspective on oncology is now a lot and it is easy to find, the establishment of a main defense against such information is the creation of a psychological barrier in people that prevents the perception of this information.

Chapter 2 - The History of the Dominance of Allopathic Medicine

The history is written by the winners.

Winston Churchill

In the late XIX - early XX century in America and in Europe, this situation was created in medicine. The treatment of patients was equally practiced by specialists of various profiles: naturopaths, homeopaths, surgeons and many others who used the latest achievements of science of that time, as well as the experience of generations in the treatment of various diseases and conditions in natural remedies. From the middle of the XIX century in medicine there was a pronounced division into "empire" and "allopatov".

Imperiists are homeopaths, herbalists (phytotherapists), in general, all those who treated natural remedies and followed the concept that the patient's body only needs to help restore the natural balance, and he himself cope with the disease.

Allopaths - those who used strong mineral and chemical agents, surgery and bloodletting, and followed the concept that the symptoms of the disease should be eliminated and then the patient recovered.

Between two directions a serious war broke out. The satirists in the newspapers reflected this war as follows: in empire patients, patients die from illness, and allopaths - from treatment. Many people were afraid of allopathic medicine. But behind it were the great money of bank magnates and owners of the chemical industry, which produces minerals, coal and then oil. Allopathy also greatly helped the latest achievements of science - the invention of anesthesia and the introduction of asepsis and antiseptics, which allowed much more to use surgery as a medical method, as well as the beginning of the synthesis of chemical drugs. [1]

[1] As, for example, aspirin (1897, Concern Beyer).

In addition to the specialists belonging to these two schools, at that time there were many charlatans of different types who easily obtained licenses for practice. There was no strict standard on which to qualify medical professionals, as there was no organization that would deal with it.

In 1913, with the help of leading oil oligarchs in America, controlling the oil and chemical industry (Rockefeller, Rothschild, Carnegie, Morgan), the Rockefeller Foundation was set up, which began to raise the standard of medical schools. In fact, the enthusiasm for the oligarchs of these medical schools began to radically change their programs in favor of the absolute domination of allopathic medicine in the curriculum of medical schools and the complete elimination of all natural areas in it, such as dietology, homeopathy, herbal treatment, etc.

For example, today, as Edward Griffin, author of The World Without Cancer, says the wives of doctors know about healthy eating more than doctors themselves spending only a few hours on their dietary studies from their five-year training program. But since Hippocrates, whose oath doctors take, said that food should

be your medicine, and medicine is your food. I would add that our grandmothers and grandmothers are aware of healing herbs and their proper use more than physicians, despite the fact that at the basis of more than 80% of all pharmaceuticals are the properties of different ingredients of natural plants that were synthesized in the laboratory only in order to obtain a patent and control the production of medicines.

Medical schools in America began to receive huge grants for those days (from \$ 500,000 to \$ 1 million). In exchange for appointing 1-2 people from the Rockefeller Foundation to the Board of Directors. Those in turn insisted on changing the educational medical program, which now consisted exclusively of allopathy (pharmaceutical medicine). Medical students began to study under a new program, in which the treatment of patients was based only on the use of synthesized chemicals and expensive procedures and operations.

Allopathic physicians began to call natural medicine unscientific, since at that time many successful natural methods could not be explained scientifically, while the effect of chemical drugs on the body could already be explained [2]. From that moment, persecution began on natural medicine, which eventually became known as an alternative. Those schools that did not agree to radically change the program did not receive a grant, and could not compete with allopathic medical schools.

[2] Only from the end of the twentieth century began limited research on the action of natural methods, many of which can be explained by quantum physics.

Next, the aforementioned oligarchs renamed part of their chemical industry to pharmaceutical, and then were able to infiltrate and fully control, the American Medical Association [3] - an organization that was at that time accredited by medical schools. Thus, only schools received grants from the Rockefeller Foundation and accepted the alopah, began to accredit in America.

[3] American Medical Association.

For several decades, all of America and Europe have taken alopahy as the only form of official medicine. Large funds were used by these oligarchs to lobby western governments for laws that set the full dominance of allopathic medicine.

Thus, the circle closed: the chemical industry began to penetrate into all spheres of life, and, along with the deterioration due to its ecology, has led to an ever-increasing population morbidity, the emergence of new diseases and the growth of those previously considered rare. So in the early twentieth century, only 10% of all patients had chronic illness. Today, this figure is more than 90%. The same oligarchic families also own the largest pharmaceutical companies engaged in the production of medicines. Few people know that the list of the 500 richest corporations in the world, the first 10 - pharmaceutical.

The enormous capital gained by Big Farm [4] Allows you to buy politicians, monitor press and television, influence regulators (such as FDA [5] in America and similar in other countries), finance research that guarantees the desired result and, finally, move away from criminal responsibility for the sale of drugs that lead to mass deaths of people. So in the United States there is a law that protects pharmaceutical concerns from litigation over the harm done by the vaccines they sell. Compensation for such claims is a state fund that uses taxpayers' money.

Today, when allopathic medicine has virtually full control, and oncology has even legislative support [6], Cancer patients have no choice and they are forced to pay hundreds of thousands of dollars for curing treatment, which, at best, can not last long for the painful existence of the patient , and more often - it significantly shortens it.

[4] Big Pharma (English) - Collegiate education, which includes the leading international pharmaceutical and biopharmaceutical companies in the world.

[5] *Food and Drug Administration - Food and Drug Administration Food and Drug Administration.*

[6] *In the United States, the United Kingdom and many other countries, it is forbidden by law to practice alternative methods of oncology.*

Several interesting facts pointing to the methods of this domination and the monopolization of medicine by allopathy.

Organizations like the American FDA, which allows one or another drug for use in the country, has rather stringent requirements and a multi-stage model of passing of potential drugs to the solution of their use. This process costs today \$ 500-800 million. Given the fact that it is not legally possible to obtain a patent for a natural preparation (natural, but not synthetic), no pharmaceutical concern will be interested in paying such a sum, as it will not receive a patent that guarantees monopoly production of this drug, and, thus, guaranteeing profit. Small independent companies are simply not able to raise that amount. In turn, the FDA is strictly monitoring the fact that unauthorized natural remedies are not used, despite the many years of use of many of them.

Thus, many natural remedies and methods of treatment are officially prohibited. Fighting honey. Establishment with natural means reaches that absurdity. It is well known that many fruits, vegetables and spices (cherries, turmeric, garlic, carrots, ginger), as well as some minerals (selenium, iodine, magnesium, Himalayan salt, etc.) have a strong positive therapeutic effect. But neither the manufacturer of the goods from these products nor the seller has the right to recall their therapeutic effect in the treatment of specific diseases. It immediately reduces this product (fruit, nut, bioadditives) to the category of medicine. And since there is no formal authorization from the FDA to use it as a medication, it will automatically become banned. For this reason, many small producers, farmers and stores have big problems, and a potential buyer is poorly aware of the underlying causes in which these natural products can help.

In order to preserve its financial interest, the medical establishment, by all means, seeks to preserve the domination of synthetic drugs in medicine and therefore does not spare the means of discrediting all natural remedies as insolvent, weak and often dangerous.

The medical establishment also rewrote the history of medicine and the history of its failures. In this version of history, old medicine appears to us as scientifically unjustified and ineffective. For example, we are told that before the invention of antibiotics people could not cure an infection. It does not mention at all that antibiotics in the west, with many infectious diseases, as well as for the purpose of prevention, used a solution of colloidal silver with great success. Colloidal silver has no side effects and no overdose; it was used as an antibacterial, antiviral, antifungal and antiparasitic agent. The role of other natural antibiotics such as garlic, ginger, onion, echinacea, wild honey, black cumin oil, and others. Also humiliated or silenced.

Rewrote history and to show the success of vaccines. For example, we are assured that the introduction of mass vaccination has managed to eliminate or significantly reduce (more than 95%) cases of diseases such as poliomyelitis, diphtheria, smallpox, pertussis, etc. This usually compares the data of 1900 and today. However, the fact that from 1900 to the beginning of mass vaccination in the late 50's - early 60's, the level of morbidity from these diseases fell by itself on 90-95%, which is explained by the improvement of social conditions of life and nutrition of people. At the same time, if vaccination causes a massive outbreak of the disease among the inoculated population, then such illnesses will usually be reclassified into other pathological conditions. So hundreds of thousands of Americans with poliomyelitis as a result of vaccination in the late 50's have been diagnosed as suffering from flaccid paralysis or encephalitis. As a result of this fraud, the statistics on the incidence of poliomyelitis did not change.

This "new" medical history was also well-flavored with various myths, such as the fact that many illnesses that are easily curable now were incurable and that people lived much less and died from the little things. These myths can easily be refuted. It is enough to only read from the classics about the wide range of diseases covered by doctors 100 years ago and how successful their treatment methods were to understand that the problem at that time was not the lack of synthetic drugs, but the lack of specialists and poor social conditions.

I remember a case when, 10 years ago, my friend Andrew invited me to his son's christening in a small English village near Mansfield. The ceremony took place in the old beautiful church, and I decided to stroll around it. The church was an old cemetery, where there were burials from the end of the XVIII to the end of the XIX century. I was greatly surprised that most of the people buried there lived for 80-90 years or more. From my scant knowledge of history and ideas about the living conditions of those years that I had then, I did not expect such longevity from the old inhabitants of this village in the north of England.

Chapter 3 - Oncology - A Thriving Business

The art of medicine is to hit the patient with treatment, while nature does not cure it.

Voltaire

Did you know that there is more people in the cancer industry than oncology treatment? The annual turnover of this industry is hundreds of billions of dollars. Now, think: if there is, or more precisely, recognized, at least one of dozens of existing drugs or protocols that will solve the problem of cancer, what happens to cancer clinics, diagnostic centers, doctors, technical and administrative staff, as well as manufacturers of expensive diagnostic equipment that is involved in this industry?

Did you know that for one cancer patient, American insurance companies pay an average of \$ 350,000, and for a natural treatment they do not pay a dollar? The course of treatment for a foreign patient in the USA, Israel, England and other Western countries costs from \$ 250,000 to \$ 1 million! The cost of drugs or a combination of drugs included in the course of treatment is from \$ 3,000 to \$ 20,000 per month. Profit earned by pharmaceutical companies from selling one chemotherapeutic drug can reach 500,000%! Such profits can not be justified by the high costs of researching and obtaining a patent, since the profit of these companies grows annually and is calculated by tens of billions of dollars, and the main item of their expenses is the advertising of their medicines, as well as the lobbying of the interests of these companies.

For comparison, Gerson's protocol, which has 90% success in cancer treatment, costs only a few hundred dollars a month and only \$ 25,000 for a short course of treatment at a clinic in Tijuana, Mexico. The Bill Henderson bill is only \$ 5 a day, and Dr. Sircus's protocol is even cheaper. Some home treatments can only cost \$ 50 a month.

It's naive to suppose that the official oncology, Big Farm and its policies will genuinely try to cure cancer. Organizations such as the American Cancer Association [1], the British counterpart "Cancer Research UK" [2] and similar large charity organizations to combat cancer, receive billions of dollars in grants per year. At the same time, no dollar is spent on the research of natural and much more successful alternatives, while all the funds (after paying huge salaries to the leadership of these organizations) go to study dead-end areas, such as chemotherapy. Very often, the leaders of these "charitable" organizations come to senior positions with Big Farm. Also, managers of these funds after several years of work often get senior positions in the same pharmaceutical companies. Therefore, it will be naive to expect from these allegedly independent organizations that they will work towards the end of their activities. That is why one of the main activities of these organizations, as well as the medical establishment itself, is the fight against far more successful alternative cancer treatments, as well as the misinformation of the population about the true causes of cancer

and its prevention. They are also controlled by Wikipedia, which is carried out with the help of the army of paid shadow authors. They create websites like QuackWatch [3], where all natural methods, their authors and experts who apply them, are subjected to gross pseudoscientific criticism and discredit. Numerous Army of Internet provocateurs (so-called "trolls"), paid by the medical establishment and similar "charity" organizations, are actively involved in discussions on the topic of oncology, vaccination, the benefit or harm of a particular type of treatment or drug. Those who are interested in these topics, people go to these resources for information, but more often, remain confused with the no-appeals statements of these "employees of the virtual pen." I often have to communicate with them both in English and in Russian-language websites. And I was always surprised by the similarity of the joke the rough behavior of each of the "trolls" and their obviously learned arguments and attacks.

[1] *American Cancer Association.*

[2] *Cancer Research UK.*

[3] *"Observer for the charlatans".*

Despite the fact that, since President Nixon's declaration of war on cancer in 1971, the United States is spending more on cancer than any other country, the incidence rate is steadily increasing, cancer is getting younger, and mortality rates have been declining for 40 years.

According to modern projections, from now on, every second man and every third woman will be in America for cancer during his lifetime. Other developed countries are also approaching similar statistics. In Russia, the incidence of cancer incidence is constantly increasing (now every fifth or sixth person is already ill), and if the state of affairs in the solution of the problem in this area does not radically change, Russia will soon overtake America with this unattractive indicator. During the years of the "war" with cancer, there was a solid trend: the more money invested in oncology, the more cancer patients appear, and the more patients - the greater the profits of Big Farm, more advertising, political influence, which leads to even more investment .

There are many examples in traditional oncology, where the interests of big business profit prevail over common sense and people's interests. Here is just a couple of examples.

Mammography, which is recommended for women after 40 years annually, is in itself carcinogenic. There are studies that show that each mammogram increases the risk of developing cancer by 1-2% annually. In addition, this method is quite expensive and quite inaccurate. It is believed that erroneous diagnoses refer to 40% of cases. In this case, there is a thermography, which has a diagnostic accuracy of 98%, is 4-5 times cheaper and is a completely harmless procedure. However, honey. the establishment does not implement its wide application, and it can only be found in selected small centers and clinics.

Another example is the breast cancer gene test, which costs \$ 3,000. Despite the fact that the presence of mutations in the BRAC1 and BRAC2 gene is absolutely insufficient for the onset of the disease and that the most important factor in controlling this gene is diet and other external factors, this test, however, has become increasingly widespread and is likely to be used. , will soon be recommended to all women.

If honey the establishment was interested in the prevention of breast cancer, it would be much easier and cheaper to explain to women who have a poor heredity that they simply need to change lifestyle and nutrition, reduce stress, remove as many carcinogens from their lives as possible, and regularly cleanse the body. from toxins. I'm convinced that knowing this, much less than women would go to curtail the preventive double mastectomy (surgical removal surgery) that official oncology is trying to popularize as a method of preventing breast cancer. What are we to offer further? To cut one lung, one kidney and, thus,

reduce the probability of cancer of these organs twice? After provoking Angelina Jolie's statement that she had removed both breasts for cancer prevention, many women began to follow her example. In England, there have been cases when her example was followed by men and removed the prostate for the prevention of her cancer.

There are several scientific studies in which the role of genes in cancer does not exceed 2-5%, and the rest are factors that include these genes. This is a new science of epigenetics, which proves that our genes are regulated by factors of the environment through our perception. The main role in this is played by the cell membrane, which is responsible for what factors can change the expression of genes.

Is it wise to work to eliminate 95-98% of factors than to do an expensive test on a gene, the probability of mutation being statistically not so great, and the effect of such mutations can be eliminated by quite simple changes in lifestyle? On the other hand, the positive result of this test can be brought to prophylactic double mastectomy (very expensive and crippling surgery)!

I hope that in these few facts and arguments above, many readers will be able to find an answer to the question: "If there really are effective methods of treating cancer, why are they still not applied? After all, if such methods or preparations existed, we would probably have immediately learned about them from the media, and doctors would immediately apply them? » To summarize this answer is as follows: Oncology is the largest business that rigidly fights for its monopoly, establishing full control over the methods of treatment and diagnosis of cancer, as well as by the bought politicians and the infiltrated by their employees regulate institutions. Mass media is an effective tool controlling information on this topic.

Another common question:

"Where are people who have been treated by natural methods? Why do not they hear about them? »

I want to answer this question with a small example. Recently I saw on the Internet at "Classmates" an appeal from volunteers for help to a girl with cancer in the 4th stage. She had to raise \$ 400,000 (!!!) for treatment in Israel. Many wished her a healing and made donations to a bank account. But there were also at least 10-12 people in one or two days who wanted to help the girl who gave examples of their healing from cancer. Most had cancer of the 4th stage, and doctors had already abandoned them. Someone was cured of hunger and urinothrapy, someone with juices and a diet, someone's cleansing organism, vitamins and BAD-ami, someone's prayers. All these methods are natural. Let some of them be very narrow (in terms of modern natural alternative oncology), and some quite radical, but they helped people! It would be logical for volunteers to ask these cured people about the details and bring them to their native girls. But the opposite was true - the volunteers roughly banned this victorious cancer from leaving their messages on that page, arguing that the girl needs money for treatment, and not "idiotic" advice.

It is suggested that many of us simply do not want to notice people who have been healed themselves using such means. Most expect to hear the history of recovery through the traditional, rather than alternative, oncological treatment, since in the opposite case their belief in official medicine collapses. But in fact, out of 10 patients who have defeated cancer in the 4th stage, all 10 will be those who were treated by natural methods. Only in the 1-3rd degree of cancer can be found a small number of people who have been cured using methods of traditional oncology (surgery, chemo and radiotherapy). And as the famous German physiologist Joan Budwig said, "We do not know if these people have cured because of chemo and radiotherapy or against it."

Here I want to focus more on oncological treatment in the West. I witnessed how children with cancer were brought to heal in the best hospitals in Europe. The huge money allocated by the Russian government to treat children through the RusFund, as well as money collected by good people in amounts that sometimes

reached \$ 500,000 per child, "helped" only the hospitals in which these children were brought. In most cases, these patients received the same drugs and the same protocols of radiotherapy. The only difference was that the treatment lasted until the end - i.e. to the child's death from the complications of the treatment.

Probably, many of you will be surprised, but I think that Russian oncologists are doing well from the professional and the moral point of view, when after a certain number of chemotherapy cycles, as well as understanding that severe treatment will not lead to a positive outcome, they release the patient home. Thus, intentionally or not, they give the patient a small, but a chance, that the body will recover and will continue to fight cancer, or, without the choice, the patient will seek other methods of treatment that are more likely to lead to cure or stop the disease .

Many Russians who talked to me, who had defeated cancer with the help of folk or natural methods, were precisely such "refusals." Working in expensive hospitals, foreign oncologists will gladly accept such "refusals" if they are ready to lay out hundreds of thousands of dollars for treatment. There will be treated carefully and carefully with them, leading to an inevitable result. This result will be death from the complications of treatment, which in 99% of cases will be officially defined as "as a result of the aggression of the disease."

During my research and work in the field of natural methods of treatment of oncology, I participate in many English-language blogs and seminars, and therefore I constantly communicate with people who have recovered from cancer of the 3rd-rd degree and read or listen to their stories about how and what they were treated. . According to my own statistics, 19 out of 20 such people were treated by natural methods (often after an unsuccessful and traumatic traditional oncological treatment).

I have read many books of the most famous authors, which resulted in hundreds of examples of people's cure by one or another natural method. It is also known that Harry Huxley's clinics in the 30-50's cured tens of thousands of people by his method. The Canadian nurse Kasey has cured thousands of people with her hash tea. Max Gerson and his daughter, Charlotte, cured thousands of patients who had already refused medicine. The Brzhinsky Clinic in Texas has been dealing with the treatment of cancer cases with anti-neoplastons for more than 20 years (according to American law, only such cases can be accessed by his clinic after having undergone a complete oncological treatment), with much higher results than the official oncology. Dr. Burton at his Clinic in the Bahamas successfully cured many of the hard-blooded cancers he developed with immune serum. Many specialists today successfully use these and other methods of treatment of cancer. All this is documented and available for both official organizations and just for interested people. Very rarely, you can meet those few who have been cured after traditional methods, and as a rule, they have defeated the disease not thanks, but in spite of chemo, radiation therapy and surgery, devastatingly affecting the organism as a whole and immunity in particular. And most often, they are people who have been misdiagnosed, for example, with mistakes in mammography or in the treatment of asymptomatic, very rarely malignant tumors of the type Ductal Carcinoma in Situ (DCIS), which almost never malignize. Women with such a diagnosis receive the whole arsenal of traditional oncology and if they survive after it, then they replenish the positive statistics of cancer cured. It can also be people who have just crossed over a 5-year survival barrier from cancer, which formal oncology regards as being well-recovered, while secondary cancers caused by traditional treatments often appear only after 5-10 years.

Men also experience the same risk after a very inaccurate PSA test for prostate cancer. This cancer, even when diagnosed correctly, has very slow growth. If this growth is not accelerated by the destruction of immunity and other important body systems, prostate cancer may remain asymptomatic for decades.

Despite the inaccuracy of these examinations leading to false diagnoses or healing, when this is not required (in precancerous conditions such as DCIS or slowly growing prostate tumors), formal oncology not only

does not intend to change its diagnostic methods, bringing it billions of dollars a year, but on the contrary - it tries to reach more and more people with these supposedly preventive examinations. Over the past 10 years, more than 1 million (!) Women in the United States have been misdiagnosed and cured of cancer. Apparently, such a state of affairs is arranged by a medical establishment and a large business that controls it; after all, they will earn more when more people are examined and diagnosed with cancer.

Chapter 4 - Theory of Cancer

My goal in this chapter is not to convince a specialist or scientist of the correctness of the arguments of one or another theory, bringing a lot of facts and links, and to show the simple reader two mutually exclusive mechanisms of origin of cancer. Understanding the differences between these mechanisms makes it possible to see and understand the differences in the approach to cancer treatment with modern oncology and its natural alternative. This will help to understand the underlying principle of many natural cancer treatments that are being successfully used today.

Modern medicine has adopted the mutagenic theory of cancer, which underlies diagnosis and treatment, as well as virtually nonexistent prophylaxis of this disease. If you try to briefly describe its essence, then, for unknown reasons, a mutation (a breakdown of DNA) occurs in the cell, which leads to radical changes in its vital activity and makes the cell carcinogenic, i.e. cancerous. In turn, it begins to actively divide, forming a tumor, which is the cause of the disease. Sometimes these changes in the cell occur because of "cancer" genes, which again, for unknown reasons, are switched on overnight and cause the appearance of a tumor.

An example of such genes may be the recently discovered breast cancer genes BRCA1, BRCA2. It was their presence that led Angelina Jolie to "prophylactic" removal of both her breasts. And as modern oncology explains, these mutations in the genes of healthy cells may occur suddenly, and the causes are either breakdowns in genes that grow older with age, or other regulatory genes and diseases genes that include the tumor itself.

Thus, people cultivate a fatalistic attitude toward cancer, because the insidious illness may ostensibly affect everyone of us: thin and full; and athletes and office workers; young and old; those who lead a healthy lifestyle and those with whom McDonalds is a lifestyle. It is necessary to treat this attack only by the most rigorous methods: surgery, chemotherapy and radiotherapy, as other less powerful methods with such an illness can not cope.

Of course honey The establishment recognizes some factors that can increase the likelihood of the disease. These include several obvious, but not the most important factors: smoking, alcohol, radiation. Thus, modern medicine convinces us that the cause of the tumor is the inclusion of a cancer gene or a mutation of normal, and that the only correct solution is to remove the tumor by one of the above methods or a combination of them. No tumor - no problem.

Let's now see how good this genetic mutagenic theory is

In the 80's it was decided to begin work on reading the entire genetic code of a person. Taking into account the fact that according to the notions of official medicine, it is our genes that control the organism, and also because we know about 100 thousand in our body. various proteins, the human genome was expected to find 100 thousand. genes responsible for these proteins and about 50 thousand genes controlling their work. To the general surprise, only about 20 thousand were determined. genes What does this tell us? The fact that there are no controlling genes and the fact that one gene can be responsible for the synthesis of several proteins. Then what controls these genes themselves? What causes one gene to initiate the synthesis of various proteins?

It turns out that various factors affecting the cell cause different reactions inside the cell and lead to the discovery of a specific portion of the DNA to synthesize a new protein.

Bruce Lipton, the founder of the science of epigenetics, has proved by his own research that if you change the conditions in which the cell is located, then it will behave differently, synthesizing different proteins, which in turn affect the change not only of cell function, but also to change its morphology. It follows that factors controlling the genes are factors of the extracellular medium, which include toxins, nutritional elements, the difference in electrical potential between the cell and the intercellular space, hormones and other biochemical controls, as well as microwaves, electromagnetic field, radiation, and so on. d.

For most of these factors, we can influence our perceptions of our environment and our behavior. Thus, our perception of these factors, our behavior with respect to these factors, is the control that geneticists have not found, looking for control genes.

If, for the sake of simplifying the understanding, it is very easy to simplify the picture, most of us make the following destructive choices in our lives that directly affect the state of our cells' cells.

We eat in fast food establishments, and as a result, our cells do not receive much of the essential nutrients and vitamins, but they receive carcinogens in the form of flavor enhancers and preservatives. Instead of water we drink "Coca-Cola", containing 13 spoons of sugar and almost deadly chemistry. Instead of the healthy fats needed by our cells, we, using French fries and many other dishes, get trash that changes the normal operation of the cell membrane, disrupting its patency (the necessary substances do not go inside, the exhausted ones do not go out).

We move a little, spending time working in the office, and at home - drinking beer or wine with a carcinogenic preservative in front of the TV.

Our rushed propaganda is honey. the establishment of the brain deprives us of many natural benefits. When we leave for rest, we are smeared as a carcinogenic sunscreen, protected from the sun (and vitamin D, which is vital for protecting all types of cancer). We clean teeth with paste with neurotoxin and cariogenic fluoride. We make vaccinations for ourselves and our children, breaking down the natural immunity and causing multiple autoimmune diseases, chronic diseases, allergies and even cancer (the cancer causing the SV40 virus in polio vaccines, for example).

We are in constant stress from everyday problems, which disrupts our normal metabolism, increases inflammatory processes, which are often precancerous conditions.

We are worried that when we approach the age of dads, mothers, uncles, aunts, etc. who have died of cancer, then the same will happen to us. It only adds to daily stress and can act as a nociception effect [1], when fear and anticipation of the disease greatly increase the probability of the disease.

[1] The effect of "placebo" is opposite to the placebo effect. In the case of the effect of "placebo" patient suggestion and / or belief in the positive effect, in fact receives it.

How can we expect the result from the way of life and perception described above? How will the cells of our body react to such factors? What genes will they activate?

When a cell does not absorb nutrients and is in a toxic environment, normal processes in it are broken. Cell mitochondria produce much less energy, the process of burning oxygen is broken, the pH of the cytoplasm shifts to acidosis and numerous microbes, viruses, fungi penetrate the cell. This condition can cause mutations in the DNA of the cell and bring it to its rapid death. However, nature has several protective mechanisms that it includes to save the cell and the entire body. But about it a little later.

So, if we trace the entire chain, then our way of life, behavior and perception of reality determine the environment in which the cell is located. This environment, as a result of its toxicity and lack of nutrients, changes the state of the cell. These changes relate not only to the structure of the cell (irregular lipids in the membrane), but also to its function. It changes the internal environment of the cell - the cytoplasm. Strong changes in the inner environment lead to a change in the DNA of the cell - the expression of genes and their mutation. Thus, we have several "dominoes" placed in a row. If you push the first one, then the second, then the third, and so on, fall for it first, triggering the process. Honey. The establishment intentionally identified the sixth "mutagenic" domino, since it is most fatalistic and, in its opinion, is least exposed to the factor of our influence. He also knows, but silences the amazing ability of our cells to correct genetic mutations occurring in it. This mechanism is quite perfect and corrects the overwhelming majority of genetic errors.

Thus, the mutagenic theory of cancer is an artificially isolated stage of the process that is convenient for creating a fatalistic attitude to the disease favorable for the medical establishment.

Chapter 5 - Who is sick and why?

There are no incurable diseases, there are incurable people. The human body itself is the healer of their illnesses.

Hippocrates

One of my good acquaintances, with whom we studied together at a medical institute, and now she is a doctor with 25 years of experience, shows great interest in natural alternative methods of treatment. She is the first to whom I sent my written chapters to check "fight". After reading my previous chapter on cancer theories, she asked me a question that was so correct and relevant that I decided to slightly change the plan of this book and insert the current chapter.

Who gets cancer?

Why, with the fact that many people live in equally harmful conditions and have the same bad habits, however, not everyone gets sick? Sometimes we see that someone clearly "abusers" and does not get sick, and, for example, unhappy children who do not yet have many visible bad habits or obvious unhealthy lifestyles, receive this terrible diagnosis and burn as matches from this illness. Why do the rich get sick, who has access to good nutrition, healthy living conditions and excellent specialists, and a homeless person who lives in terrible conditions and does not understand what is more likely to die from cirrhosis or an accident than cancer?

In the last chapter, I spoke about the significance of various external factors and our perception of these factors on the "expression" of genes, their inclusion and shutdown. Understanding this new concept has given us an opportunity to take a new look at the world around us, ourselves and our interaction with this world. Our lives and we are not programmed by our genes. We ourselves have control over the work of these genes, thus determining their health and the reality that surrounds us.

But what role is then given to the genes? After all, can not be such that they do not play any role in our life at all?

In fact, our genes still have a very important role to play. In addition to being "drawings" on which all the proteins of our body are built to sustain life, they make us individual, differing from each other. The genes not only determine the color of the eyes, hair, nose and other physical features, they also determine the individual features of our physiology: our metabolism, the strength of the immune response, the level of performance of one or another body system. Our genes, for example, determine which level of toxins can withstand the liver, how effective the body is in combating oxidative stress, and how effective the system is

to cleanse the body. Genes can also determine in which proportion our body can absorb energy from its various sources.

It is these individual peculiarities (processes) that determine who is ill and who is not exposed to various toxic factors, stress and lack of nutrients at the same exposure. For example, almost all children under the age of 1 year make a MMP vaccine containing thimerosal substance. Several studies have shown that a high content of mercury in this substance causes autism in children. But autism does not affect all children, but only those who have lowered the inborn ability of the liver to deactivate mercury. A similar example and with another frequent complication of vaccination - autoimmune diseases. The pathogen contained in the vaccine is grown on certain tissues. These can be human embryos, kidney tissues of animals, animal myelin (a substance forming a shell of nerve fibers). In the vaccine, there are always particles of these tissues, which in the body of children, too, antibodies are formed. How accurate and abundant is the "humoral" response to the child's immunity, also depends on his innate ability. Occasionally, antibodies formed in large numbers attack similar tissues of the body, causing autoimmune diseases. So, the kidneys, the central and peripheral nervous system, the cells of the intestinal mucosa, etc. can be amazed.

Exposure of children to toxins begins even in the womb. Researchers found more than 200 different household and industrial toxins in the blood of newborn infants. Obviously, even when different organs are only laid on the fetus or just begin to function, they are already exposed to the toxic substances in the mother's blood.

Let's consider what kind of toxins mother can pass on to her fetus. There are a lot of them, and it's not about obvious pests: alcohol, tobacco and other drugs. I will mention only a few very toxic substances that can cause serious defects in the developing fetus and appear in the first months and years of life.

If the mother has amalgam fillings, which 50% consist of mercury, then mercury molecules constantly get into the bloodstream and pass the placental barrier. Mercury is one of the strongest neurotoxins, and, if it gets into the bloodstream of the fetus, it can lead to serious disturbances. It is possible that this (along with vaccines that contain thimerosal and other toxins such as formaldehyde) may be the cause of the ever-increasing pediatric oncology of the central nervous system (glioma, astrocytomas of the brain).

Another strong and very common toxin today is BPA (or Bisphenol A) and PVC, which are in household plastic - bottles, dishes, wrapping films, and the like. As synthetic hormonal substances that are similar to the human hormone estrogen, they disturb normal hormonal balance in the body, causing infertility, cancer and hormonal pathologies.

Another dangerous toxin, hormonal breakdown and carcinogen are phthalates, which are contained in deodorants, shampoos and other hygienic and cosmetic products.

All these and hundreds of other household and industrial toxins are able to pass the placental barrier and, depending on the individual tolerance of the organs and tissues of the fetus, can cause significant harm, which can affect the health of the child both immediately and years later. Many children will carry the effects of these toxins asymptomatic, and only in their adult age their organism, in comparison with other (in other things, equal conditions), may prematurely fail or become more exposed to various pathological conditions. Some children may develop oncology, the localization of which also depends on the individual peculiarities of their physiology due to their genes.

This same physiological personality of the body is responsible for how the adult body reacts to this or that harmful factor.

Thus, the same factors can cause various people to damage various tissues, and therefore different illnesses. It should also be said about those people whose health is not noticeably affected due to the natural or acquired ability of the body to withstand harmful factors.

Formal medicine is convenient to dump the oncology, especially the child, into genetic disorders.

Imagine what kind of scandal would break into society if the faithful servant of the media establishment would suddenly decide to write about numerous studies proving the connection of the above-mentioned household toxins, vaccinations and food supplements in the genesis of cancer and other serious illnesses. This would cause a complete economic collapse. The food, chemical, and medical industries would be paralyzed by the fact that it would have to stop the production of virtually all goods, and in addition, they would also be the target of billions of litigation. Followed by all of their governing institutions, which closed their eyes to fictitious research and facts, as well as the majority of politicians who received grants from corporations and responded with faithful service.

So, we looked at how the features of our physiology, caused by our genes, can determine how much a person will suffer from harmful factors, as well as the fact that these factors cause different illnesses at different times among different people.

There is another mechanism that needs to be explained in order to fully understand the reasons why some people may for years have a "plastic", an empty food type of fast food and do not die at the same time from the acute shortage of vitamins and nutrients. They do not affect scurvy (vitamin C deficiency) or beriberi (vitamin B1 deficiency), and they do not die from exhaustion. According to statistics, less than 1/3 of them will get cancer during their lives (although many will acquire other chronic illnesses).

About this, explains the German researcher Lothar Chirnice. Imagine that the body of a person is a large capacity, which should be filled with energy daily, roughly like a gas tank in a car. With the only difference that the car can be refueled only with gasoline, and we can replenish energy directly from three sources: food, light (environment) and our thoughts. Thus, if one source disappears or significantly decreases, then the other two can compensate for its disadvantage.

This can explain why the people we talked about living on harmful and devoid of fast food nutrients do not always get sick. If they can successfully use other energy sources, they will maintain their normal level of livelihoods. Here's for simplicity the scheme of these sources:

- Power Energy - 1/3
- Energy of Light (Nature) - 1/3
- Energy Thoughts - 1/3

Unfortunately, not all of these sources are equally effective for a particular person. Not everyone can generate so much mental energy through meditation or prayer that can live on the scant rations of Indian yoga. Also, not everyone can spend so much time in nature and receive as much energy as it needs, which can be eaten with scant food, which, as a result of heat treatment, lost nutrients, and continue an active lifestyle. And even a better diet will not be enough to maintain a healthy energy level for a person who has no opportunity to feed on other energy sources. Only by using all three sources, we will achieve an optimal energy level to maintain an active, healthy lifestyle, as well as to heal if the disease has already come.

Someone needs only 40% of the available energy to maintain their health, others need at least 70%. Nevertheless, in the lifetime we accumulate a lot of toxins, many of our organs no longer function at the optimal level, and to age it becomes increasingly difficult to obtain sufficient amount of energy sufficient for normal activity. Each disease takes energy. The cancer cell, for example, absorbs 60% of energy. There are

also many energy vampires in our life, such as negative people, negative thoughts, poor nutrition. We ourselves must be responsible for maintaining the normal energy level, for its replenishment and loss prevention. Thus, we can even live to old age, eating badly, but as soon as we get sick, it will be irresponsible to allow ourselves to eat poorly and to neglect other sources of energy.

By the way, now it is possible to explain the comments of many people that, supposedly, their grandfather or grandmother smoked up to 90 years and did not earn a lung cancer. Or that their uncle or aunt was eating butter with spoons and ate fatty sausages throughout their lives and lived to a very old age. Therefore, all this can not be so harmful, and you can continue to "live in your own pleasure."

Indeed, someone can smoke or wrongly eat 50-60 years. But usually it is not mentioned in the conversation that these grandparents, aunts and uncles did the right thing. Perhaps they spent a lot of time in nature and were active, or had a strong positive activity of thinking, went to church and prayed greatly or engaged in meditation. Perhaps their individual peculiarity was the possibility of more complete feeding from other sources. Probably ill, they sharply changed their behavior for the period of the disease and thus compensated for the lost energy. They could very successfully identify and eliminate the causes of energy loss from life. It is clear that these people could compensate for the lack of one source of energy by others. However, when a person is ill with cancer, the cancer cells take a lot of energy, and therefore the former destructive way of life will be irresponsible. It is urgent to get rid of other energy losses (smoking, alcohol, poor nutrition, stress) and feed from all three main sources: healthy nutrition, activity and nature, positive thoughts and meditation.

In conclusion, I would like to say a couple of words about the source of energy "light" (nature). We need a certain electric charge for normal functioning. This gives us a large number of free electrons, through which millions of processes are carried out in our cells. Medicine usually reduces all physiological processes in the body to chemical reactions. In fact, physical processes that occur due to electric charge, potential differences, electromagnetic fields, wave oscillations, are responsible for much more processes in the body, act faster and much more effective than chemical, however, medicine continues to treat us with chemical agents. It is already known that our cells can transform light into energy. There is a technology called "earthing" [1]. With the help of "grounding", athletes heal injuries much faster. Those who sleep "grounded", notice a noticeable decrease in inflammatory processes in the body, increased energy and activity. The easiest way to ground is to walk barefoot on the ground, lie on it. Thus, the electrons get into our body, create the necessary charge and a favorable physical environment for optimal functioning of the body.

[1] *Grounding (English), "Grounding" - in the USA.*

There are other physical factors that are necessary for our body. One of them is the wave fluctuations of the earth. When a person is healthy and happy, the frequency of oscillations in his body is similar to the earth's. For optimal health, we need to feel these fluctuations of the earth. Of course, they are not available in the "asphalted jungle" of a large metropolis. That's why you have to go to nature more often and get in touch with it literally.

Chapter 6 - A new concept of treatment and disease prevention

Doctors of the future will not treat a person with pills. They will treat and prevent illness by eating.

Thomas Edison

The saying "Everything new is well forgotten old" is very appropriate here. Until the victory of allopathic (ie, pharmaceutical, modern) medicine, this "new" concept was used by most doctors and doctors. In our

time, she received not only scientific substantiation but also confirmation of her success with compelling results. Doctors Esselstin and McDougall treat severe forms of atherosclerosis and cardiovascular insufficiency by changing lifestyle and diet, and not only stop the process of the disease, but also achieve its regression. Methods of Raymond Frances, Bill Henderson, Lothar Hirnise and many other experts based on this concept even cure the 4th stage of cancer (about the reasons why you are not familiar with it, see Chapter 1). Nevertheless, honey. The establishment ignores these facts and continues to consider this concept obsolete and untenable.

The essence of this concept is that a healthy human body is a complex, perfect, self-regulating mechanism that successfully confronts diseases. If the body becomes ill, then he, in the presence of the necessary conditions, includes certain protective and compensatory mechanisms and he copes with the disease himself. A specialist, however, can help create these conditions and thus accelerate or facilitate the body's recovery process.

The process of the disease is accompanied by an energy and biochemical imbalance. Before the allopathic monopoly on the treatment, the goal of the doctor was to restore this balance (and, I hope, this will be again in the near future). This creates an optimal environment for all vital processes, both at the cellular level and in all systems of the organism, which in turn leads to recovery from the disease.

In contrast, allopathic medicine in its treatment concept directs it only to eliminate the external signs of the disease-symptoms. We now know that the symptoms of the disease are a manifestation of the protective and compensatory response of the organism to the pathological process, and their elimination does not lead to the elimination of its causes, but only removes its apparent manifestations. The therapeutic principle of allopathy can be illustrated by the following example.

Imagine that you are driving a car, and an oil change lamp lights up on the dashboard. You understand that they must respond to this signal (a symptom). At the first stop, you turn off this light bulb. There are no more problems - the light bulb is off. Only later this will have a very negative effect on the motor. And when there's a new problem, it will be solved in the same way, unless, of course, the motor does not jam in the past.

Speaking seriously, virtually all the treatment that modern medicine offers today is aimed at eliminating the symptoms. For example, if the patient has an increased pressure - a lowering pressure should be given; if high blood cholesterol is given statins [1]; if the headache (which can have dozens of reasons) - to give an analgesic. The problem is exacerbated by the fact that we have been accustomed to such an approach. It is simple, fast and understandable. And the fact that this symptom will come back later and a disease that continues to develop asymptomatic, will lead to more serious consequences - we are not interested in this stage at this stage. The main thing - fast rid of the symptom or its control.

[1] Statins are drugs for lowering cholesterol. Representing chemicals that reduce the body's production of enzymes, which are necessary for the synthesis of cholesterol in the body.

Every year more and more new diseases are registered. More precisely - these are new symptoms, sometimes even variations in the norm, which are declared new diseases. So, the newly discovered hyperactivity syndrome in children is precisely this kind of behavioral norm and may, by the way, be controlled by a change in nutrition. Nevertheless, a quarter of American children are now actually subjected to strong psychotropic drugs, with 95% of all massacres in American schools being performed by adolescents taking these drugs.

If an organism reacts with a definite protective or compensatory response to a dysfunction of the organ or organ system, then trying to remove this reaction, we only aggravate the situation. By weakening the natural

response of the organism to the imbalance caused by the disease, we, in the same way, give the disease a better chance for development.

Why does medicine today assume that our organism, which evolved in the process of evolution to such a high level, suddenly became so imperfect that its reactions to the pathological process need to be corrected, or even removed at all? Why do millions of years of perfect human immunity need to be strengthened and corrected by vaccines today? Why, for example, after a heart attack, the patient starts with frequent and superficial heartbeats? Maybe it's just a compensatory reaction of the body to damage the heart muscle? For a weakened heart, it is easier to cope with the maintenance of blood circulation sufficient for vital activity. Nevertheless, this symptom is considered pathological, and post-infarct patients are given B-blockers, which slow down the frequency of heartbeats. Maybe this conceptually wrong approach explains the fact that mortality from cardiovascular diseases in developed countries is in the first place.

Another example is the widespread use of statins - cholesterol-lowering drugs. Despite the fact that modern drugs such as Lipidor lower the predominantly "bad" cholesterol, nevertheless, the complications from their use today are the most widespread.

First, the division into "bad" and "good" cholesterol is fundamentally wrong, but convenient for the pharmaceutical industry. There is no bad cholesterol, but there are cholesterol molecules of different sizes, where large molecules are called "bad" cholesterol. The "bad" cholesterol also has its essential functions for the body: a role in the creation of myelin of nerve fibers, in the formation of vitamin D in the skin under the sun, in the normal work of the brain, in the delivery of lipids for damaged cells.

By mixing in normal cholesterol metabolism, we inflict great harm to the body. An increase in the level of "bad" cholesterol may indicate that high levels of insulin, as an answer to the intake of a large amount of sugar and flour, have damaged many cells and now they need the material to repair. When doctors give us statins, they really reduce the level of cholesterol production in the liver. Only this very quickly leads to serious disturbances in the cardiovascular, muscular and other systems of the organism.

It would be much more correct to remove the cause of cholesterol increase and seriously change the diet, lowering the content of simple sugars and animal products, but then the sale of statins would immediately fall, and today it is the best-selling class of medicines. Also, medicine would lose a huge number of patients who will have numerous complications, which will also need to be treated both inpatient and outpatient. And similar examples, when symptomatic treatment brings a lot of harm to the body, can be found on the whole book.

I would like the reader to think again and ask the following questions. What is behind such a clearly irrational approach to the treatment of sick people? Why, doctors treat the symptoms, not the cause of the disease? Why are expensive and dangerous surveys given when there are much cheaper and safer (for example, mammography and thermography)? Why is such an expensive and dangerous operation, such as injecting with atherosclerosis of the coronary arteries, which often slow down the process of development for weeks and months?

The aforementioned doctors, Esselstin and McDougall, seek regression of the atherosclerotic process with just a radical change in nutrition.

In the treatment of cancer patients, even more irrationality is observed. On the elimination of the symptom of the cancer process, which is a tumor, oncologists apply the tactics of "excision, burning and etching." This leads the body to such a difficult state that while cancer does not defeat the weakened patient, he will need massive medical aid. The year of such treatment, for example, in America, may cost more than \$ 100,000 dollars.

Let's look at this from a different point of view. If at the head of the corner is profit, and not the healing of the patient, then such an approach immediately becomes understandable and rational. On healthy people, as well as on the dead, a lot of money can not earn. Huge profits are earned by supporting people in an intermediate, ill condition, as well as finding new supposed illnesses in healthy people (especially psychiatric). The treatment of these new diseases in healthy people, as well as those who have been diagnosed incorrectly [2], leads to the emergence of real pathological conditions that will need treatment. Thus, in addition to existing patients, whose illnesses are "symptomatic" for years, there is a new category of patients who will need a long and often lifelong treatment.

[2] Breast cancer after mammography and prostate cancer after the PSA test have an error of up to 1/3 of the cases).

Let's take a closer look at the new concept of the treatment of diseases

It is believed that all known diseases are artificially grouped symptoms (i.e., defensive reactions of the body), which were thought up with convenient names. By the way, this process continues today - hundreds of new diseases and pathological conditions are added annually. Many new diseases are caused by new conditions that have evolved as a result of the use of pharmaceuticals, unhealthy foods and household toxins. Since our interest here is cancer, we will consider this concept on an example of a cancer.

Cancer is cell dysfunction, says Raymond Francis, a well-known scientist who cured himself from cancer in the 4th stage and author of the book "Never Be Fear of Cancer" [3]. The cause of this dysfunction is either a lack of nutrients as a result of poor nutrition and / or toxic factors (not only chemical but also physical, such as radiation, microwave irradiation, Wi-Fi, etc.).

[3] Never fear the cancer again, Raymond Francis.

For these reasons, I would still like to add a lack of energy from the cells or the effect of negative energy, both from natural natural sources and from our brain (see Chapter 5). As a result, the electrical charge of the cell is attenuated, which, in turn, is expressed in the lowering of its vital activity, which leads to a change in the intracellular medium. This, in turn, leads to a cascade of processes inside the cell, the consequence of which is the inclusion of the ancient genetic mechanism of cell survival (what the oncologists call a cancer mutation of the DNA of a cell of the cell).

Thus, we have only one pathological condition - a sick cell. The localization of this affected cell (in which tissue or organ it is located) depends on the set of symptoms that its dysfunction will manifest. In oncology, the type and the localization of the cell will depend on both the histological and the basic diagnosis. According to the new concept of treatment, it is necessary to create the normal conditions for the affected cell for its existence and functioning. The cell will then recover itself and the symptom caused by it will go away.

In the case of cancer cells, the restoration of a normal oculocyte and intracellular medium will lead to the restoration of the cancerous cell into normal or the inclusion of apoptosis in it [4].

[4] Apoptosis - programmed biological death of cells, regulated process of self-elimination at the cellular level.

A similar explanation is a great simplification, but nonetheless reflects the essence of this new concept. In spite of the fact that its practical application is quite a multifaceted and complex process of treatment that sometimes requires a radical change in lifestyle, however, it is in the power of every person, has no complications and costs much less. This treatment has a much higher recovery rate compared to the extremely low results that are observed today in medicine and not only from cancer, but also from other

chronic diseases such as cardiovascular failure, diabetes, atherosclerosis, multiple sclerosis, and others. I think that very many cancer patients going for surgical, chemotherapeutic or radiotherapy would choose treatment based on this concept if they had the necessary information.

For successful treatment on this concept, it is necessary to understand its principles:

- the treatment is aimed at eliminating the cause of the disease (since a cancerous tumor is just a symptom of a cancerous process, not its cause, and is based on cell dysfunction, caused by toxins, poor nutrition, or reduced energy);
- thorough detoxification of the body;
- fast transition to proper nutrition (strict anti-cancer diet) in order to give the cells the necessary nutrients;
- the exclusion or significant reduction of toxic, negative and other harmful factors from their life (i.e., the elimination of factors causing the cancerous process);
- restoration of the energy level (physical activity, positive attitude, use of natural natural factors: sun, earth, air);
- the use of properly selected dietary supplements to restore the balance of the diseased organism and compensate for the chronic shortage of vitamins, minerals and other bioactive elements.

Understanding these principles, it becomes clear why such seemingly simple methods like proper nutrition, physical activity, meditation, the use of natural factors, regular cleaning of the body, changing lifestyle, the use of dietary supplements and others like them, underlie the healing of many, even hopeless, cancer patients. The same methods also treat other serious chronic diseases such as diabetes, cardiovascular failure, Alzheimer's disease, immunodeficiency states, etc. It is with this treatment that the cell receives the energy and nutrients it needs, and the decrease in the level of toxins in the body, as well as the decrease their influences in changing lifestyle, creates a healthy ocuolobaktuous and intracellular environment that is necessary for her normal livelihoods. Such a cell itself will cope with pathogens and become an energy generator, will successfully perform its function, timely exchange information with other cells of the body through the biochemical and physical pathways (photons, electrons, waves) and thus participate in maintaining the normal functioning of the whole body.

Let's now see how the standard oncological methods affect the cell

All three known methods cause serious damage both at the cellular level in the area of "therapeutic" exposure, and in all vital system of the organism. There is stress and subsequent depression of the immune system. Stress disturbs metabolic processes at the cellular level, which makes the condition of the already suffering cells even more difficult. Inflammation occurs in damaged tissues, which promotes the spread of the process.

Chemotherapy is a poison that affects all fast-moving cells of the body (and not just cancerous ones, as many people think). The cells of immunity, hematopoiesis, intestinal epithelium, sex cells and follicle hair cells die and are damaged. In addition, the cells of the organs of the systems, which remove toxins (in our case - chemotherapeutic preparations) from the body, suffer greatly: the liver, the kidneys. Thus, not only sick cells (cancer, precancerous) suffer, but also other healthy cells of the body, thus severely weakening it. Finally, chemotherapy causes severe acidosis in the tissues and, as a result, oxygen saturation decreases even more, making cells even more vulnerable to the cancer process. At the same time, the included "ancient" genetic mechanism allows cancer cells to transport harmful toxic factors, such as irradiation and chemotherapy, much more easily. Now healthy cells will not absorb nutrients due to metabolic and cell death of the intestinal epithelium; due to the affected liver and kidney function, they will be surrounded by a more toxic environment; and because of the weakened immune system -

will be more susceptible to the actions of pathogens. All this leads to the spread of the pathological process in the weakened organism.

The patient will need to choose between two opposite approaches to the treatment of potentially fatal illness. **Unfortunately, the fear and pressure that the doctors give, severely limits the consciousness of the patient.** But in order to make a decision in favor of treatment with a "new" concept, a free, open mind and the ability to think rationally is absolutely necessary. Only then will the patient be free from the imposed by the establishment of thinking, from the myths that support this thinking and to objectively weigh all the facts. Such a change of thinking - this is not an easy process and, unfortunately, not everyone can do it. To a person who is suppressed by such a diagnosis as a cancer, it is much easier to trust his health and life to a "specialist". Patients often do not have time, desire and strength to understand, for example, that cancer patients are not cancer-free. They are specialists in cancer treatment by chemotherapy, surgery and radiation therapy. And this, unfortunately, is not one and the same.

In conclusion, I would like to bring an observation that does not quite fit under the theme of this chapter, but it may be very important for making the right decision about choosing the concept of treatment and, accordingly, a specialist.

According to statistics, doctors have one of the shortest lives and one of the highest rates of suicide. Many doctors are overweight, look tired, irritated and painful.

In contrast, naturopaths and doctors who have adopted a new concept look much better than their colleagues. They are active professionally and physically to very advanced years. So, for example, Colin Campbell, author of the best-selling book "Chinese research" [5] on the effect of diet on chronic diseases, runs at his 79th birthday, has just released a new book, regularly travels around the world with lectures. He lives by the principles he himself promotes. Bill Henderson, the author of the book "Without Cancer" [6], already on the 9th dozen, but continues active educational work and also looks beyond the years. The well-known surgeon Dr. Esselstin, disillusioned with the bad results of the methods of modern medicine, began to treat patients with a change in diet and lifestyle, while he himself follows the same principles, setting a good example for the rest. Today he is 79, he is an avid cyclist and continues his work.

It turns out that very often a doctor is like a shoemaker without boots, i.e. doctor without health. Personally, this factor seems very revealing.

[5] Colin T Campbell, "China Study". Published in Russian in the publishing house "Mann, Ivanov and Ferber" in 2013.

[6] Bill Henderson, "Cancer Free".

Chapter 7 - "Cut, etch, burn" - the traditional oncological methods

Make a big lie, make it simple,

repeat it constantly and everyone will believe in it.

Adolf Hitler

How can these cruel ineffective methods of treatment remain dominant for decades? It is noteworthy that it is the complete dominance of these methods in oncology for so long and inspires confidence in patients that they are proven, successful and scientifically proven methods of treatment. Lack of knowledge in oncologists about more successful natural methods of treating cancer leaves no choice for

patients, except to agree to the doctor's proposed treatment. Moreover, doctors use tactics of intimidation of the patient, who is already in shock from the diagnosis. As a rule, it is said that you need to start treatment as soon as possible in order to prevent metastasis and have a greater chance of healing.

Let's take a closer look at these two arguments of persuasion: metastasis and healing.

If we talk about metastases, when the tumor in the patient has just been diagnosed with modern equipment or tests, it usually already has a size of at least 1 cm³ and can consist of billions of cells. No oncologist and no scientific work will tell exactly how many cancer cells in the tumor give metastasis. If this tumor is in a capsule, it means that the organism itself localized this tumor and it is better neither her nor the body to be disturbed by traditional methods. If the tumor is not encapsulated, then there is no guarantee that a small tumor no longer metastasized. The process of metastasis is associated not so much with the size of the tumor as with the general condition of the body, its immune system and the system of excretory organs: liver, kidneys, lungs, lymphatic system, gastrointestinal tract. Also metastasis can be caused by local tissue damage and a tumor capsule, for example, a biopsy or a surgical operation. And as we know (and this is an irrefutable fact), all three methods of cancer treatment - surgery, chemotherapy and radiation therapy - weaken the whole organism and the function of these important organs. Accordingly, treatment increases the likelihood of metastasis.

Here we are faced with an obvious contradiction: to prevent cancer, as well as for its treatment, a strong immune system is needed, however, all three known methods of treating cancer lead to its significant weakening. How can we cure a disease that itself is the result of weakening the immune system, such medical means that weaken it even more ?!

Let's now briefly touch on the second argument, which the patient is convinced of the need for early treatment.

Contrary to the generally accepted view that more patients are cured today than in the past, and that the earlier traditional treatment begins, the more chances it will be to cure, the cancer mortality has increased by 6% compared to 1970. [1] This suggests that early diagnosis does not at all guarantee an increase in the chances of survival, although it increases the average life expectancy with this disease. But it is given a great price, as the quality of life in traditional treatment is significantly worsened due to the negative side effects of treatment and numerous complications.

[1] US data.

In addition, with early diagnosis significantly increases the likelihood of misdiagnosis. So, the well-known PSA test for prostate cancer has a very high probability of erroneous results, and for some studies mammography has a probability of errors of up to 40%, including underdiagnosis and overdiagnosis. In this case, overdiagnosed cases (when in reality there is no cancer in the patient) are treated also aggressively and with the same consequences. Patients who had an early diagnosis correctly, nevertheless, according to statistics, do not have a better chance of survival, but only have more time between diagnosis and a sad outcome, paying for this by a strong decrease in the quality of life during this period.

It should also be taken into account that many non-aggressive, encapsulated forms of cancer are treated with carcinogenic chemo- and radiotherapy, and if patients experience them, the likelihood of the transition of these forms of cancer to aggressive malignant forms is significantly increased. The likelihood of the appearance of new forms of cancer in the future, as a consequence of the carcinogenicity of treatment methods, increases tenfold.

How, then, have these ineffective and carcinogenic methods obtained a complete monopoly on the treatment of cancer in modern medicine? Should they have some scientific basis and factual justification for their application? It turns out that the situation here is no better than in practice.

English journalist Ben Koldecre, as a result of many years of research, came to the conclusion that 90% of the entire scientific medical base on which modern methods of treatment and pharmaceutical preparations are based are untenable. Their results were either falsified, or distorted and fully reflect the tasks posed by honey. establishment and big business.

This corruption mechanism was described by Edward Griffin in his book *The World Without Cancer*. He argued that the entire mechanism for developing, testing and implementing a drug or method is controlled by large business and includes research, clinical research, regulatory institutions such as the FDA that authorize their use, and scientific and popular prints. In fact, when we hear phrases such as "scientists have established" or "research has shown," these are just formulations that must convince us that a medical procedure or drug has a scientific justification, which often simply does not exist.

The well-known English scientist and Nobel laureate Linus Pauling, who dealt with the problem of cancer and its effective treatment, called existing scientific research on the topic of cancer fraud. The methodology of many studies also raises many questions and reflects the goals that scientists set for obtaining the expected results. So, for example, the success of a new chemotherapeutic drug will be compared with another chemotherapeutic drug, rather than with the results of treatment of patients who use natural methods of treatment or are not treated at all. At the same time, it is enough that the new drug is only 10% better than the previous one, i.e. faster or more reduced the size of the tumor and then about such a new drug it will be possible to say that it is "10% more effective", and, accordingly, the patients will consider that they have a 10% chance of recovery. In fact, this 10% improvement in the effect of the new drug over the old one will give only a fraction equal to 1% in the favorable outcome of the treatment, because the success of chemotherapy is on average estimated at 2% to 5%. But oncologists are silent about this.

The well-known German epidemiologist Ulrich Abel in the 80s conducted an extensive scientific study on the effectiveness of chemotherapy as a method of treatment. He contacted 350 medical clinics and scientific centers from different countries and asked him to send him all the works on the treatment of cancer. For a thorough analysis of all the material it took several years, and the conclusions were shocking. Dr. Abel concluded: "The success of chemotherapy is negligible ... There is absolutely no scientific basis to confirm the possibility of chemotherapy prolong life in the most common types of cancer ...".

The Australian oncologists conducted their research in 2004, the results of which were published in the journal *Clinical Oncology*. They took 20 of the most common cancers and looked at the 5-year survival statistics for patients with the most common chemotherapy drugs. The results of treatment effectiveness were as follows: 2.1% for the USA and 2.3% for Australia. In fact, this means that chemotherapy does not help in 98% of cases. The medical mafia was not able to protest these works scientifically and therefore simply buried the results of these studies, and the scientists themselves subjected to large-scale discrediting.

To realize the significance of these results, imagine that you have arrived at the airport and you have the opportunity to fly to the desired city on one of the 20 aircraft. At the same time, you know that all planes, except one, will be broken, but it is not known what. Nevertheless, airport employees insist that you fly. Do you succumb to their persuasion and take this one of the 20 chances ?! Or will you immediately leave the airport and go to find alternative ways to get to the city you want?

I'll give you one poll that deserves special attention. is very revealing. When 64 American oncologists were asked if they would treat themselves or their loved ones with chemotherapy, if they had cancer, 58 said they would not. Those. 85% of the oncologists surveyed decided for themselves that the method they treat patients daily does not suit them themselves. One of the main specialists in the clinic of alternative oncology in Hanover said: "... You will not believe how many high-ranking officials honey. the establishment turn to me for help in the treatment of cancer. " It follows that many doctors and leading medical workers understand the scientific and practical inconsistency of chemotherapy, but either do not have the opportunity or the desire to change something. Many doctors who understand the state of affairs in oncology prefer not to go against the system and continue their careers, thereby leaving their patients such an insignificant chance of survival.

Continuing the conversation about chemotherapy, I want to note that her numerous side effects, such as nausea, weakness, loss of appetite, weakening of the immune system, destruction of bone marrow and hematopoiesis, temporary and permanent disorders of the nervous system, temporary or complete infertility, deep metabolic disorder, loss hair, ulcers of the mouth, stomach and intestines, increased inflammation, deep acidosis and many others are not really incidental. They are the main symptoms of severe poisoning of the body. As Ralph Moss, the author of the book Cancer Industry, wrote, in order to kill all cancer cells in the body, you need such a quantity of chemotherapy that is not compatible with the life of the patient. This explains the fact that most cancer patients who undergo intensive treatment methods die today not from cancer, but as a result of deep damage to the body by chemotherapy, as well as from diseases that develop in a weakened organism. If, for example, a patient has an extensive stroke as a reaction to severe chemotherapy, the conclusion is that the patient died of a stroke. If the patient is denied vital organs and he dies without leaving the coma, the cause of death will be the underlying disease, i.e. cancer. Therefore, when the measure of the success of treatment is a reduction in the size of the tumor, it is often possible to observe a situation in which a weakened patient is happily announcing that the tumor responds to treatment and decreased in size. If the patient soon dies despite such "correct" treatment, then all the blame falls on the insidiousness and severity of the disease.

In fact, oncologists conveniently replaced the concept of "healing from disease", the concept of "tumor response to a drug". And such substitution allows to convince the patient that if the tumor decreases, it thus reacts to treatment and therefore the success of this treatment is obvious. The fact that the response of a tumor to a drug or its reduction in size by a certain percentage does not affect life expectancy, as shown by numerous studies, you will not hear from an oncologist. Therefore, cancer patients identify news that the tumor has decreased, with progress in the treatment of the disease. When the tumor becomes active again and begins to grow and metastasize, this is explained by the severity and cunning of the disease, and not by the uselessness and harmfulness of the treatment.

In my work as a medical coordinator in one of the children's oncology departments in London, I was acquainted with several wonderful children from Russia and Ukraine who came for treatment in England. The children were heavy, and despite the titanic efforts of the parents and the good intentions of the people who organized the treatment, most of them died from the complications of treatment. As a doctor by training, it was clear to me that the children were not extinguished from a tumor, but from an aggressive treatment incompatible with the child's body. The hardest thing for me was not so much the sight of these little tortured heroes who spent most of their childhood in hospitals, but that their mothers begged doctors to use more aggressive drugs as soon as the children left the crisis after another chemotherapy or surgery. It was an absolutely surrealistic picture: a toxic, slowly killing children treatment, leaving them no chance not only for recovery, but also theoretically for a full life in case of recovery; doctors who know what the treatment will lead to and continue it; mothers nursing their babies and requiring doctors to increase doses and continue treatment. And all this with the many proven

methods of successful cancer treatment that are carefully suppressed by a small group of people who do not benefit from it.

Even when you open this information to parents, they are often unable to adequately assess it. It is difficult to do to any person even in normal conditions. Imagine how difficult it is for parents to take this information after long treatment in their hospitals, the complex organization of treatment abroad and the payment of hundreds of thousands of pounds for this treatment, on which they place the last hope.

Many people used information about natural alternative methods as an addition to the basic treatment and often this prolonged the life of their children, who then recovered faster or more easily tolerated procedures. But in the end, with the continuation of the standard treatment, natural methods could not change much.

It was at that time that I realized the depth of the problem. And its essence lies in the impossibility of reporting to parents or patients information about a natural alternative to standard cancer treatments. Scientific arguments, historical examples and statistical data will not be able to break defective thinking for years and deeply rooted in the minds of stereotypes based on myths and deceitful facts. The main explanation is the reasons why this saving information is hidden from them. Only after understanding these reasons, people will be able to make the right decision about the type of treatment. Only after realizing the enormity and scope of deception, people become able to understand that natural alternative methods are not a supplement to standard treatment or the last desperate attempt after an unsuccessful treatment, but are the only correct and scientifically valid methods of treating cancer.

The history of the appearance of chemotherapy is noteworthy. For the first time the effect of mustard gas, or mustard gas, was described back in 1919, just two years after its application by the German army in the First World War. Later, Dr. Peter Alexander in 1944, described in detail the destructive effect of this gas on the bone marrow. Then he concluded that sooner or later, the depletion of the hematopoietic function would lead to death.

Subsequently, this toxic compound, whose purpose was the extermination of the enemy's manpower, began to be used in the treatment of blood diseases. By destroying in this way the bone marrow, which in the case of the disease produces millions of immature blood cells, doctors have had some success in controlling these pathological conditions. Then the medicine stated that a magic remedy for the treatment of this type of cancer was found.

It is interesting that physicians described blood diseases a few centuries ago, but they were included in the cancer category only a few decades ago. This happened around the time that they decided that a successful new treatment could be used to treat solid tumors. However, few doctors wonder whether there is much in common between leukemia and prostate cancer, for example. Can cancer be called dysfunction in the formation of red blood cells in the growing body of a child and a tumor in the lung or breast?

Nevertheless, honey. The establishment adopted a decision that has since yielded trillions of dollars. The essence of it is that, based on the success in the treatment of hemopoiesis disorders, all solid types of cancer should also be treated with this type of drugs.

Of course, over the past decades, the chemical composition has undergone serious changes and today's chemotherapeutic drugs can no longer be compared to mustard gas. Nevertheless, the mechanism of their action remains the same. They affect the different phases and processes of cell division. Since tumor cells divide faster, they are more exposed to such toxins.

At once it would be desirable to ask a question: how these toxic preparations reveal cancer cells in an organism? How do they distinguish cancer cells from other rapidly dividing cells of the body: the cells of the intestinal epithelium and the oral cavity, the hair follicle, germ cells, hematopoietic cells and immunity? It turns out that there is simply no such mechanism. Both these cells die as a result of toxic effects, which explains the "side effects" of chemotherapy.

Now we know about the carcinogenic effect of chemotherapy, as well as the deep degree of weakening of the organism caused by it and the violation of its functions. Recently, scientists began to talk about a new effect of chemotherapy (as well as radiotherapy, but about this a little later). This effect is a strong increase in malignancy of the tumor. The mechanism of this process is as follows: tumor cells are not homogeneous and are in different degrees of differentiation - from stem cells to more differentiated ones. Moreover, stem cells divide relatively slowly and, therefore, fall under the influence of the chemotherapeutic agent. Affiliated, more differentiated cells divide rapidly and thereby undergo cytostatic action of the drug. This causes the death of less malignant daughter cells and, thereby, disrupts the proportion between stem cancer cells and more differentiated ones. This just explains the fact that the tumor recurrence is always more aggressive, since it becomes much more proportionate to the stem cells in the tumor. The study found that chemotherapy and radiotherapy increase the malignancy of the tumor dozens of times. It should also be noted here that stem cells have an increased ability to withstand harmful factors. In Chapter 4 we talked about the fact that under the influence of certain factors a normal cell turns into cancerous and includes an ancient genetic program in which one of the main tasks of the cell is survival under severe conditions. That's why stem cells are so resistant to both chemotherapy and radiation therapy.

Thus, chemotherapy not only does not treat cancer, but significantly aggravates its course, creating conditions for greater malignancy of the underlying tumor and development of metastases by weakening all vital systems of the body. In addition to being carcinogens, these drugs significantly increase the likelihood of new tumors.

One can not ignore another type of traditional cancer treatment - radiation therapy. Back in 1902, the German doctor described the first case of cancer from radiation, and in 1906 the first assumption was made that leukemia could be caused by X-ray irradiation. Today, diagnostic methods, such as computed tomography (CT) and fluorography, use significantly more radiation than with a simple X-ray. So one CT procedure is equal to 74 fluorographs or about 450 chest X-rays. According to a 2009 study published in the Archive of Internal Medicine, only one year in the United States, CT causes 29,000 new cancers. Thus, irradiation with both diagnostic and therapeutic purposes has a strong carcinogenic effect, since it causes DNA mutation and thus leads to the appearance of new cancer cells of various types.

The use of irradiation for the purpose of curing cancer, as well as chemotherapy, has no scientific justification. On radiation therapy, the tumor can also react with a decrease in size, but at the moment there is no research that would link this to the prolongation of the patient's life or his complete recovery. But there are other studies, the results of which say that in many forms of cancer when radiotherapy is used after surgery, the patients' life is not actually prolonged, and often decreases, such as in prostate cancer. [2] But complications this type of therapy causes a lot, and often these complications do not manifest for months or even years, creating a patient's illusion of safety of the method. For an example, I will give a list of complications after radiation therapy for breast cancer: fibrous wrinkling of the breast; broken ribs; spikes in the pleura, lungs and around the heart; nerve damage; oppression hematopoietic function and immunity due to the destruction of the bone marrow in the field of irradiation. And of course, one of the most dangerous complications is tens of times the increased probability of new forms of cancer in the patient.

So, we see that radiotherapy is very similar in its effect to chemotherapy. Since we know that the temporary decrease in the size of the tumor does not affect the prolongation of life or the healing of the patient, this treatment does not bring the patient benefits, but on the contrary, it is highly carcinogenic and causes severe complications. Also, recent studies have shown that radiation therapy causes malignancy of the tumor due to an increase in the proportion of stem cells in the tumor that are easier to tolerate irradiation.

I am absolutely convinced that in the future treatment of cancer with chemotherapy, as in other and radiotherapy, will be recognized as a medical error. At one time several decades, lobotomy was used in various mental states, including depression. Thousands of people lost their personalities, turning into "vegetables", and in the 60s this practice was stopped and found to be erroneous. In the 20's, X-rays from women treated with increased hair. This treatment was also banned several years after many complaints from women disfigured by irradiation.

After discussing the methods of "poisoning" and "burning", I would like to briefly touch on another method - "cut", which is mistakenly considered the most effective. One can not deny the fact that some of the surgical interventions in the early stages of cancer and with its localized forms are successful. By "successful" I mean not the apparent removal of the tumor, but the fact that the patient did not experience a relapse in later life. Usually such a positive outcome is observed with non-dangerous encapsulated forms of cancer, which are not likely to lead to serious consequences. Here is an interesting fact, which can be this confirmation. Pathologists, who open patients who died from non-cancer diseases, have long noticed that more than half of those who died at the age of more than 45 years have different tumors of different localization and size, which were not the cause of death. Most of them were not even diagnosed, as these tumors often exist in the body asymptotically.

Surgeons also like to do lymphadenectomy, i.e. excision of lymph nodes after tumor removal. These mutilating surgeries still produce, despite numerous studies suggesting that lymphadenectomy does not prevent the spread of cancer. For example, extensive lymphadenectomy is done with mastectomy, with breast cancer or cervical cancer. Women after such operations feel so terrible that many would prefer not to live at all. [3]

Surgery also increases the likelihood of metastasis. Any careless contact of a surgeon with a tumor can lead to a violation of its integrity and the release of a mass of cancer cells into the blood. Biopsies are also dangerous because they often have a disruption in the structure of the tumor, which leads to its increased growth. The likelihood of metastasis also increases.

I noticed an interesting fact: among the several doctors I found out about who "changed legions" and began to treat cancer patients with alternative methods, most were surgeons. Of course, this is not enough for a serious statistical conclusion, but probably these surgeons clearly saw the uselessness of this method in the treatment of cancer.

Probably, there should be some rationality in that the methods of "cutting, etching and burning" continue to remain the main ones in the treatment of cancer patients? I am convinced that such rationality is, but it is not aimed at healing the patient and winning over cancer. This rationality can only be understood by an understanding of economic and political reasons. The third chapter we have already talked about economic reasons. Political reasons deserve special attention and a certain preparation of the reader for the perception of this information. I plan to touch on this topic in my future works.

Unfortunately, today, when the number of people aware of the true state of things in oncology has not yet reached a critical point, oncologists will continue to cut, etch and burn millions of cancer patients. Instead of concentrating their efforts on the pathological process leading to cancer and on the restoration of the body, oncologists will continue to remove or reduce the tumor, causing a huge damage to the health of the cancer patient.

Chapter 8 - The main causes of the onset and development of cancer

In Chapter 4, when we talked about cancer theories, we touched on its causes a little. In this chapter I want to dwell in more detail on the causes that include the cancer process and promote it forward. This process is caused by one or several reasons that I have combined into four groups of factors affecting our lives: Food, Toxic, Psychological and Physical. It must also be understood that the factors that stop the cancer process and cause its regression, up to full recovery, are also included here.

1. Food factor

*Let the food be your medicine,
and the medicine shall be thy food.*

Hippocrates

The way we eat can bring us to cancer. On the other hand, proper nutrition can heal us from it. Let's take a closer look at the first part of this statement.

A cell is a complex biochemical mechanism that performs many functions. For its perfect work it is necessary that the cell has a constant inflow of nutrients both to maintain its vital functions and to fulfill its specific function. The lack of even one nutrient will lead to its dysfunction or breakdown, which in turn will cause a certain symptomatology. Doctors will call this symptom a disease and will begin to treat with chemicals. However, the problem is that the cell does not lack chemical substances, and therefore this approach will not improve its condition, although it can temporarily remove or compensate for the symptom. The correct approach is to give the cell what it lacks.

The entire modern Western diet, which prevails in Russian cities, is almost incompatible with normal healthy life. Over the past 50 thousand years, a person has not changed genetically and, accordingly, his body is tuned to the type of food that this whole period supported him. And he ate all this time with wild fruits, roots, seeds and occasionally with meat. Most of the products were used in their original, natural form and without heat treatment. The amount of vegetable protein in human nutrition significantly exceeded the amount of animal. Raw vegetables and fruits were assimilated easily and quickly thanks to the enzymes contained in them, not destroyed by heat treatment. It is interesting that the plants, which later began to make spices, people began to use tens of thousands of years ago in order to preserve meat and plant products longer and give them a more pleasant smell when they began to deteriorate during storage. Today we know that many of these ancient spices (for example, turmeric, ginger, garlic) have a strong anti-cancer effect.

The surprising fact is that the strict anti-cancer diet recommended by specialists today is very similar to the way we feed our ancestors from the Paleolithic. Over the past 150 years, and especially over the past 50 years, the human diet has undergone significant changes. Basically, these changes are caused by the

industrialization of the agricultural and food business. In developed countries (where, by the way, the level of cancer is hundreds of times higher than in less developed agrarian countries), agricultural products are increasingly supplied from small local farms. More and more often in our supermarkets we see fruits from South Africa, berries from Latin America, vegetables from Spain. In order to deliver these fruits and vegetables to your store, they must first be grown on an industrial scale using artificial fertilizers, strong carcinogenic pesticides; then collect immature; treat with chemical antifungicides and other "cydes" or irradiate (a new and growing method of disinfection) so that they do not deteriorate during transportation and storage; and, finally, packed in a convenient, but carcinogenic plastic. What we buy in these stores is about 60% inferior in terms of nutritional value to organic vegetables and fruits grown in the region of consumption. Using inorganic vegetables and fruits, we also get a wide variety of toxins and carcinogens. But this is true for other products that we buy in stores.

All products manufactured on an industrial scale, such as ready-made dishes for microwave ovens, meat products, such as sausages and pies, canned food, etc., have an extremely low nutritional value, which is also expressed in a significant deterioration of its taste qualities, which is compensated by excitotoxin and carcinogenic glutamate. All products that can not spoil long lying on shelves (such as cookies, chips, other snacks, and fast food), contain instead of natural fats, unnatural fats - waste. Many dietary products contain another toxin - Astartes. He is in dietary Coca-Cola, and in yoghurts, and chewing gums.

This list can be continued indefinitely, but my task is not to give instructions on what to buy and what not. I would like the reader to realize that 90% of store products are not suitable for maintaining health and contribute to the emergence of the most common chronic diseases. As Raymond Francis writes in his book *Never Again Fear Cancer*: "If you look into the shopping carts at the cashier's offices and replace the names of the goods with the diseases that they cause, we will see in these baskets cancer, atherosclerosis, diabetes, multiple sclerosis, Alzheimer's disease and other chronic diseases. "

Undeniable today is the fact that the nutrients in our food directly affect the manifestation of our genes, including turning them off. And the most important cause of genetic mutations is the lack of certain nutrients in the cell. The lack of only a few nutrients in the cell increases the probability of mutation of its DNA in the same way as from radiation, and this can lead to the onset of the cancer process. But the effect of radiation we are not exposed every day, but poor, nutrient deficient nutrition - daily. And we can control this factor. Therefore, with the help of food, we can manage our health - how to maintain it in a normal way, and restore it. Our body will thank us with impeccable health and longevity if we make an effort and learn in our today's "progressive" society, overloaded with false information and myths about "proper nutrition", finding the right information and the right products for ourselves. Here are some examples of such myths:

- Animal protein by nutritional value is superior to vegetable protein, which can not satisfy all the needs of the organism in essential amino acids;
- Calorie counting is the most important in a healthy diet;
- To have enough calcium in the body, you need to consume a lot of dairy products;
- If you eat only plant food, then there will not be enough energy.

Many still believe that such information comes from honest independent scientists and behind this is a sincere concern for people's health. In fact, large corporations, representatives of the meat and dairy, food and medical industries pay for the popularization of pseudo-investigations in the media and teaching aids. The scientific basis of these statements is either outdated or falsified. Numerous studies on the influence of nutrition on our body, conducted by honest scientists, break these myths and give a completely different picture of the relationship between nutrition and health. We will discuss in more detail some of these myths below.

There are three main components of the cancer process, to which nutrition has a direct effect: inflammation, apoptosis and angiogenesis. Certain products include or turn off these processes, thereby affecting the occurrence and development of cancer.

Inflammation is the main cause of many chronic diseases, including cancer. It causes and promotes the development of cancer, worsening the supply of oxygen to the cells, contributing to the destruction of DNA and the disruption of cell membrane function. Inflammation weakens surrounding tissues and promotes the spread of the tumor process. A more acidic environment most often corresponds to inflammation, therefore, meat and milk products are promoters of inflammation, because they increase acidity (decreasing pH), and plant products, in general, have the opposite effect. Many antioxidants contained in plant foods (beta-carotene, vitamin E, coenzyme Q10, resyvaratrol, pectin, etc.), control the process of inflammation.

Another important factor contributing to inflammation is the unnaturally low ratio of omega-3 and omega-6 fat, which are essential components of the body's inflammatory response. Omega 3 has an anti-inflammatory effect, while omega-6 stimulates inflammation. Normally their ratio in products should be 1/2 or sometimes 1/1.

Since the majority of omega 3 and 6 fats are obtained from meat and dairy products, the main problem today lies right here. For example, when cows eat grass in pastures, their milk and meat have the correct ratio of omega-3 and omega-6. The industrialization of agriculture has led to the fact that livestock feed almost entirely consists of grain, which leads to a shift of this ratio to 1/20 and more.

The same applies to fish that are grown on a farm. Despite the fact that, for example, the packaging of Scottish salmon indicates that it is an excellent source of omega3, in fact, its level there is much less because of the grain feed. The prevalence of omega6 in milk and meat largely explains the epidemic of inflammatory diseases and may be one of the reasons for the growing incidence of cancer. Thus, many products today can no longer maintain a normal balance of nutrients necessary for the body.

Apoptosis is the biological process of cell death when it becomes old or abnormal. This process protects us from cancer and ensures a constant regeneration of cells. Many plant flavonoids promote normal apoptosis: curcumin, resyvaratrol, vitamin E, green tea extract, quercetin.

Angiogenesis is the process of the formation of new blood vessels that nourish the tumor. By stopping this process, it is possible to significantly influence the growth of the tumor. Thus, omega-3 is an inhibitor of angiogenesis.

Many biological active substances (pigments, flavonoids, vitamins, enzymes, chlorophyll, etc.) in plants (vegetables, fruits, spices, nuts, mushrooms) have a combined effect and affect all three components of the cancer process. For example, broccoli, carrots, garlic, ginger, turmeric, onions, apples, blueberries, etc. possess a strong anti-carcinogenic effect.

It is interesting to note that these bioactive plant substances have a much stronger anticarcinogenic effect than the same chemotherapy. For example, the cytotoxic effect of turmeric on cancer cells is 10,000 times stronger than the known drug adriamycin. Graviola from the jungle of South America is able to kill cells of 12 different types of cancer hundreds of times more effectively than chemotherapy and without side effects.

A necessary condition for these active substances to reach cancer cells is their consumption in raw form. During heat treatment, most of them are destroyed. For example, when cooking carrots lost 75% of vitamin C, 70% of vitamin B1, 60% of niacin (B3), 50% of vitamin B2. In addition, heat treatment

destroys the enzymes that are in raw fruits and vegetables, which help our digestive process. If we use predominantly heat-treated food, then our body needs to produce an additional amount of enzymes to digest it, which requires the consumption of body resources. This leads to a much greater burden on the digestive system, inadequate digestion, and also to the immune reaction to the finished food, which is perceived as foreign. Therefore, one should try to consume as much raw vegetables and fruits as possible.

One of the most harmful is cooking in the microwave. This process completely destroys the nutritional value of cooked food, leaving only "dead" calories, dangerous toxins and carcinogens formed, as well as disrupting information exchange between cells, reducing the ability of the blood to carry oxygen and straining the immune system. From our food we get not only biologically active substances, proteins, carbohydrates and fats, but also certain wave oscillations, as well as energy charge. All this is destroyed when cooking in the microwave. Our body can not recognize many denatured elements of this food, which leads to its starvation (in terms of the deficit of certain nutrients, since the amount of calories remains at the same time). The microwave also destroys many nutrients in food. So 97% of antioxidants are lost when cooking broccoli in it, while steaming leads to a loss of only 11%.

To fully understand the impact of our nutrition on the occurrence and development of cancer, it is also necessary to point out several groups of foods that must be excluded from our diet or their quantity should be significantly reduced. The use of these products can be both an immediate cause leading to cancer, and a factor that drives the development of this disease.

These groups include:

1. Overuse of animal protein;
2. Sugar;
3. Processed edible oils;
4. Products from white flour and millet.

Excessive intake of animal protein

Briefly touch one of the main myths about healthy nutrition, which says that animal protein is essential for health, and that vegetable protein can not fully meet human needs. It should be noted that this erroneous opinion has been more than 150 years old. Since the end of the 19th century, it was believed that in developed countries people should eat more of animal protein. The abundance of meat in the diet meant prosperity. This gave impetus to the rapid development of the meat and dairy industry, which has an influential lobby. It is this lobby that is responsible for the myths about the inadequacy of vegetable protein and the need for a large number of animals, and that the necessary source of calcium is milk and its products.

The myth of inferiority of vegetable protein is based on the fact that plants do not contain the entire set of essential amino acids, which means that only plant foods will not be enough. Indeed, most vegetables and fruits usually do not have 1-2 essential amino acids in their composition, but simply combining several plant products gives a complete set of amino acids without all the negative factors associated with the use of animal protein. For example, a simple vegetable salad with beans, nuts or seeds gives a complete set of these amino acids. Many grains, such as buckwheat, barley, amaranth, spelled flour, are rich in protein, which can replace the animal. Also, legumes, including soy, are an excellent source of protein.

The use of dairy products shifts the normal pH-balance of the blood to the acidic side and includes a compensatory system of the body that levels the pH of the blood, taking calcium from the bones. This

explains the fact that, although the share of dairy products in the western diet is much higher than in many developing countries, the level of osteoporosis (the cause of which is low calcium and other minerals in bones) is much higher in developed countries. Nevertheless, we continue to hear the same myths more and more, and buy dairy products, rich in calcium.

In his book *The Chinese Study*, American dietician Colin Campbell described a large-scale statistical study he conducted in China. The conclusions he made completely broke this myth about the superiority of animal protein. Vegetable protein not only fully meets the needs of our body in the protein, but also has amazing advantages over the animal protein. Campbell showed that a significant reduction in the consumption of animal products (meat, milk, eggs and fish) or their complete elimination leads not only to a significant reduction in the likelihood of cancer, cardiovascular disease and other chronic conditions, but also can cure them. Dr. Esselstien treated patients with atherosclerosis of people who were recommended by shunting, by changing their diet. After one month of vegan (slightly modified: without sugar, salt, mostly consisting of raw foods), they did not need an operation, and for 2-3 more months the attacks completely stopped. While in shunted patients the pains appeared again after several weeks or months, as the pathological process was not eliminated.

Another important experiment, done by Campbell, was to determine the effect of casein (milk protein) on the action of the strong carcinogen aflatoxin. When this protein was 20% in the diet from all the calories that the rats received, then 100% of the rats developed cancer. That group of rats that received only 5% of casein was 100% healthy. Then he continued the experiment and changed the diet in rats. Those rats that were on a 20% casein diet, began to receive a 5% diet, and the group, which was by 5%, began to get a 20% diet. The results were just as convincing. The former twenty-percenters, who began to receive a 5% diet, cancer processes stopped and began to noticeably regress. All the same former five-percent, who started a 20% diet, there were tumors. Then Campbell went even further and began to continue experiments with other carcinogens, the results were the same. From this, Campbell made the obvious conclusion that regardless of the nature of the carcinogen, animal protein, in excess of the body's requirements (about 7 grams per day), is a powerful factor contributing to the onset of cancer and its development.

Such convincing results are rarely found in medicine. Nevertheless, they did not cause a sensation in the mass media, and the all-powerful food and meat and dairy lobby buried this research, and Campbell himself discredited and strengthened the ideological work on the necessity of eating meat and milk products. If you transfer these 7 grams to a real diet, then it will equal one egg or a small piece of meat every 2 days or one serving of yogurt every 1-2 days. At the same time, if a person, especially a cancer patient, can completely abandon the animal protein, then this will be optimal.

There are other reasons, in addition to enhancing the carcinogenicity of toxins, for which the use of animal products is not recommended. If we continue the conversation about dairy products, in addition to the promoter of casein cancer, milk today resembles a toxic potion, in which dozens of biologically active hormones, allergens, strong antibiotics, pesticides, herbicides, dioxins, blood, pus, feces, solvents, various pathogens and even radioactive elements [1]. The most dangerous ingredient in this toxic cocktail is the very strong growth hormone IGF-1. [2] It is produced in large quantities by cows given "bovine growth hormone" or rBGH [3] to stimulate milk production. This hormone IGF-1 is a very strong stimulator of cell division and growth and contributes to the inclusion and development of the cancer process. By the way, products such as ice cream and cream have several times the concentration of this hormone and toxins.

[1] Data on milk in the United States.

[2] Insulin-like growth factor 1 - insulin-like growth factor 1.

[3] In Europe, this hormone is prohibited.

In addition to toxins and their enhancing effect of proteins, animal products contain saturated fat, which displaces "good" lipids from the cell membrane. This leads to a violation of the electrical potential of the membrane, a violation of its transmission function and, thus, contributes to the development of conditions for cancer. Another bad side of animal fat is the fact that it stimulates the production of sex hormones: testosterone and estrogen. These hormones are promoters of growth, and increased exposure to cells leads to the emergence and development of hormone-dependent cancers such as prostate cancer, breast cancer, ovarian and uterine cancer. It is important to note here that plant food promotes the formation of the protein molecule SHBG [4], which binds to testosterone or estrogen and keeps it inactive until it is needed for its intended purpose, thereby reducing the exposure of cells to these hormones. Also, plant foods supply the body with fiber, which helps to remove these hormones from the body and prevents their secondary absorption in the intestine. As animal products, as we know, fiber is absent.

[4] Globulin binding sex hormones.

The use of low-fat milk does not significantly reduce the problem. Milk sugar lactose, consisting of glucose and galactose, has a toxic effect on the ovaries, which can be the cause of cancer and infertility. Numerous studies have shown that among populations with low consumption of dairy products (for example, outside the big cities of Japan), breast and prostate cancer occurs eight times less often. Moreover, the use of dairy products also affects the mortality rate of these cancers, which is much higher in people who continue to use these products.

This fact was confirmed by Campbell statistically when he compared in China the number of cancer patients of people living in provinces with predominantly vegetative types of food, with the number of patients living in more urban provinces and eating a predominantly "western" diet with an abundance of animal protein. In those provinces of China where almost no meat and dairy products were used and the basis of the diet was poorly processed plant products, the probability of major forms of cancer was 200-400 times less than in large megacities with western food. In America, the difference between different types of cancer in different states or rural and urban areas did not exceed 2.5-3 times. At the same time, to exclude the peculiarities of the influence of genetics of various ethnic groups on the incidence of cancer, scientists investigated immigrants who came from "low-wage" countries. After several years of the Western diet, their chances of becoming ill are the same as those in the countries where they moved. Also in China and Japan, residents of large cities that feed mainly on the "Western" diet, have similar statistics on cancer, as well as residents of cities in Western countries. All this suggests that our current diet, which can also be called "Western", is carcinogenic, i.e. contributes to the development of cancer and worsens the course of the disease.

In conclusion a little about the meat. Many of the harmful factors that we described about dairy products play the same role when consuming meat: excessive animal protein, saturated fat, lack of fiber, an abundance of toxins and carcinogens in inorganic meat. The meat has its own special disadvantage. In it, a lot of iron, which is very well absorbed, and in quantities exceeding the required, is a carcinogen, as it helps the growth of cancer cells and the process of metastasis. Also, excess iron helps increase free radicals that damage the cell and its DNA and lead to the onset of cancer.

If meat is difficult to refuse, then it should be used as a seasoning, not the main product in the dish. It should be remembered that if the animal protein is more than 7 grams per day, the surplus will be a

carcinogen. Imagine now the danger presented by the use of animal products 3 times a day, which is often the case with our diet, in which the amount of animal protein can exceed 100 grams per day.

In addition to the important role in the origin and progress of cancer, Campbell proved that animal protein also plays a major role in diabetes, obesity, heart disease, Alzheimer's disease, kidney disease and degenerative eye diseases.

The conclusions of Campbell's research are so important that it makes sense to highlight them again:

- Animal protein, used in doses exceeding the body's needs for growth (cell regeneration), is a carcinogen;
- The low level of consumption of animal protein stops the cancer process and begins its regression;
- People who consume large amounts of animal protein are much more likely to have cancer, diabetes, cardiovascular diseases and other chronic diseases.
- Milk protein casein is an exceptionally strong carcinogen.

Not everyone will be able to become a 100% vegan or raw food, but having the right information we can choose a healthy diet for ourselves individually, taking into account its basic principles and, thereby, significantly reduce the likelihood of the most serious diseases, of which cancer and cardiovascular diseases are leading mortality. Cancer patients, however, should consider the complete abandonment of animal protein in order to stop the cancer process, and in many cases - and its elimination.

Sugar

Sugar is one of the most important factors in our nutrition, including the cancer process and accelerating it. Over the past 100 years, sugar consumption in developed countries has increased by 20-30 times! At the same time, as we already noted, our genes have not changed, which means that our body does not have the ability to respond adequately to such a sharp jump in the use of sugar. The only thing that has adjusted to us in such a change is our psyche, which takes such a quantity of sugar in our diet as the norm. This, of course, happened not without the help of science, education, medicine and, to a certain extent, state structures dependent on big business. For the sake of justice, it should be noted that sometimes we hear about the need to reduce the consumption of sugar. But, firstly, we are not told about the scale of harm caused by such quantity of sugar in our diet, and secondly, we are offered to replace sugar with more toxic and carcinogenic substances, such as aspartame and sucralose (splendosa). Complicates the situation is still a mental and physical dependence, developing to sugar. Try to remove the sharply sugar from your diet, such as the strict Atkins diet. You will have severe headaches on the 2-3rd day, and may even start to dream of cakes and cakes.

The way our body reacts to excess sugar creates many problems and is the immediate cause for cancer. Here is a list of several such problems:

- Sugar causes massive disruption of homeostasis, knocking down the normal biochemical balance, which leads to deep cellular dysfunction. Sugar disrupts the metabolism of hormones, carbohydrates, fat, proteins and minerals. This leads to a violation of digestion, weakens immunity, disrupts the cardiovascular and nervous systems, as well as the production of hormones and enzymes. One use of sugar (a couple of teaspoons or slices) leads to 6-8 hours of such disorders. If you take sugar several times a day, then these violations will assume a permanent character.

- To digest this amount of sugar, our body spends other elements necessary for it: vitamins of group B (necessary for normal metabolism and nervous system), calcium, magnesium, chromium and zinc.
- In the body, sugar forms an acidic environment, which reduces the flow of oxygen in the tissue, contributing to the inflammatory process. These factors contribute to the development of cancer.
- A large amount of sugar does not have time to be completely metabolized by cells and, as a result, pyruvic acid is formed, which destroys the nervous system.
- Sugar competes with vitamin C for passage into the cell, and therefore, with a high intake of sugar, the amount of vitamin C that passes into the cell drops dramatically. Leukocytes require 50 times more vitamin C to fight infection. Hence the weakening of their action with an excess of sugar.
- Sugar, getting into the blood, causes the production of insulin, which controls the amount of sugar in the blood. Insulin is a powerful stimulant for the inflammation and growth of cancer cells and their metastasis.
- Causing hormonal imbalance, sugar increases the amount of estrogen, the surplus of which is the main factor of hormone-dependent cancers: breast cancer, ovarian cancer, uterine cancer and prostate cancer.
- It is very important to remember that cancer cells feed on glucose and consume 20 times more sugar. Therefore, if the cancer patient continues to use sugar, then in addition to the above negative factors, this will contribute to the development and cancer process, supplying the cancer cells with food. If the patient absolutely refuses sugar and products that easily pass into sugars in the body, such as products made of white flour, potatoes, he will put his cancer cells to hunger. Often this is enough to stop the cancer process, or at least slow it down.
- Finally, sugar contributes to a sharp increase in free radicals, which destroy cells and break their DNA, which directly leads to the onset of cancer.

Processed edible oils

In edible oils contain essential for our body fats. Biologically active particles of fats (lipids) are needed by our body for many important functions. One of them is the construction of a cell membrane. Lipids, embedded in the cell membrane, regulate the amount of oxygen in the cell, the passage in it of the necessary nutrients and the removal of the slag from the cell. If the fats consumed by us are wrong, the cell will build its membrane from these incorrect, "bad" lipids, which will lead to a sharp disruption of its throughput. The cell will begin to produce much less energy, will not receive the necessary nutrients, and minerals, and will also accumulate products of inferior metabolism within the cell. All this will lead to oxygen starvation of the cell and a change in its acidity. This is the main factor that includes the cancer process. Otto Warburg, a German scientist who received the Nobel Prize for this discovery, also proved that these changes in the cell that lead to cancer are reversible.

Despite the fact that there may be a lot of reasons leading to a lack of oxygen in the cell, nevertheless, the poor quality of lipids in the cell membrane is one of the most important factors. This was pointed out by the German researcher Dr. Joanna Budwig in the 50's, who successfully treated cancer with her protein-fat diet. She proved, both in theory and in practice, that substitution of "bad" lipids in the cell for "good" as a result of proper nutrition and the exclusion of "bad" lipids, leads to the arrest of the cancer process and its regression.

Fats play a very important role in our lives. In addition to being a structural element of the cell membrane, they are also an energy resource of our body, participate in the formation of many hormones and their metabolism.

Despite this, few of us seriously think about the quality of fats that we use. The main concern is the reduction in their quantity, and this mainly applies to animal fats. We fry in vegetable or sunflower oil, we add them to salads. We buy various snacks, cookies and other products with a long shelf life, not realizing that this property is due to the fact that the perishable fats in them are changed as a result of the production process. Such altered fats (spenders) are hard to digest for us. They just make up those "bad" lipids. The same modified lipids are found in fast food products, such as McDonald's.

It's hard to believe, but I've repeatedly witnessed how oncologists advised patients and especially parents of sick children not to limit them in anything and give them what they want. Moms pleased children with chocolates and cakes, as well as hamburgers and French fries from McDonald's restaurants. Such recommendations are simply criminal. Every oncologist should know that the cancer cell is fed by glucose, and the cell membrane is made up of lipids, and that its function largely depends on the quality of the lipids from which it is built.

If we continue the conversation about the oils we consume, we should say that 95% of all edible oils that we buy in supermarkets are harmful. During their preparation, they were subjected to thermal and chemical treatment, as well as oxidation in order to give them the desired color, transparency and long shelf life. These processes create harmful lipid peroxides and spoilers, which lead to cell damage.

Hydrogenated oils are another type of harmful fats and are used in all bakery products, breakfast cereals, long-preserved nut oils (spreads). They are very toxic to the cells of our body.

In conclusion of the conversation about harmful processed oils, I want to once again touch on the imbalance in the essential fatty acids omega 3 and omega 6. We already know that inorganic meat and milk on average has a very unhealthy proportion of 1/20, instead of a normal 1/2 or 1 /1. Almost all store oils have much more omega-6 in them. The predominance of omega-6 significantly enhances the inflammatory process by synthesizing pro-inflammatory prostaglandins. This adversely affects the tissues, disrupting their normal environment and metabolism, leading to cancer. Excess omega-6 promotes an increase in insulin in the blood, which, as we already noted above, contributes to cancer. This imbalance also contributes to the gluing of red blood cells, which disrupts the blood flow in the capillaries, leading to oxygen starvation, and, accordingly, disrupts the nutrition of the tissues. This is also one of the main causes of cancer.

From all that has been said above, it follows that if we take care of what kind of fats (oils) we consume, we can prevent, stop, and sometimes completely stop the cancer process.

Of course, now you need to specify healthy or "right" oils. Such anti-cancer oils are untreated and unprocessed (unrefined) oils of high quality: coconut, olive, linseed, fish oil, etc.

Products from white flour and wheat

In order to make white flour, it is subjected to various technological processes, as a result of which its nutritional value falls significantly, and it turns into a high-calorie harmful substance.

In conventional white flour, there is no more than 75% of the necessary immune system of zinc, 85% of vitamin B6 needed for our metabolism and nervous system, there is practically no important mineral of magnesium and many other useful components of grain. In return, we get many residual toxins from the technological processes. In addition, in order to make an edible product from flour, heat treatment is necessary, which kills the remaining useful elements, and toxins often become more concentrated. White flour is basically starch, which in the body is quickly metabolized into sugar. Thus, using white flour and other products from wheat, we get the same problems as when using sugar. These problems are:

increased sugar and insulin in the blood; an increase in the sex hormone estrogen; an increase in destructive free radicals and an increase in the inflammatory response of the body.

Surprisingly, many people do not understand that white flour is found not only in white bread. It is in all cakes and pastries, pasta, breakfast cereals, cookies, pizza and many other products that we eat daily and several times. Most people know that excessive consumption of flour helps to weight gain. But on this their knowledge about the dangers of this product ends.

So, after identifying some of the problems from using white flour and wheat with the problems that causes the consumption of sugar, you should point to other factors.

As a result of long-term cultivation of wheat, people managed to create its high-protein variant. This greatly increased the content of gluten (gluten) in it, which to some extent causes allergic reactions in almost half of the population. It should be noted that gluten is also found in other cereals, albeit in a smaller amount: rye, oats, barley.

The variety of allergic reactions to gluten is so great that many do not even suspect that their many chronic conditions can be caused by eating flour. Gluten can cause simple colds, irritable bowel syndrome, depression, eczema. The immune reaction caused by gluten, makes the tissues more acidotic, promotes inflammation, increases the amount of free radicals and causes a general depletion of the immune system. All this is the factor leading to cancer.

Another allergic component of wheat is lectins. They are very stable molecules that do not break down during heat treatment and are poorly digested. As a consequence, they accumulate in various tissues of the body and disrupt their biological functions, acting as toxins. Lectins protect grain from pathogens, reacting with the receptors of bacteria, fungi and viruses, thereby disrupting their vital functions. It is interesting that in the human body they produce the same actions, but with the only difference is that lectins disrupt the vital activity of our useful microflora and body cells.

Another problem that lectins cause is an increase in intestinal permeability. This is due to the fact that lectins destroy the intestinal mucosa and through the resulting "holes" get into the bloodstream. The immune system regards the emerging molecules of lectins as pathogens and creates an immune response, forming antibodies. Many of these antibodies then attack the body's own tissues, causing or aggravating autoimmune diseases. These diseases, like the chronic inflammatory reactions that lectins cause, significantly weaken the body's immunity, which reduces its natural defense against cancer. Disruption of the intestine also leads to a deterioration in the absorption of nutrients, which leads to their lack of cells, thereby creating a favorable environment for the onset of cancer. Disturbance of the intestinal mucosa with lectins also leads to multiple sclerosis, celiac disease, eczema and other diseases. Many researchers associate lectins with some disorders of the thyroid gland, such as Hashimoto's disease. The property of lectins to pass the blood-brain barrier is associated with a direct destructive effect on the brain cells and myelin sheaths of nerve fibers of the central nervous system. And, finally, lectins have insulin-like action. They give a command to the genes to start production of growth hormone, which contributes to the emergence and development of the cancer process.

Most people consider products made of flour and wheat to be a necessary and useful food. However, today it is already known that it is very toxic, is a strong allergen and can be a serious factor contributing to the emergence and development of the cancer process. Healthy people are encouraged to reduce the consumption of wheat and its derivatives. Patients need to completely eliminate these foods from the diet and reduce the use of other cereals with gluten.

In addition to the four main nutritional factors listed here, which play a very important role in the onset and development of the cancer process, there are, of course, other components of our diet, the use of which must be limited or completely eliminated. Serious attention should be paid to salt intake. Now much is written about the harm of salt. I just kind of agree with that. Only table salt (cane salt) is harmful and must be completely removed from the diet. It contains particles resembling glass and sand, severely traumatizing arteries, in which, as a result of the natural reaction of the body to such trauma, constrictions are formed. This in turn leads to a lack of blood supply to organs and tissues. A large amount of sodium in such salt causes a mineral imbalance and the washing out of calcium and potassium from the body. These factors contribute to the development of the cancer process. Nevertheless, if you use "good" salt, for example, Himalayan or unpurified sea, then, in addition to satisfying the taste sensations, it will still give the necessary minerals to the body.

Other important components of the food factor, which plays an important role in the emergence and development of the cancer process, are toxic additives and sweeteners. We will consider them in the next section.

Toxic factor

We are now one of the most polluted species on our planet ... Indeed, we are so polluted that if we were cannibals our meat would be banned from consumption.

Paula Bailey-Hamilton,

author of the book "Toxic Overload"

Despite the thousands of different diseases that modern medicine defines today, at the heart of all these diseases is the pathology of the cell. A huge number of different symptoms that causes disruption of the normal life of the cell is explained by both the nature of this disorder and the localization of the cell in the body. From this follows the logical conclusion that if the primary cause of the disease is a disruption of the life of the cell, then the prevention of diseases and their treatment should be directed to the restoration of its normal vital activity.

Modern medicine convinces us that each specific disease has a specific treatment corresponding to it. That is why with the ever growing number of new diseases, there are more and more narrow medical specialists and more and more new drugs. It is no coincidence that this approach is the most beneficial for a medical establishment controlled by big business. Imagine how a successful business formula of modern medicine would suffer if hundreds and even thousands of different diseases could be cured by a relatively similar approach - restoring health at the cellular level.

We see the same approach in oncology. There are many different narrow specialties of oncologists and hundreds of protocols for treating various tumors, depending on their location, histology, stage and other factors. In reality, the localization and histological nature of the tumor play a secondary role in the selection of the treatment complex, since the treatment of the vast majority of different types of cancer is based on the elimination of the cause of cancer and the restoration of the body. At the cellular level, this looks like eliminating the toxic elements that affect the cell and restoring its normal nutrition.

About how bad nutrition affects the cell and can cause a cancerous process, we spoke in the last chapter. Here I would like to show the effect of the toxic elements of our life on changes in the cell leading to the development of cancer.

Toxic factor in our life for today is one of the most basic reasons underlying many chronic diseases, and, first of all, cancer. Toxins penetrated into all spheres of life. We encounter them going out into the street,

at work, at home. Toxins are found in most of the foods that we eat, and in most of the products that we use every day, and even in the medicines that we are treating. In other words, there are so many toxins in our lives that many people think that this is a forced payment for progress, a tribute of time and therefore there is no point in fighting against it.

Many people do not understand that this is not a commonplace, but a catastrophe, both for our health and the health of our children, as well as the threat to future generations. Some toxins are capable of causing such changes in DNA that are inherited (GM products, for example).

A trivial view of reality is helped by the myths that the establishment distributes through the media. These myths suggest that people have begun to live longer, and this supposedly explains the constantly growing number of oncological and other chronic diseases. In fact, life expectancy is falling, and these diseases are all "getting younger". For example, in many developed countries, the death rate of children from cancer came in second after traumatic. The proportion of women with breast cancer up to 50 years is also increasing, as is the proportion of men with prostate cancer under 60 years of age.

I do not think that most people would consciously agree to cut their lives by 20-30 years or agree to a significant increase in the likelihood of their children suffering from severe chronic illnesses, in return for the convenience of using microwave, ready-packaged food, convenient plastic, fast food and other attributes of modern life if they fully understood the destructive power of the toxins that accompany such a way of life.

Most people believe that existing regulatory and supervisory authorities would not allow, for example, the use of strong neurotoxin sodium fluoride in toothpaste, dangerous carcinogens in products and household plastic, polio vaccine infected with SV40 virus. But unfortunately, these institutions already do not fulfill the role of consumer protection, and thanks to the policy of "revolving doors" and corruption, they protect the interests of corporations and the establishment. The format of this book does not allow me to discuss the reasons for this situation. This is already the topic of a separate discussion. A patient with cancer, probably, is not up to understanding the reasons that led to such a dominance of toxins in our lives: the desire of corporations for large earnings and, as a consequence, the violation and change of technological processes; collusion between the food, chemical and pharmaceutical industries to increase profitability or the conspiracy of the elite to reduce the number of people on earth. A sick person (however, as well as a healthy person) first of all needs information on how to exclude the greatest amount of toxins and reduce their toxic exposure. This information can literally save a life or prevent many severe pathological conditions, including cancer.

Do not despair about the fact that removal of toxins from your daily life is a long process, requiring, at times, serious changes in lifestyle. Your body will thank you for this, good health or recovery from a serious illness. Sometimes the removal of just one toxin, which was the main cause of the disease, can lead to complete recovery. For example, cases of rapid recovery from breast cancer were noted in the removal of amalgam fillings containing mercury. Many pathological symptoms of the central nervous system quickly weakened and disappeared completely when they were caused by these seals. But even if you do not get into such a "top ten", removing toxins from your life, with each removed toxin your immunity will intensify. At the same time, your own detoxification system (including the liver, kidneys, lungs, lymphatic system) will better cope with the remaining toxins and pathogens. And this will be the best prevention of many forms of cancer and other chronic diseases.

The amount of toxins is so great and affects so many aspects of our life that their detailed enumeration and explanation of their actions will amount to several volumes. Therefore, I would like to dwell on several, in my opinion, most important toxins, thereby giving the reader an understanding that absolutely

everything that you use in your daily life and in all its aspects should be subjected to a careful analysis for the presence of toxins.

As we already know, corporations and honey. The establishment is not interested in our health and this is at best. In the worst case - they regret the deterioration of our health to achieve their goals. This is why the principle "Salvation of drowning people is the work of the drowning themselves" is more relevant than ever! In other words, only you yourself should be responsible for your health and the health of your loved ones, and this includes constant monitoring of your life and what you allow it.

For the convenience of the reader, I made an arbitrary classification of various toxins in our lives, dividing them into the following categories:

- ecological;
- household;
- food;
- medical.

In each category I will focus on a few of the most dangerous and common toxins. It should be noted that more than 80% of all toxins acting on us today can be eliminated with the help of our control, so we all need to "know them in person", i.e. to realize how dangerous they are, and also to be able to eliminate them from our lives, sometimes finding them a healthy substitute (for example, in the case of medical toxic factors).

Ecological toxins

To environmental toxic factors affecting

our body, refer to the quality of air, water and land in your area of residence. In general, these factors are not very sensitive to your control and account for the bulk of the remaining 20% uncontrolled.

Nevertheless, we can help our body cope with these environmental toxins if we give it all the necessary nutrients necessary for optimal functioning of our own detoxification systems of the body. It is also necessary to conduct a serious course of detoxification of the body and repeat it from time to time. It must be remembered that most toxins have a cumulative effect and are able to accumulate in the body. Under adverse environmental conditions, it is advisable to change the place of residence to a more environmentally friendly place.

It makes sense to learn more about the nature of environmental pollution in the place where you live to take adequate measures to protect. So, the intake of chlorella and selenium will help the body to remove heavy metals. This can be actual in places where there are factories, mines, mines nearby. Daily preventive doses of colloidal silver will help weakened immunity to fight with various pathogens, which can be actual in places with biological pollution. The reverse osmosis system, placed on the incoming source of water in the house, will significantly protect water in your home, stopping all organic and inorganic toxic substances. Today, the water that flows from our home tap contains hormones, antibiotics and other biologically active compounds, heavy metals, many industrial toxins, and carcinogenic chlorine compounds added for the disinfection of water.

Household toxins

This kind of toxins got into almost all aspects of our life. On an example of an ordinary urban family with an average income we will consider, with what toxins harmful to health daily members of this family adjoin.

In their standard apartment floor will be lined with linoleum or laminate. In the rooms, the floor can be covered with carpet or carpets made of inexpensive synthetic materials. Furniture will be made of low-grade materials, such as chipboard. [5] Covering upholstered furniture will also be "budget", i.e. made of synthetic materials. All this contains dangerous synthetic compounds, which are classed as VOCs. [6] One of these compounds is a very dangerous toxin formaldehyde, which is separated by laminate and furniture made of particleboard (especially in warm and humid environments). These compounds, decaying, acquire a gaseous form and through the airways enter the body. Through contact with the surface of a synthetic carpet or upholstered furniture (and all contain carcinogenic refractory material), these compounds can enter the body through the skin.

[5] Plates based on wood shavings and binding resins.

[6] Volatile organic compounds.

Such compounds can cause the following pathological conditions: allergic reactions in the form of headaches, skin irritations, coughing, lacrimation, burning eyes, nausea. A long exposure can lead to asthma, cancer, infertility.

In the kitchen, considered in our apartment example, we find a lot of convenient plastic containers, and in the bathroom there are synthetic washcloths and a plastic bath for bathing the baby. All these items are made of dangerous plastics. Here is a short list of the most common plastics in the home:

- PET (polyethylene terephthalate) - is used in the production of polyester fibers, plastic bottles. Isolates chemically active substances that disrupt the endocrine system. Promotes infertility and the development of hormone-dependent cancers.
- PE-HD (high-density polyethylene) - found in plastic containers, bags, plastic milk bottles, etc. These compounds have never been tested for safety for health, despite their widespread use. Apparently, there is a reason for this not to do in spite of security requirements.
- PVC (PVC) - plastic water pipes, insulation, imitation leather, furniture, shower curtains and many children's toys (!). This is the most toxic form of plastic, releasing phthalates, carcinogens, dioxins, etc. Causes reproductive problems, diabetes, toxic organ poisoning, cancer.
- PP (polypropylene) - packaging material, carpets, diapers, laboratory and medical instruments. These compounds have never been tested for safety for health, despite their very wide application. Apparently there is also a reason for not doing this in defiance of security requirements.
- PS (polystyrene) - packaging material, plastic cups, insulating material, solid forms, such as DVD / CD boxes, snack packs, carpets, upholstered furniture, etc. This plastic releases extremely toxic substances throughout their use.
- O (bisphenol A) - is added to many household plastics. Bisphenol is similar in effect to the female hormone estrogen and causes infertility, developmental damage, hormone-dependent cancers.

In addition, the members of our family are exposed to danger using detergents, detergents, personal care products. Remains of washing powders remain on clothing and bed linens and through contact with the skin enter the body, causing a toxic effect. Shampoos and deodorants contain phthalates and parabens, which are carcinogens.

Many aromatic additives are also very toxic. Air fresheners for toilets, rooms and car salons contain many dangerous toxins. It should be noted that all unnatural odors emanating from non-natural components are toxic. So, the salon of the new car has a specific smell. This is a toxic smell of plastic,

the molecules of which are constantly allocated and inhaled by us. Heavy plastic odor is often in the car when it is left under the sun. In this case, it is necessary to urgently ventilate the car's interior before it is seated, otherwise the particles of toxic plastic will enter our bloodstream through the lungs and can cause both an immediate reaction in the form of headache and nausea, and, at first glance, an imperceptible reaction that subsequently weakens the immune system and makes your body more susceptible to the disease.

Our standard family gets a lot of toxins in their kitchen. In addition to the above-described danger of using plastic, in the kitchen there are many other dangerous things for health. A great danger is represented by pans and pots with Teflon coating. In just 2-3 minutes of heating, Teflon begins to break down and release carcinogenic substances that get into food and air. In just 5 minutes of heating over a large fire, it begins to emit 6 very toxic substances, 2 carcinogens, 2 global contaminants and MFA (methyl fluoroacetate), which is fatal to humans even in small doses. If you accidentally forget the Teflon frying pan on fire, it can reach the temperature at which Teflon is destroyed, turning into phosgene - a chemical weapon.

Very toxic and aluminum utensils. Aluminum, getting into the body through food, cooked in such dishes, causes chronic intoxication. It affects the central nervous system, causing many mental disorders and symptoms. Conditions such as hypersensitivity, unjustified constant anger, panic attacks, phobias and even manic-depressive states and schizophrenia are associated with aluminum toxicity. Today, many associate Alzheimer's disease with overexposure to this metal. Aluminum passes through the placental barrier and causes mental development disorders. Depending on the degree of mother intoxication with aluminum, pathologies in children can vary from increased activity and uncontrollability to autism and profound mental disorders. In addition to aluminum utensils, aluminum foil and trays for baking are dangerous.

Let's imagine that our experimental family expects the child and decided to prepare one of the rooms for him. Modern paint will release into the air toxins and carcinogens for a period of several months to several years, especially when heating the room with heating or the sun. This can cause a wide range of symptoms in the child, which can be misdiagnosed, for example, as a flocculation of gases.

I want to note once again that the above-mentioned household toxins constitute only a small part of the factors that are dangerous for our health, which we constantly face in our homes and offices. The main goal of this incomplete list of household toxins is to increase the reader's awareness of the role of these toxins in diseases that we are currently exposed to, especially in the occurrence of cancer.

Foodborne toxins

The danger of a careless attitude towards what we eat is not limited to the possibility of a serious deficit of certain nutrients and, as a consequence, chronic diseases, including cancer (we saw this in the previous chapter). Most of the foodstuffs that we buy today in stores contain many toxins that are hazardous to health. Today there are more than 3,000 chemicals that are added to our food. Only in the municipal water sources that come to our house, you can find over 500 chemical compounds, which normal clean water should not contain.

I would like to use the same method here as for the description of household toxins. I will tell the reader about the most common and dangerous toxins that occur in our food today, as well as the need to critically examine the ingredients and methods of growing or manufacturing each food. This approach, at first glance, may seem very difficult to apply. But even if you just start to change your attitude to this problem, then this will be a very positive action. Even if a full transition to a healthy diet takes several

months or even years, the positive effect, which will be very significant and long-lasting in the future, will be worth it. After all, you can add another 20-30 years of active life and significantly reduce the likelihood of cancer.

To begin with, I would single out two basic principles that need to be followed. Do not buy processed foods, such as sausages, pates, ham and ready-to-cook meals. Another principle is go to organic products.

If you do not have the opportunity to buy only organic products, then at least the following products should always be organic (since inorganic contain a high concentration of pesticides): apples, celery, cherries, cucumbers, grapes, green beans, potatoes, peppers, pears, peaches, nectarines, lettuce, strawberries, raspberries, spinach.

Some vegetables and fruits have less ability to concentrate toxins in themselves, and they can be consumed, even if they are inorganic. These include: avocados, bananas, pineapple, papaya, blueberries, broccoli, cabbage, eggplants, grapefruit, kiwi, mango, melons, watermelons, mushrooms, onions, peas, radish, tomatoes, plums.

To avoid contamination of the body with dangerous toxins contained in products, you should buy only organic products. So in inorganic milk, eggs, meat grown on a farm fish, there are insecticides, fungicides, hormones, antibiotics, medical preparations, industrial chemicals, polychlorinated biphenyls, dioxins, refractories and heavy metals. Most of these substances can accumulate in the body, causing an overload of the immune system, detoxification organs and cause various pathologies, including cancer. Even large caught fish are dangerous because of the heavy concentration of heavy metals in them. For example, tuna is able to accumulate a large amount of a super-toxic mercury metal and is not currently recommended for use.

Thus, for today pollution of the environment has reached such a level that even fish caught in the sea or river and marine products are often not safe. Now, for example, it is strongly recommended to abandon the use of marine products caught in the western part of the Pacific Ocean, between Japan and Hawaii, due to severe radiation pollution after the disaster at the Fukushima nuclear power plant. Specialists also recommend not buying any products from this region. Hawaii exports many exotic fruits, such as papaya (which is also genetically modified), as well as some biologically active substances such as chlorella and spirulina.

Today, the products in our supermarkets are imported from all over the world, so if we really want to monitor the quality of our food to preserve our health or restore it as soon as possible, we must consider many different factors. It will be completely wrong to assume that if the product is brought from a developed, prosperous country, then it is safe. More often we can see the opposite picture: products from Belarus can be much safer than their Western counterparts.

In addition to environmental pollution of natural foods and the toxic process of growing poultry, livestock, fish, fruits and vegetables, there is another serious problem: the food industry has been adding dangerous toxins to its products for several decades. From the huge and constantly growing list of these toxins, I want to highlight, in my opinion, the most dangerous and often occurring.

Aspartame

When a product appears to be useful for health and is used very widely, few will suspect it of causing harm to the body. Especially when advertising daily reminds us of the benefits of such a product. We constantly see advertisements of diet cola or Pepsi, skimmed dairy products, refreshing breathless

chewing gums, etc. Thus, we are forced to imagine the idea that if instead of sugar in the products there is a sweetener, then we will eat much less calories and therefore we will be healthier and slimmer. This is an outright lie bordering on provocation. Most of these products contain aspartame sweetener, [7] which is the strongest toxin. And the establishment, it was known since the 70's. In the 80's there was a real war between independent researchers and their colleagues, paid by the establishment. So 84 out of 85 studies of independent scientists have shown the extreme toxicity of aspartame and its ability to cause a very wide range of pathologies: headaches, epileptic seizures, cardiovascular complications, weakness, dizziness, insomnia, sleep loss, depression, pancreatic inflammation, brain tumors and various pathology of the central nervous system.

[7] Which can be hidden under other names, such as NutraSweet, Equal, AminoSweet, etc.

At the heart of such an impressive arsenal of diseases lies the chemical composition of aspartame and the fact that it is in its action an excitotoxin, i.e. stimulates neurons of the brain, causing their death, thus leading to various violations of the central nervous system. Aspartame consists of 50% of phenylalanine, 40% of aspartic acid and 10% of methanol. Harmless at first glance, being in aspartame phenylalanine, causes the disabling of the action of an important neurotransmitter of serotonin. This causes various mental and behavioral disorders in a large number of people who are subsequently misdiagnosed and treated incorrectly. Also, some people simply can not metabolize phenylalanine, which can cause mental retardation in children. Methanol, in turn, is a poison that acts on the nervous and vascular systems of the body. The toxic effect of methanol is due to the fact that getting into the body, it turns into a very toxic formaldehyde. Despite the fact that the concentration of methanol in aspartame does not lead to instantaneous severe poisoning or death, nevertheless, the formed formaldehyde penetrates into the cells, binds to proteins and DNA, leading to a disruption in their function and their destruction.

The process of approving aspartame for use in products resembles a criminal detective and deserves a separate book or film. The final point in the legalization of aspartame was set by Donald Rumsfeld, the third person in the Administration of President George W. Bush. Rumsfeld had great commercial interest from legalizing aspartame and literally right after Bush came to power, put the final point in this saga. Since then, this sugar substitute has begun to walk widely around the world, and periodically published scientific works and complaints of various public organizations are severely criticized and discredited.

But there is in this horror and a little ironic. Dietary products containing aspartame, in fact, not only do not help to reduce weight, but rather promote its recruitment, causing large insulin outbreaks in the blood and increasing feelings of hunger. Therefore, products with aspartame (and this is practically all dietary soft drinks, dietary dairy products and all products with sweeteners) should be excluded not only by cancer patients, but also by healthy people, both for the prevention of cancer and for the prevention of other serious disorders.

Fluoride (fluoride)

It is an established fact that fluoride causes more deaths of cancer in humans and does it faster than any other known toxin.

Dr. Dean Burke [8]

[8] 34 years he worked at the National Cancer Institute in the United States.

Because of the wide range of fluoride applications, it is difficult to classify it as one category. Fluoride is found in many foreign brands of breastfeeding mixtures, in virtually all well-known toothpaste brands, in mouthwashes, in some foreign brands of bottled drinking water and in some other products, where it is

allegedly added for the prevention of tooth decay from caries. In some developed countries it is added to municipal water (USA, Canada, England).

As in the case of aspartame, the widespread use of fluoride resembles a planned provocation, covered up with the good intent to save people, this time from caries.

Here is the definition that the establishment gives to this chemical compound: "Fluoride is a safe chemical compound added to toothpastes and water, which allows you to reduce tooth decay and maintain your teeth in a healthy state." In general, it is a necessary mineral for humans. This positive definition is opposed to such a fact: fluoride is a toxic industrial waste with a cumulative effect. In many countries it is prohibited. It causes birth defects, cancer, osteoporosis and numerous serious health problems.

The naturally occurring fluoride is known as calcium fluorite (CaF_2). However, fluorine added to water and toothpaste is in the form of fluoride and occurs in three forms: sodium fluoride (NaF), silicofluoric acid (H_2SiF_6) and sodium silicofluoride (Na_2SiF_6). All three are the strongest toxins

How did this neurotoxic industrial waste become a valuable preventive measure in dentistry? After all, the toxic effects of fluoride, which destroy the immune, digestive and respiratory systems, are well known. Also its destructive effect extends to the liver, kidneys, brain and thyroid gland. Honest dentists also note that in places where fluoride is added to water, tooth fluorosis is very common. Nevertheless, its widespread use among the population is being propagated to this day. More recently, the Vancouver authorities in Canada have decided to add it to municipal water.

The popularization of fluoride, as necessary for the health of teeth and gums, was preceded by an impeccably well-thought-out campaign paid by industrial giants such as ALCOA [9], phosphate producers and the nuclear industry. All of them had a common problem on the costly disposal of toxic waste from their fluoride productions. Since the 30-ies of the twentieth century, the inquisitive minds of the leadership of these corporations began to look for alternative ways to get rid of fluoride. Even then it was known that in places where fluoride occurs in high amounts in kind, the population suffered from fluorosis of the teeth. In the 40s, ALCOA advertised toxic fluoride as an excellent insecticide and rat poison. However, corporation-paid scientists concluded that fluoride is safe at a concentration of 1 part per million. At the same time, they did not indicate that it would not be fluoride, but fluoride, and that it possesses a cumulative property, that is, a property of accumulation in the body. The next step was a national company to add fluoride to municipal water and toothpaste in "safe concentrations".

[9] The largest at that time aluminum producer in the US.

It is interesting to note that officially fluoride is considered hazardous for health at a concentration of 2 parts per million, and in water it is added at a concentration of 1 part per million. At the same time, everyone forgets that fluoride accumulates in the body. In toothpastes, this concentration is even higher, so many pastes have on the package warning that if the child (it is assumed that the adult does not do so) will eat the contents of the tube, then urgent medical attention is needed. One tube contains 199 mg of fluoride, which is more than enough to kill a child weighing up to 15 kg. By the way, imagine how much fluoride is absorbed in the mouth, when we are recommended to rinse it 30-60 seconds after each meal with a special rinse liquid with fluoride (all without exception foreign brands contain fluoride). And how can you rationally explain the presence of fluoride in baby food for babies from 3 months old, who do not have teeth yet?

Today, these corporations, instead of spending to get rid of toxic fluoride waste, earn money on it, selling it to manufacturers of toothpastes, bottled water, rat poison and insecticides, and also to municipalities that add fluoride to the water.

There is another dark side to using fluoride. It has long been known that it causes dulling of intellectual abilities, a decrease in the will and power of desires. There is evidence that the Nazis used fluoride in concentration camps to suppress the will of prisoners and improve control over them. The scientist Charles Perkins, sent after the war by the US government to investigate the factories of the German pharmaceutical and chemical giant I.G. Farben wrote: "The real goal of fluoridation of water is to reduce the population's resistance to domination and control, as well as to the loss of freedoms. And this can be achieved by microscopic constant doses of fluoride, which by slowly poisoning and narcotizing certain areas of the brain will make a person submissive to the will of those who want to control it. "

I would not rule out another motive - the use of known toxins, including fluoride, causes a high incidence of the population, thereby guaranteeing constant high incomes for Big Pharma and honey. establishment.

I hope that this information will cause many to think not only about the urgent abandonment of all that contains fluoride, but also that large corporations that in fact control many Western governments have no moral principles that would stop them from such things . As mentioned earlier, organizations that control the security of goods have long been neutralized by these corporations and do not pose a serious barrier to them.

Under public pressure, 90% of European countries refused to fluoridize water, and this is a great success. But still, the process of excluding fluoride from people's daily lives is very slow. So, for example, all the major manufacturers of toothpastes continue to add fluoride and even point to it as the dignity of the paste. On the contrary, some manufacturers of bottled water do not indicate the addition of fluoride. However, if people are aware of the danger of this toxin, they can find an alternative to fluoride pastes, buy only mineral water, and not just bottled, where there can be fluoride. If you live in a region where municipal water contains fluoride, then it is necessary to put a reverse osmosis system on the incoming source of water in the house.

Refusal of toothpaste with fluoride, mouthwash and water with the addition of fluoride should be an urgent and necessary action for each cancer patient. Fluoride blocks the action of enzymes in cells, paralyzes the action of leukocytes and causes the destruction of collagen. All these actions contribute to the development of cancer and its rapid flow and spread.

Glutamate

You probably have your favorite Asian restaurant, where you often like to go. Perhaps you also have a favorite ready-made dish that you buy at the local supermarket and after heating in the microwave you eat it with great pleasure. With a high degree of probability, the reason for your preference in these cases is not the chef's talent or a particularly good combination of ingredients and their high-quality cooking in a convenience store, but the fact that glutamates were used in your favorite restaurant and in your favorite dish.

Glutamates belong to the group of so-called excitotoxins, whose purpose is to deceive your brain and cause a strong reaction of taste satisfaction. You, literally, can eat anything, if you soak it with glutamate. But this deception is far from harmless. As in the case of aspartame, the use of glutamate causes overexcitation, impairment of function and death of neurons. Glutamates are most dangerous for brain tumors, as they accelerate its growth and increase its aggressiveness.

Glutamate, the main representative of which is glutamate sodium, produces a huge amount of free radicals in the body, creating or enhancing oxidative stress. This in turn leads to damage to tissues, cells and DNA. Damage to DNA involves a cancerous process. A large amount of free radicals formed when glutamate is used contributes to inflammatory processes, which are the precursors of many cancers. They also increase the course of cancer, its aggressiveness and metastasis. Thus, glutamate is a huge danger for a cancer patient and should be completely excluded.

Unfortunately, many people are not only aware that the use of glutamate is very harmful, but also how widely they are used in food. Almost all Asian restaurants use glutamate sodium or MSG. Over 90% of ready-made dishes, sauces, snacks, biscuits and other food products contain some form of glutamate that can hide under other names, such as "natural supplements", "spices", "hydrolyzed vegetable protein", "sodium caseinate", "Test protein", "protein extract of soy" and dozens of others.

It is very difficult to list all types of products where glutamates can be contained. They are in almost all frozen dishes, pizzas, fast food restaurants and even in infant formulas (in the form of caseinate). A street trader can also pour glutamate on you. I remember my extreme surprise when on a hot afternoon in Thailand I decided to drink freshly squeezed orange juice. Out of mere curiosity, I watched the process of its preparation. The merchant squeezed 2 small tangerines, which amounted to 1/6 cup, poured water into it with ice, threw a spoonful of sugar and a spoon of unknown substance. When I asked what it was, he did not hesitate to say that it is sodium glutamate and that "tourists love so much." Immediately with me he made such a "fresh" juice to other thirsty tourists who, after the first sip, had such bliss on their face that they tried not the orange water with glutamate, but the heavenly drink. Since then, I have always been interested in all the ingredients of food or drinks on the street, no matter how healthy or natural they seem, and in restaurants I require dishes without glutamate sodium. If there are not any, then I immediately leave this restaurant.

If to sum up the aforesaid, then glutamates are very harmful to health enhancers of taste. They cause damage to the brain and central nervous system, damage DNA, cause obesity, diabetes, heart attacks and cancer. To exclude their use in your food, Yaby recommended reading the list of ingredients to everyone, especially cancer patients. If there is something in it that you find difficult to read in your native language, or the name of the ingredient does not look natural, then it is better to give it up.

Nitrites, nitrates, nitrosamines

Probably, I now upset many fans of sausages, sausages, pates and simply meat lovers who buy it in supermarkets. Nitrates and nitrites are added to these products for better preservation and enhancement of the color of meat products. If you bought meat from a butcher, you might have noticed that after a few hours the meat gets not quite an appetizing brown color. In the store, it can lie all week and be bright red, as if it was split an hour ago. Attractively edible color of burgers, sausages and sausages is also due to the nitrates contained in them.

The huge danger of nitrates and nitrites is that in our body they form very carcinogenic compounds, known as nitrosamines. It is believed that if a child consumes more than 3-4 "hot dogs" per week, then the probability of leukemia increases by 9 (!) Times. And if a pregnant woman will eat "hot dogs", then the probability of infantile cancers and sudden infant death will increase significantly. In general, children receiving nitrates through food increase the likelihood of many forms of cancer. Adults who consume a lot of processed meat products are significantly more likely to have pancreatic cancer and gastrointestinal cancer.

Many nitrites are also found in smoked fish, which leads to an increased likelihood of nasopharyngeal cancer.

Many consider nitrates and nitrites to be one of the most dangerous food carcinogens used today. Their mandatory exclusion is necessary for all cancer patients, and for all who think about the prevention of cancer in themselves and in their family.

Genetically modified foods

Several years ago I had an interesting discussion with my friend about GM products. I then only began to learn about their danger. My friend was absolutely convinced that genetic modification is a manifestation of scientific progress and therefore its wide application in people's products can only benefit. He was confident that GM foods will save the world's population from hunger, and farmers will be helped to grow a healthy crop. It was then that I realized how deep the people believe that science and its practical application only benefit people. Of course, the mass media, however, like the education system, play a decisive role in this. If any scientific discovery finds practical application, then this can only be beneficial to mankind. Otherwise, why use it? So, in the case of GM products, we were inspired by the myth that this is no less than a revolution in the agrarian and industrial industry, which will solve almost all the problems. Thanks to such a positive attitude towards them, or rather the voluntary ignorance of a large part of the population, GM products are now found in almost all well-known brands of food products. Virtually all Western brands of chocolates, cereal for breakfast, sauces, formulas for nourishment for babies, cookies, etc. contain a particular GM-component. Many vegetables and fruits are now mostly genetically modified. So 90% of soy and 70% of corn in the US are genetically modified. But this does not mean that you are safe if you do not have American corn or soya in supermarkets, since they are made from various ingredients of many products: corn starch, corn syrup, corn oil, soybean oil, soy protein, etc. Other common GM foods are rapeseed oil, papaya grown in Hawaii, white potatoes, tomatoes. The problem is that fruits and vegetables are usually not indicated to be genetically modified. Therefore, I recommend buying only organic and preferably local products. If you do not have such a possibility, then check the country of the manufacturer and make sure that GM products are banned there.

The list of GM products and goods is growing every day. So already there are pigs with a human gene, fish with a cow gene, potatoes with bacterial genes, tomatoes with fish genes and many other incredible combinations.

For clarity, I want to give one example of how a genetically modified product can affect our health and, in particular, contribute to the development of cancer.

In 1994, the US Food and Drug Administration approved the use of genetically modified bovine growth hormone (rBGH), which, when injected into its cows, causes them to produce more milk. As a result, the milk of these cows contains 500% more IGF-1 - insulin-like growth factor, which is the strongest carcinogen. At the same time, milk was popularized with the participation of Hollywood stars, and the federal program of milk consumption in US schools was successfully lobbied.

I have already mentioned in previous chapters on the effect of insulin-like growth factor on the origin and progress of cancer. Fortunately, many developed countries have banned the use of the hormone rBGH.

Many scientists in recent years have published their work with GM products and proved their high carcinogenicity. Thus, the Scottish scientist Stanley Ewen drew public attention to the fact of significant proliferation of cells of the stomach and intestines when using GM vegetables. This leads to increased

polyps and pre-cancerous growth. Most recently, a French laboratory showed the world its results, in which 100% of rats fed with GM corn received a lot of huge tumors.

Another potential harm of using GM foods is a strong weakening of human immunity. So some vegetables contain a bacterial gene that produces toxic insecticides, thus protecting the plant from insects. To date, scientists have proven that these very genes can cause the same effect on friendly bacteria living in the human intestine. They will also produce toxic insecticides and poison the body, instead of their usual work on helping them digest food, synthesizing vitamins and producing the substances necessary for healthy immunity. Very important is the fact that even a single use of a GM product can change the genetic expression of the genes of these bacteria by changing their function for life.

Despite the fact that GM products came to our table in one form or another almost 20 years ago, but only now we receive alarming, and sometimes even shocking information about their harm. We already know that the use of GM foods affects a person, suppressing the immune system, causes resistance to antibiotics, increases allergies, increases the risk of toxicity and all this is directly related to the occurrence of cancer tumors. Many of the potentially dangerous consequences for humans have already been established on animals after using GM foods. Thus, Australian scientists found that cattle (pigs and sheep) became sterile after feeding with GM corn. There are many cases when sheep died after they grazed in the fields of GM maize.

Since we are dealing with a genetic modification, we still do not know what harm we can expect in 10, 20 years, in a generation. But even today there are enough facts to completely exclude GM foods from our food. Cancer patients who understand that proper nutrition and elimination of all toxic factors is the way to recovery should take this matter very seriously.

Medical Toxins

"Who even gave us such an idea that we can help sick people by giving them toxic chemical medicines or shredding them into pieces with scalpels?" People get sick from lack of nutrients, not from lack of drugs or surgery. Nutrient deficiencies and toxicity are the two main causes of disease, while pharmaceutical drugs are responsible for this deficiency of toxins. Sick people need nutrients, not medicines. Also, for normal health, they need all their organs in place, and not cut out by surgery. "

Raymond Francis,

author of Never Again Fear Cancer

The first and second cause of death in the United States are cardiovascular diseases and cancer. What do you think is the third largest cause of death? This is mortality for medical reasons (iatrogenic), the vast majority of which comes as a result of the use of medically prescribed or prescription drugs. Many believe that medical mortality actually takes first place, since not all of its cases are recorded. Usually, doctors try to attribute the cause of death to the underlying disease of the patient. This is often the case in the treatment of cancer, when the patient is literally healed by aggressive treatment protocols, leading to the failure of vital organs, sepsis and infections due to the complete decline of the immune system. The cause of death in such cases is cancer, not the consequences of toxic treatment.

Also, mortality from vaccines refers to the cause of death caused by medicine, but it is rarely fixed as such. Usually, the child's death from vaccination is attributed to high fever, a sharp defeat of the central nervous system (convulsions and spasms leading to death), sudden infant death syndrome, infant shaking syndrome, etc. Thanks to several studies that proved that the baby's shaking syndrome and sudden death

syndrome caused by an acute brain reaction to vaccination, in some Western countries, mothers and nannies were sentenced to freedom for those who were sentenced for "killing their children". I remember well the case of one unhappy English mother who spent 12 years in "killing" her two babies. She first lost one child a few days after the vaccination, and then another, when he reached the same age and was vaccinated. The woman was released after providing data protection to new studies. It's interesting that this story did not make much noise. Mass media basically ignored this case.

Mortality for medical reasons is doubly tragic, since the patient entrusted himself to medicine, believed in the impeccability of her motives, in her scientific base, in the professional education of specialists. In most of these cases, the question was not even about the life and death of the patient, but only about the removal of the symptoms of some disease. Unexpectedly, the onset of death in such cases is most often noted as iatrogenic.

However, in addition to the extreme manifestation of toxicity - the death of a patient - medical products also cause both acute and chronic signs of toxicity, which are many times greater. Different organs can be affected both by one-time use of a drug, and by its long-term use. In the case of vaccination, for example, it is sufficient to use a single (or repeated) vaccine for both acute organ damage and for the formation of severe chronic conditions associated with either a prolonged action of the vaccine or with the nature of organ damage.

Let's consider the action of only one of the many toxic constituents of vaccines.

Thimerosal, an antimicrobial preservative, is added to vaccines in the manufacturing process for their sterilization, since they are so non-sterile and toxic that they can kill a person directly at the time of vaccination. This vaccine component is an organic compound of mercury. Mercury is the strongest neurotoxin that can accumulate in the body. Therefore, a safe dosage of mercury should not exist. Nevertheless, it exists and is 0.1 micrograms per day for 1 kg of weight. In all common types of vaccines, the content of this highly toxic element far exceeds this "safe dose". Here are a couple of examples:

- The hepatitis B vaccine contains 12 micrograms of mercury, which is 30 "safe doses";
- The vaccine against hepatitis B and poliomyelitis contains 62.5 micrograms of mercury. This is already 78 "safe doses".

Thimerosal passes through the placental and blood-brain barrier and causes severe damage to the central nervous system. For young children, it presents a particular toxicity, since their central nervous system is still developing, and up to 6 months their liver does not produce bile, with which mercury is excreted from the body. Thimerosal is associated with childhood brain tumors, autism, Guillain-Barre syndrome (SGB), and other CNS pathologies. However, in developed countries, children today receive between 18 and 40 vaccines before school age, and thimerosal is still found in most vaccines.

In 1999, under pressure from the public, the US Food and Drug Administration banned the use of thimerosal in the production of vaccines. Pharmaceutical concerns faced the problem of selling stocks of these banned vaccines. Representatives of Big Pharma went to the countries of the former USSR and using a bottomless fund to lobby their interests easily achieved sales of these vaccines. Many parents for the best reasons bought these foreign vaccines for their children.

We focused only on one, found in most vaccines, thimerosal. But there are a lot of such toxins. Here, for example, a short list of the most dangerous toxins in the known influenza vaccine H1N1: Beta-Propiolactone - a carcinogen; Neomycin Sulfate - immunotoxin; Polymixin B is a neurotoxin; Potassium Chloride is a neurotoxin; Sodium Taurodeoxycholate - immunotoxin; Thimerosal is a neurotoxin.

Other types of vaccines also contain known toxins, such as formalin, formaldehyde, antifreeze, phosphate and aluminum hydroxide, glutamates. All these vaccines are associated with such diseases and conditions as cancer, lupus, multiple sclerosis, autism, GBS, paralysis, rheumatoid arthritis and other autoimmune diseases, narcolepsy, dystonia, sudden death.

It should be noted that the active component of the vaccine itself is grown on animal tissues and aborted embryos. It is impossible to clean the vaccine from the remnants of these tissues, therefore they themselves represent a very toxic component. First, they can have different pathogens that they carry into the blood of the vaccinated person (for example, the SV40 virus in the polio vaccine). Secondly, the antibodies that are formed in the human blood to inject them, can then attack similar body tissues, causing autoimmune diseases.

The discussion about the dangers of vaccines and their questionable benefits is very serious and too extensive for discussion in this chapter. Here I set myself the task of only a brief description of the toxic effects of vaccines, as part of the medical toxins that play a large role in the development of cancer.

To properly understand the situation with medical drugs and their role in the development of pathological conditions, including cancer, one must understand that the very principle of using non-natural drugs, such as pharmaceutical drugs, is toxic. It is possible to enumerate for a long time the various pharmaceutical drugs, the degree of their toxicity and the diseases that they cause, but only realizing the unnatural approach of treatment of substances alien to our body, we can estimate the harm that they can cause. Moreover, this harm consists not only in the toxicity of pharmaceutical preparations, but also in the fact that they disrupt the operation of a very delicate and complex mechanism - our body. So, antidepressants disrupt the balance of serotonin and melanin, which leads to insomnia, obesity, the creation of conditions for the appearance of cancer (through a decrease in apoptosis with a low level of melanin in the blood). Frequently used prednisolone and cortisol cause no less complications than the number of diseases in which they are used. They contribute to a dramatic increase in weight and fluid accumulation in the body, and are associated with an increased risk of liver cancer, heart disease, growth restriction in children, the risk of AIDS, aggression, hostility, depression and many other pathological conditions.

In the last chapters we have already talked about the toxicity of chemotherapeutic drugs used in the treatment of cancer, which in addition to being strong carcinogens capable of inducing new cancers, also contribute to the development of an already existing cancer process. By suppressing the immune system, disrupting the normal functioning of the intestines, liver, kidneys, causing a strong acidic environment in the tissues, these drugs significantly reduce the body's natural ability to resist this disease.

In my opinion, it is necessary to allocate one more group of pharmaceutical preparations which besides known toxic action on an organism, essentially increases probability of cancer disease. This group includes drugs that partially block the immune system. These are the so-called immunosuppressors. They are used for rheumatoid arthritis, Crohn's disease and other autoimmune diseases. By suppressing the immune system, they create conditions for the development of cancer and infections.

But despite the fact that the use of pharmaceuticals takes so many lives and causes so many complications, people still believe that these drugs are safe enough and do not have natural, non-toxic alternatives. Of course, the main role in this is played by Big Pharma, which spends a lot of money on research to obtain its results, and to disseminate these results in the mass media. Also, other factors play a big role: a disproportionately large number of films, serials, programs and articles, where the merits of modern medicine are extolled, the nobility and professionalism of doctors, the selflessness and purity of the motives of employees of higher levels of honey. establishment.

So, for example, most patients will never come up with the treatment of marijuana with conditions in which aspirin is used. Marijuana or cannabis has been used by people for 6,000 years, while aspirin is slightly more than 100. There is not a single recorded case of marijuana overdose, while more than 500 people die from simple aspirin a year in the United States. "Harmless" aspirin increases the likelihood of pancreatic cancer by 58% if the patient consumes more than two aspirin tablets a week. This risk rises to 90% when consumed more than 14 tablets per week. Aspirin also has a long list of other complications, which makes it a fairly toxic drug.

Interestingly, the firm Bayer, who invented aspirin in 1865, decided that because of its toxicity, its use would be dangerous, and for a long time would not let it go on sale, unlike the heroin that Bayer later decided to sell as a cough remedy. Cannabis was in pharmacies on a free sale until its prohibition in 1937.

I gave this example in order to show that the real state of affairs is often completely opposite to what we were taught or to what we are told. A sick person, as well as any healthy person, needs to open his consciousness to this kind of probability. Some people by nature have such an open mind and are able to objectively evaluate information, no matter how extreme it seemed at first. Most of this is given much more difficult and can take a lot of time, which is not always available to a cancer patient. The extent to which a cancer patient understands how a modern medical system works depends on how much he can take responsibility for his health and, as a consequence, the outcome of his illness depends.

In conclusion of this chapter, I would like to remind once again that we are able to control up to 80% of all toxins we get in everyday life. With the remaining 20%, our body will cope on its own if it gets everything necessary for its optimal functioning: healthy organic products, an active lifestyle, control over stress. We need to remember that poor nutrition and high toxicity is the most dangerous combination for health and the right prescription for cancer. Cancer is not destiny, not a disease caused by the presence of certain genes. It does not come suddenly, but develops for years even before its manifestation as a tumor, being the result of our way of life. The person himself by some actions or inactions leads himself to this disease. But just as he can stop and conquer this disease, taking full responsibility for his life and health.

Psychological factor

It is a scientific fact that our thoughts influence our physical health. Why not do it so that they work for us, not against us?

Raymond Francis,

author of Never Again Fear Cancer

In past chapters, I have repeatedly shown my attitude to the establishment and its negative influence, both on our life in general and on our health. The fact that we live in a toxic environment, we eat harmful and empty food, we are treated by doctors who are taught not to cure diseases, but to sell expensive procedures and medicines, we are indebted to this establishment and the system that it created for us. Under the establishment, I mean the system of merging corporations with state structures that has come from the West, as a result of which such spheres of the life of society as education, medicine and many others became subordinate to the interests of big business.

However, in addition to the detrimental effect on our physical health, we are also subject to negative psychological effects. As we now know, our genes are turned on and off by environmental factors that pass through the prism of our perception. But the way we perceive these factors depends on the

upbringing, education, morals and culture of society. If this prism is generally positive, then we will positively perceive the world around us, and as a consequence, our thoughts and emotions will be positive.

However, we are cultivated by negativism and fear. We are taught to pay attention to what people differ from each other, and not what they are like, giving rise to a deliberately negative reaction to everything that distinguishes us. In schools, we are taught to comply with rules and concepts and remember information instead of developing individualism, the ability to analyze and criticize. Darwin's theory of evolution teaches us that the strongest survive in the competitive struggle for existence, and this principle is transferred to our lives. We spend it in everyday competition with someone and for something, constantly being because of it in stress, and we consider this attitude to life to be the norm.

The process of evolution, of course, no one denies, but many independent scientists today believe that Darwin was mistaken in describing the mechanism of evolution. The main factor of evolution in the living world is cooperation (symbiosis), and there are more examples of this than examples of the struggle.

Obviously, the idea of cooperation as a successful existence of evolution, and therefore progress, does not suit the establishment, which sees this as a danger. Just imagine, how much more positive would be our thinking and prism of the perception of the world if our relationship to life were based on cooperation and mutual assistance, and in people we would look for and welcome similarities, not differences? The way we are taught to live, and the feelings and reactions that are imposed on us as normal, makes us perceive the world around us as hostile. Happiness in such a world can be achieved only when a high material level is reached or its attributes are acquired, and not when harmony is achieved. This perception of the world contributes to the development of complexes and other psychological disorders in people, causing feelings of dissatisfaction with life, depression, anger, inability to forgive.

This is how we create a "toxic" psychological environment. That in turn contributes to the creation of a negative perception prism, the result of which are negative emotions, thoughts and psychological states that change the metabolism of the cell, leading to its pathology. One of such pathologies, caused by a chronic negative state (stress, depression, repressed emotion or desire, etc.), is cancer.

Many experts agree that the psychological factor should play a major role in the occurrence of cancer, and that in 50-90% of cases it is he who is the main cause of cancer.

We are all familiar with the expression: "You are what you eat". In the same way, you are what you think. Fortunately, we can choose not only what we eat, but what we think about. If a person has cancer, then he must change both what he eats and how and what he thinks. To change the negative prism of the perception of life to the positive is not easy, but everyone can do it. Positive thoughts about love, compassion, gratitude, humor and fun are the best medicines from the best pharmacy in the world - your brain. Thanks to these feelings and emotions, our body produces the most powerful chemicals that not only strengthen our immunity, strengthening health, but also cure the most serious diseases, including cancer. Thus, at your disposal are the most powerful and free of charge from most diseases, no matter how severe and incurable they may seem.

On the other hand, studies have shown that negative feelings (anger, hatred, jealousy, apathy, depression, disgust) weaken the immune system, significantly worsen digestion and change the hormonal background, disrupting the constancy of the internal environment of the body - homeostasis. Long-term disruption of homeostasis (tissue intracellular fluid, blood, lymph) leads to pathological changes in the cell, i.e. to illness.

However, negative emotions disturb not only homeostasis, but also the process of obtaining energy by the body. A "happy" and harmonious organism receives energy and information through resonance, which is achieved by using a certain frequency of waves emanating from such an organism, as well as the frequency of waves of the earth, the sun and the surrounding nature. In addition, energy exchange in such an organism is more optimal. When a person is engulfed by negative emotions or psychological states, this resonance with the surrounding world is not achieved. The organism receives less energy from this source (remember 3 sources of energy: food, nature, thoughts). Getting the right energy from another source - thoughts - is also impossible, since such states take this energy. Consequently, obtaining energy through these two sources of energy (nature and thought) is very difficult. Add to this the weakening of digestion as a result of prolonged stress (and, consequently, the deterioration of energy intake through food), and the ideal combination for the onset of a disease like cancer will be obtained. It is absolutely necessary for a cancer patient to restore a normal influx of energy from all sources, so the resolution of psychological problems should be undertaken first.

Describing the influence of the psychological factor on the occurrence and progress of cancer, we can not fail to mention the stress and fear caused by the diagnosis and actively supported by doctors. This fear often has a more destructive effect on the psyche and through it on the body than the presence of the tumor itself. Doctors use this fear to manipulate patients, urging them to agree to cruel treatment in a very short time. The patient with the diagnosis diagnosed today may be operated on within the next few days or he will receive chemotherapy. After a mental shock, received by a diagnosis, there is a physical shock from such treatment, and subsequently, as a result, depression, apathy often develop, the will is suppressed. Many people are no longer able to get out of a condition that actually aggravates and speeds up the course of the disease.

Let us now take a closer look at the physical manifestations of the connection between the psyche and its reactions to human organs and health in general.

Dr. Hammer from Germany, having analyzed more than 20 thousand computer tomographs of the brain of cancer patients, found departments of brain damage resembling concentric circles. These lesions always arose after a strong mental trauma, that is, an event to which the human psyche was not ready. Here it should be noted that if some people have a certain acute conflict, stress, a serious problem can cause a serious mental reaction with a subsequent specific change in the brain, then for others such an event can pass unnoticed. This serious psychic reaction (energy) and leaves that particular trace that is visible on CT or MRI. This is the beginning of the problem, since the body includes a permanent sympathicotony, i.e. passes to a constant state of stress, which closes the pathological connection of the psyche, brain and organ. Dr. Hammer also argues that when resolving such a psychological conflict, these concentric circles, visible on CT and MRI, disappear with the subsequent recovery of the patient. Resolution of serious and acute psychological conflicts is the main methodology of Dr. Hammer in the treatment of cancer. Of the 6,500 patients who were treated by Dr. Hammer (most with terminal stages of cancer), 6,000 were alive after 5 years (which is considered the standard of recovery in traditional oncology).

Dr. Hammer was by no means the first to notice the influence of the psyche on the physical state of the organism and, in particular, on the occurrence of diseases. Back in 1701, the English doctor Grendon published scientific work, which described the relationship of the psyche and the origin of cancer. Further Dr. Walsh in 1846 and later Dr. Matichuk also confirmed this connection in their works. Dr. Elie Jones in 1908, in his book "Cancer: Causes, Symptoms and Treatment," defined stress as the main cause of cancer. Later, the Englishman Dr. Snow, in his work "Cancer and Cancer Process," wrote that among the 250 women diagnosed with cancer, 200 had obvious traces of psychological stress that led to the disease.

If we continue to talk about physical manifestations of stress and psychological stress, it should be noted that in these conditions, the blood vessels of the digestive system are reduced, significantly reducing the flow of blood, which causes a significant deterioration in the digestion of even the healthiest food. Also, stress, tension and negative emotions suppress the secretion of digestive juices, change the bacterial balance of bile, disrupting its functions, increasing its coagulation. This in turn leads to the deposition of stones in the bile ducts of the liver, disrupting its function. All these changes lead to an even greater deficit of the nutrients needed for the cell, which in turn creates conditions for it to include cancer.

The most important link between our psyche and thinking with the physical side of the body are hormones. As a result of any emotion, positive or negative thought, various organs (brain, pancreas, adrenal glands, etc.) throw their hormones into the blood, and they quickly reach the cells. They deliver specific signals to cell receptors, as a result of which the cell reacts by changing its internal environment, changing its function, and turning on and off certain genes. So, stress hormones [10] can turn off genes that produce proteins and protect the cell from cancerous changes. Also, stress hormones turn off apoptosis [11], include angiogenesis [12], accelerate the growth and division of cells, and also make the blood cells more sticky, which contributes to strokes, heart attacks and cancerous changes in the cells. They also increase inflammatory processes, increasing the likelihood of cancer cells. Under the action of stress hormones, the activity of the immune system is suppressed, the activity of B- and T-lymphocytes that kill cancer cells and microbes noticeably decreases. The process of cell regeneration is significantly slowed down.

[10] Cortisol, adrenaline, insulin, noradrenaline, epinephrine, and others.

[11] Natural cell death.

[12] Growth of blood vessels that feed the tumor.

Recent studies have shown that even just negative thoughts can cause the same effect in the immune system. Therefore, when a person falls in the spirit, is suppressed by fear and surrenders before the illness, then his immune system also gives up and is no longer able to resist the disease. I have already indicated how stress affects the digestive system.

On the other hand, a strong positive intention to fight the disease, positive thinking and positive emotions produce neurotransmitters and hormones that have strengthening and restoring health properties. So, positive thoughts stimulate the production of endorphins and enkephalins, which not only increase the number of immune cells of killers (T-lymphocytes), but also increase their activity against cancer cells.

Obviously, the most easily accessible, effective and absolutely non-toxic remedy for all diseases is our immune system, which we can stimulate with positive thoughts, emotions and feelings. Love, compassion, spiritual awareness, the thirst for life, the choice to be happy, the maintenance of the state of inner peace and peace are a secret of good health and a life without cancer.

There are many examples where patients recovered only by prayers, meditation, or a revision of their world view, i. E. using only the connection of consciousness with the physical body. I have a longtime acquaintance who was diagnosed with cancer 15 years ago. Being a strong person, she refused a crippling operation and toxic chemotherapy and decided to stay alone with the disease. Having reconsidered her life principles, views and actions, she realized the need to change her attitude to life. Awareness of the need for change is a very important first step. However, it is not enough. Need the right information and hard work on yourself. My acquaintance helped books that she had picked up for her plan to change her attitude to life. Coming to Moscow, I never miss an opportunity to meet this

interesting and strong person who defeated the disease, using only the psychological factor, eliminating the negative aspects of this factor from my life and creating a positive prism of the perception of the world.

Despite the fact that many today understand the important role in the emergence and development of the disease is stress and negative psyche, nevertheless, very few people give this factor a proper place in the treatment and prevention of cancer.

In fact, the situation is that if it is possible to establish a specific psychological factor that led to cancer, then one can be cured by eliminating this factor from one's life or consciousness, thereby eliminating its pathological influence on the organism. In some people, this can be an easily definable event or a definite reaction to some constant stimulus, others have a negative prism of perception. Often, one can be against the background of another.

The first step on the path to recovery is to become aware of the need to change your life and attitude to it, because the way you led your life, and the way you looked at it, led to illness. The need for change is obvious. Without this there can be no recovery. There is an expression: "If you do not change anything, then nothing will change." "Detoxification" of one's consciousness from the negative is also necessary, as well as detoxifying the body from toxins. Subsequently, positive perception will be the same natural and useful "food" for our psyche, as well as organic healthy nutrition for the body. This approach is the best prevention against cancer and the most powerful component of treatment.

Physical factor

The living cell is basically

is an electrical appliance.

Dr. Albert Georgiou,

Nobel Prize Laureate

Frequency is the most important thing!

Frequency is much more important than chemistry.

Albert Einstein

We are taught that biochemical processes are the basis of life. Today, science knows how chemicals affect cells, and this influence can be measured and explained. So, the action of hormones, enzymes, neurotransmitters is known to every doctor and pharmacist, and they are guided by this knowledge in the treatment of patients. Why then, today, the successes of medicine, to put it mildly, are not very impressive? But because in addition to biochemical processes, which, of course, are extremely important for the normal functioning of the cell (the structural and functional units of our body), there are other factors that affect the molecular mechanisms of the cell hundreds of times faster and with no less force.

Bruce Lipton wrote in his book *Smart Cells*: "Hundreds of scientific studies over the past half century have shown that waves (microwave radiation, radio waves, visible light, infrasound, audible sound) have a significant impact on all aspects of the biological regulation: electromagnetic radiation of a particular frequency is involved in the regulation of the synthesis of DNA, RNA and proteins; changes the configuration and function of protein molecules; controls gene regulation, cell division and differentiation; regulates the process of the formation of cells in organs and tissues (morphogenesis); affect the hormonal secretion, as well as the growth and functioning of nerves. "

In other words, the physical factors surrounding us affect all cellular processes in our body, thus causing our health or illness. Today we already have sufficient knowledge about which of these factors and what their characteristics cause various disorders in our body. Of course, we are interested in the factors that influence the inclusion of the cancer process and its course.

One of the most harmful factors contributing to the onset of oncology is "dirty electricity" or electromagnetic radiation (EMR). A very important role is also played by the sun (more precisely, its lack), reduced physical activity, lack of sleep, improper breathing and noise. And since most of these factors we can control, then it follows that maximally removing the effect of negative factors and strengthening or normalizing the action of the positive, we can prevent the development of the cancer process or completely stop it.

"Dirty electricity"

Despite the resistance of big business and the silence of the issue in the media, today we are learning more and more about the enormous harm that this unknown factor brings to health. "Dirty electricity" or electromagnetic radiation (EMR) combines harmful effects from electric fields created by charged particles (alternating current), magnetic fields created by charged particles in motion (electrical appliances), radiated fields (radio, television waves, microwave radiation, ovens, mobile phones and their transmitters, wireless network devices Wi-Fi).

In our body, about 50 trillion cells and each has its optimal frequency for normal life. Moreover, even the most minimal deviations from the norm can cause the deepest changes in the cell. Scientists have already proven that EMR can disrupt this subtle physical mechanism of the cell and, depending on the localization of the lesion, can cause brain cancer, breast cancer, prostate cancer, Alzheimer's disease, multiple sclerosis, diabetes and many other pathological conditions.

Today we are exposed to electromagnetic radiation billions of times more than some 50-60 years ago. If you look at the statistics of diseases, then over the past 20 years we have acquired diseases that were earlier or not at all, or very few. A constant increase in the incidence of such diseases has become akin to an epidemic. Dr. David Carpenter of the University of New York believes that among the greatly increased recent cases of brain cancer in children at least 30% may be due to EMR.

This fact, at least in part, will answer the question of unhappy parents: "Where do these children get such diseases?" Often, doctors explain this by a mutation of the gene that occurred at the stage of embryonic development. But if we take into account that the growth processes are significantly accelerated in children, it is possible to understand how factors such as EMR, vaccines and dangerous food additives can cause oncology for a period of several months to several years from the moment of the onset of these factors. In adults, however, until the diagnosis or manifestation of obvious symptoms, cancer can develop in the body for years and even decades.

These technogenic fields, alien to the nature of everything living and harmful to any organism, can disrupt normal sleep, cause chronic fatigue, depression, memory impairment, concentration problems, chronic pain and many other conditions caused by electronic disorders within the cell.

The great scientist Nikola Tesla warned people about the dangers of electromagnetic fields, the source of which is alternating current. Today we are very often exposed to such fields. When a washing machine or a dishwasher works, it is not recommended to just stay in the same room with them. If, because of the harm done to your health, you still have not thrown out the microwave, then when you are on it, leave the kitchen or at least 2 meters away from it.

It is very dangerous to use powerful instruments in close proximity to the head, because this leads to a disruption in the work of the brain, which has its own electromagnetic field. Thus, the use of hairdryers and cutting devices operating from the outlet is extremely harmful, since sensitive brain cells are exposed to the most powerful EMR, which is reflected in the continued malfunction of their work. If these failures occur regularly and continuously, then the normal activity of the brain cells may not recover. This leads to a permanent disruption of their function, which, in turn, can become the triggering mechanism of the cancer process.

Imagine now an oncological patient in a small hospital ward. It will be attended by many medical devices. Directly behind the head, almost at its level, are electrical outlets that constantly create an electromagnetic field. Nearby will be a refrigerator; on the contrary - a TV; window - air conditioning; on a special table near the bed - a working laptop or tablet. Also in the office can be installed wireless Internet Wi-Fi. In addition, the patient will repeatedly talk on his mobile phone more than once a day. In the given 6 square meters there will be such quantity of "dirty electricity" that it in itself can stimulate the cancer process.

Now add to this the extreme toxicity of chemotherapeutic treatment and drugs aimed at eliminating the symptoms that have arisen after their use; a hospital diet that is actually pro-cancer; psychological stress from being in the hospital (which includes the environment of seriously ill people) - and you will get the ideal formula for the victory of the disease over the patient. In fact, all four cancer-causing factors are present in the hospital, i.e. where the patient is trying to recover from cancer.

Another serious problem of electromagnetic contamination of people's lives is high-voltage lines and telecommunications masts that are installed in cities, breaking even those officially accepted safety standards that initially do not ensure the safety of being near these facilities. Being closer than 100 meters from these structures is dangerous for health. Many work in offices, on the roofs of which there are similar installations. Very often in such places there is a so-called cancer cluster, when for a short time in one workplace or in one residential building several people immediately get oncology.

I myself witnessed such a cluster. A few years ago, a small law firm in northwest London, whose services I used at that time, was actually closed due to the fact that several of its employees received cancer within two to three years. It was a small three-story office building in which this office occupied the entire top floor. On the roof of the building was a telecommunications unit, serving the whole quarter. It is very likely that the employees did not even think about it or were assured that it is safe. The elderly head of the firm, who worked in this building for 30 years, died of a rare form of cancer. The secretary - a middle-aged woman - also was struck by an unusual form of cancer, and she soon died too. A partner of the company - a sweet woman Rose, who was leading my business - was diagnosed with a terminal form of cancer. She left her job and went to her little town. They told me then that she would not return. After 9 months, Rose recovered and began to work again, but spent only a few hours a week at the office, working mostly from home. Serious health problems also appeared in the second partner - the son of the owner of the company. During the year, their law firm changed office, and Rose and the owner's son continued their successful business in a new location. This building now stands empty and abandoned, with an ominous, gray-colored building on the roof, docked with powerful transmitters and antennas, like a tumor that has squeezed all the vital forces out of the body.

According to the recommendations of scientists independent from big business, the distance of 300 meters is the minimum safe distance for both high-voltage wires and installations, and for telecommunication masts. Children are not recommended even just pass near these structures, let alone play, learn or live within a radius of 300 meters from them.

Brain cancer in children was the main cause of death from cancer, ahead of leukemia. Over the past 10 years in Australia, the incidence of brain cancer among children has increased by 21%. Scientists attribute this to electromagnetic radiation, and in particular to the use of mobile phones. Since the clinical manifestation of brain cancer after the onset of the EMR action on the body can take 10-30 years, people create a false sense of security for this factor. Many experts predict an epidemic of brain cancer and salivary glands from the use of mobile phones. And the danger is not limited only to these forms of cancer, but also increases the likelihood of cancer of other localizations, as well as Alzheimer's, memory problems, disorientation, bone damage (when wearing in your pocket) or a temporal bone tumor (on the side of applying the mobile phone to the head). The first "swallows" of this epidemic have already appeared. So in Europe and England over the past 20 years, the number of cases of brain cancer has increased by 40%. Also in the near future, one can expect an outbreak of other forms of cancer due to the increasing role of wireless Internet in people's lives and the constantly growing number of household appliances and gadgets in homes.

Unfortunately, state regulation measures aimed at preserving people's health and limiting the harm caused by EMR, in reality, greatly underestimate the degree of danger and reflect the interests of big business rather than the interests of the population. Therefore, we ourselves must take care of creating safe conditions for ourselves and our families. So, when choosing housing, you should make sure that there are no high voltage lines, telecommunication antennas and transformer buildings nearby. Children under the age of 16 should use mobile phones only in emergency cases for short-term conversations, and even more so, should not wear them on the body. Children's rooms should not have any electrical appliances (televisions, air conditioners, computers). Some experts recommend even to de-energize sleeping rooms for a period of sleep, turning off the sockets or fuses on the electrical panel.

The sun

We, people, are heliotrope, i.e. we need the sun for our existence. Nature has created us so that many biological processes in our body are regulated or initiated by the sun's rays.

If the sun were as harmful as modern medicine claims, then as a result of evolution, we would adapt to this harmful factor, creating a kind of sunscreen on our skin and the semblance of sunglasses to protect the eyes. However, we have biological mechanisms that are completely contrary to this assertion. So, thanks to the ultraviolet rays, which are an important constituent of sunlight, the hemoglobin contained in the red blood cells (erythrocytes), it is possible to bind the oxygen necessary for a variety of cellular functions. These same rays activate the production of important hormones that regulate many important functions of the body: serotonin, melatonin and solitrol. Finally, under the influence of ultraviolet rays, vitamin D is known to all. A normal vitamin D content in the body can prevent up to 80% of various cancers. The action of this vitamin is in many ways similar to hormone and is also able to regulate the work of genes to prevent cancer. Almost all patients with cancer have decreased vitamin D in the blood. From this follows the logical conclusion that the sun is one of the most important and affordable drugs for treating not only cancer but also other chronic diseases by developing this "super-vitamin" and restoring a healthy balance of the body.

At the beginning of the twentieth century, there were many scientific works, as well as practical successes in the treatment of sun tuberculosis, depression, psoriasis, eczema, diabetes and certain cancers. However, later medicine withdrew from this unprofitable and uncontrollable remedy in favor of patent toxic chemicals. The availability of sun treatment was a big hindrance to the interests of Big Pharma, and therefore began an expanded company about the dangers of sunlight, coinciding with the popularization of sunscreens and glasses. Contrary to the imposed myth that sunscreens protect the skin from burns and therefore skin cancer, statistics show that it was after the application of such creams that

skin cancer cases increased significantly. Therefore, there is a simple explanation: ultraviolet rays can not pass through the sunscreen, as a result of which vitamin D is not produced in the skin. Also highly toxic ingredients of these creams fall into the blood and are carried throughout the body. Some of these toxins, such as phthalates and parabens, are "hormonal abusers" and can cause hormone-dependent cancers. Some substances in these creams can generate free radicals under the influence of ultraviolet rays. These free radicals are capable of destroying the DNA of skin cells and causing carcinogenic changes leading to the development of melanoma - skin cancer.

In general, it was absolutely incorrect to declare ultraviolet radiation as the cause of the damage to the sun's rays. It is absolutely necessary for the normal state of the skin. Just without it, the skin grows old, because regenerative processes are slowing down in it.

Thus, the expected positive sun bath effect when using sunscreen becomes a toxic blow to the body, creates a threat to the development of skin cancer and generally worsens its condition.

Another important barrier for obtaining a positive effect from the sun is sunglasses. Wearing glasses does not allow the optical nerve to respond adequately to the bright sun, as a result of which the correct information that we are under a bright sun does not come to the pineal gland. And then this important endocrine organ does not produce enough hormone melatonin. The lack of melatonin leads to the fact that the skin cells melanocytes do not produce enough melanin. It is melanin that is responsible for sunburn and skin protection from sunburn. That's why wearing glasses makes the skin less protected to sunlight. Also wearing sunglasses knocks the body off the circadian rhythm (daily biorhythm), which violates many physiological processes.

Interestingly, it has not been scientifically possible to prove the relationship between the use of sunscreens and the reduction of skin cancer, and therefore the advertising slogan about the use of a cream for the prevention of melanoma has become much less common. Instead, now more talk about the fact that the cream is protected from sunburn, which leads to skin cancer. Nevertheless, back in 1996, Dr. Mariana Berwick of the Memorial Cancer Center named Sloan-Kettering (USA) has not found a connection between sunburn and skin cancer. As the well-known researcher-naturopath Andrias Moritz said, the only benefit obtained from sunscreens is the financial profit for companies producing these creams.

The need to stay in the sun is reduced not only to obtaining ultraviolet rays and their role in the production of vitamin D. More and more scientists are concerned with the role of the influence of photons (light particles) and light waves on the cell itself. It has been established that the cell membranes have receptors that react to light, and the light itself reaches the cells using acupuncture meridians as optical fibers, thereby playing the role of the photon transfer system. As for oncology, the sun's rays are not only able to prevent the appearance of cancer, but they can play an important role in its treatment. In this regard, the advice of doctors to avoid sun rays to cancer patients and especially children, at best, are ignorance, and at worst - just wrecking.

I do not want to be understood as if I recommend the other extreme - to be unprotected under the sun a lot of time. So you can get burns and heat strokes. Everything should be in moderation. Sunbathing should be taken dosed, especially after the winter or those who came to the resorts: starting from a few minutes under the high sun (between 12 and 15 hours, and not only in the morning hours, as we usually advise), and then gradually increasing them duration; and the rest of the time - under the cover of clothes, being in the shade or using natural substances (aloe vera, coconut oil, etc.) as protection.

Physical activity

Everyone has heard about the benefits of physical exercise. This statement has become so ordinary that very few people take it seriously. Many identify their use only with strong muscles and beautiful forms. However, the physical load is much greater. It is found that if you exercise moderate exercise for half an hour a day and 5-6 times a week, you can reduce the likelihood of cancer by 75%. The benefit of this burden is not limited only to the prevention of cancer - the probability of returning this disease after healing is also reduced.

In addition to strengthening the cardiovascular and respiratory systems, physical activity also affects the metabolism of cells, increasing the delivery of nutrients to cells and regulating the release of waste substances from them. This is due to the stretching and movement of cells during physical activity. This mechanical factor of cellular vital activity is very important. With congestion, toxins and waste products accumulate in the cell, disrupting its normal function and damaging its DNA. Along with a lack of nutrients such stagnation can cause cancer changes in the cell.

In addition to these functions, exercise also regulates hormone metabolism, reducing the amount of estrogen and testosterone, an increased exposure to which leads to hormone-dependent breast, prostate, ovarian and uterine cancers. Also, the level of sugar and insulin in the blood decreases, which leads to starvation of cancer cells, the need for sugar is 20 times higher. The amount of insulin-like growth factor (IGF) also decreases. IGF promotes inflammation and development of the tumor, so its regulation through physical activity is a strong positive factor, both for controlling the course of cancer, and for its prevention.

Another positive consequence of the exercises is the strengthening of the effect of immunity. It is noted that the number of specific immune cells (the so-called natural killer cells) attacking the pathogen increases with their activity. It is these cells that attack and destroy cancer cells.

A very important factor in physical activity is the stimulation of the lymphatic system by working muscles. As you know, lymphatic vessels need to contract muscles that push lymph through these vessels. In fact, the lymphatic system is a sort of sewage system of our body, which collects and removes toxins from it. Therefore, exercises play a crucial role in detoxifying the body. This function is also performed by sweating, which increases during physical exertion. Raymond Francis, author of *Never Again Fear Cancer*, offers a very simple and effective method of stimulating the lymphatic system. A small home trampoline that can be used 15-20 minutes a day, performing light and rhythmic jiggling up and down, will perfectly perform this function.

In turn, it should be clear that the lack of regular physical activity creates the conditions for the onset of the cancer process, and also aggravates its course if the disease has already developed. Therefore, everyone needs to pick up a certain type of exercise and exercise for regular classes. It can be walks in the park for elderly and weakened patients or more intensive cardiovascular exercises for those who can afford them. Physical exercises strengthen not only the physical, but also the mental aspect of health, which is very important for cancer patients, often suffering from depression, a crisis of will and low self-esteem.

Breath

Back in 1931, Otto Warburg established a direct relationship between the lack of oxygen in the cell and its transformation into cancer. He found that if the cell loses more than 40% of oxygen, then it includes cancer processes. At the same time, if the normal access of oxygen is resumed, the cell returns to its normal state. The bulk of oxygen enters the body through the respiratory system with our breathing. That

is why how we breathe plays a very important role in the process of saturation of the cells of our body with oxygen.

Most of us breathe wrong, namely - superficially and often. Normal breathing at rest should be deep and calm, no more than 8-12 cycles per minute. In the process of stress, the character of breathing changes. It can become irregular, superficial, rapid, or even intermittent (ie, delay for a while). These changes can lead to hyperventilation, which, contrary to the name, is to reduce the oxygen delivered to the cells of the body. Short-term hyperventilation is not a problem - the cells compensate for the lack of oxygen with the return of normal breathing. If we experience stressful situations often, or a certain level of stress is constantly present in our lives, then the incorrect nature of our breathing can become permanent.

Hyperventilation causes vascular contraction, which instantly reduces the flow of glucose and oxygen into the brain, causing a decrease in mental function, memory, and physical activity. At the cellular level, the symptomatology can be caused by the organ most affected by lack of oxygen. The cardiac muscle can respond with arrhythmia (irregular heartbeat) and with palpitations. Blood pressure may rise, dizziness, inability to concentrate. Prolonged oxygen starvation can lead to the inclusion of a cancerous process in tissues affected by its deficiency.

Hyperventilation also leads to another problem - increasing the loss of carbon dioxide, which is necessary to regulate respiration and release hemoglobin oxygen in the tissues. Loss of carbon dioxide leads to an increase in blood pH (alkalinization), which includes compensatory mechanisms that release alkaline minerals through the kidneys into the urine. Despite the restoration of normal blood pH, cells lose magnesium and calcium alkaline due to this process, which makes the cellular environment more acidic. In such an environment, the cell's absorption of oxygen deteriorates, which, as we have already noted, leads to cancer.

There are many methods of correct breathing that a cancer patient can apply. One of the most famous is Frolov's breathing technique, which gives a fairly quick effect. Very effective is also breathing yoga.

Thus, at our disposal there is another powerful method of combating cancer - oxygenation of cells with the help of proper breathing.

Sleep

In our today's stormy life, many believe that they can save on their sleep, and in the morning they can drink strong coffee for vivacity. Lack of sleep has the property of accumulating, which in the future can lead to serious disorders of the hormonal, immune and cardiovascular systems. The mental state also suffers, causing then secondary changes in the work of various systems of the body. All this can lead to the development of the cancer process and contribute to its progress. In addition, lack of sleep is associated with the development of diabetes, obesity, atherosclerosis and hypertension. Lack of sleep also leads to an increase in inflammatory processes, which, in turn, contribute to the development of cancer. People who sleep less than 6 hours have elevated inflammatory markers: C-reactive protein, interleukin-6 and fibrinogen.

The most profound disturbances caused by lack of sleep occur as a result of hormonal failure. In those who do not sleep enough, a rise in the level of cortisol-a stress hormone is noticed. On the negative role of the prolonged action of this hormone on the body and especially on the immune system, we spoke in previous chapters. Here I would like to elaborate on another hormone, melatonin, which occurs during our sleep. The longer and harder we sleep and the darker our bedroom, the better this important hormone is produced. It suppresses tumor growth, and also protects cellular DNA from mutations caused by free radicals. In turn, the lack of melatonin affects other hormones and, in particular, increases the amount of

estrogen. High estrogen levels cause hormone-dependent types of cancer: the prostate, breast, ovaries, uterus.

Unfortunately, very few people know that our sleep should take place in absolute darkness. Even a light light from an electronic clock, the light from charging electronic gadgets (mobile phones, tablets, etc.) can cause a disturbance in the production of melatonin. It is especially harmful to sleep under light. The most important hours for producing melatonin are at 11-12 pm, provided that you went to bed at 10.

Another important factor is the violation of normal rhythms of the body. Thus, night shift workers have an increased likelihood of cancer. Women who work for years on night shift several times increase the likelihood of breast cancer, and it passes them aggressively.

Sleep disorder or lack of it causes stress with all its negative consequences for the body. Stress, in turn, hinders normal sleep, thus closing the pathological vicious circle. The cancer patient absolutely needs to break it, working both on the normalization of sleep, and on reducing the level of stress. Eight hours of sleep is the minimum that a cancer patient needs, in order to restore all the systems of his body during the night and prepare for the next day. Lying down should be no later than 10pm in a completely dark room.

Chapter 9 - The choice of the concept of cancer treatment. The determining factor in the success of treatment

It is impossible to solve the problem in the same way

thinking, which led to this problem.

A. Einstein

Modern oncology has driven itself into a corner because of the fact that for decades it has supported the erroneous conception of the nature of cancer and its treatment. Today, to create the appearance of progress, it has to resort to outright falsification of facts, to propagate myths and to maintain among the population the fear of insidiousness and hard to cure cancer. An important aspect of traditional oncology is also the creation and maintenance of opinion among the population that there are no alternatives to its cruel and ineffective methods. However, anyone who pays a little time to understand the situation, it is easy to understand that with this approach and with this way of thinking, the problem of cancer simply can not be solved. This will require a paradigm shift in oncology, which is difficult to imagine with its full monopoly in the treatment of cancer and the lack of motivation to change the existing order of things in this area.

That is why, when I talk with cancer patients, I start talking about the treatment of cancer with an explanation of the political and economic reasons that led to such a deplorable situation in its traditional treatment. The same reasons explain that besides the traditional three - "burn, etch and burn" - oncology nothing else can offer. If I do not explain this to the patient at the very beginning of the conversation, then after a long story about other, much more successful methods of treatment, bringing many scientific arguments in their favor, indicating the examples of patients who have overcome this disease, my interlocutor will ask: "Well, if these methods are so successful, why are not they practiced by doctors? Why do not we hear about it? ". In this case, the patient will significantly "cover the door" of his perception of much more successful alternatives and will not give them proper value. You can, of course, begin to explain the factors that play a role in this situation after the question is posed, but experience shows that there is not much that can be done in the "closed door".

For many it seems difficult to understand that successful (with a probability of success over 80%) treatment methods can be concealed from the vast majority of the population. It should be borne in mind that, without statistical falsification, without taking into account precancerous conditions as cancers, without taking into account incorrectly diagnosed cancer cases, the success of the traditional triple (chemotherapy, surgery and radiotherapy) will not exceed 5%. [1]

[1] Less than 2% of the total number of cancers of rare cancers, such as testicular cancer, Hodgkin's lymphoma and some others, are up to 80% successful. In this case, some scientists explain such a high success is not a cure, but a high probability of self-healing of an organism from such types of cancer.

I will give just a few examples of the most famous protocols and drugs offered by well-known doctors and scientists, some of whom are Nobel laureates and whose methods have been successfully applied to patients in treating thousands of people, both by the authors themselves and their followers:

- Linus Pauling - hyperdoses of vitamin C;
- Joanna Budwig - diet Budwig;
- Raymond Ralph - electro-medicine;
- Bob Beck - electro-medicine;
- Max Gerson - Gerson's protocol;
- William Coley - toxins of Koli;
- Renee Casey - isiak tea;
- Tulio Simoncini - treatment with sodium bicarbonate;

Preparations:

- laeteryl (B17), cesium chloride, hydrazine sulphate.

To date, there are about 400 methods, protocols and drugs that are successfully used in alternative cancer treatment.

Despite the fact that many know or suspect that financial interest today plays a big role in medicine, few people understand how deeply this interest penetrates into all its spheres and how cruel the consequences of this can be. Therefore, for myself, I have long ago determined that the main factor in the successful cure of a patient is his ability to understand the situation and take full control over his health. What is actually easier said than done.

It's hard for a simple person to understand that millions of people die of cancer every year only because the medicine that most people trust is actually a cruel business whose goal is to get a guaranteed profit from patients and their diseases. Only by making such a personal paradigm shift patient can defeat cancer with a very high probability, at whatever stage it was. Thus, the outcome of the disease is decided not at the time of its diagnosis, and not in the process of its treatment by traditional methods, but when the patient receives information about the real state of affairs and about the alternative path that he can choose. Unfortunately, not everyone can do this choice. The paralyzing fear and pressure of the doctor, aimed at the fastest start of treatment, significantly complicate this choice, if, of course, the patient in general has an idea of this choice.

Prior to the description of the main principles of alternative cancer treatment, I would like to dwell on some details and facts related to this disease, which in turn will help the patient to build the right attitude to her and choose the most appropriate treatment strategy.

Modern medicine to the human body today refers to a primitive machine, all of whose reactions (temperature rise, pain, etc.) should be monitored or eliminated. Many of the functions of this imperfect machine must be strengthened (for example, by vaccination). Natural phenomena, for example, childbirth, must take place in the unnatural setting of the hospital under the supervision of doctors, as if nature had not previously coped with this task.

In fact, our body is so highly developed, self-regulating and self-sufficient system that the level of modern science with its material and reductionistic approach can be equated with a Neanderthal looking at the stars and trying to understand the structure of the universe. All external manifestations of the work of our body (and thanks to modern diagnostics - and many internal manifestations of his work that can not be evaluated without special instruments) should be perceived as normal, compensatory, self-regulating, and not pathological. Many diseases should be considered as manifestations of these normal processes. So, it is already proved that many childhood infections are necessary for the child's immune system to strengthen it and move to a new level. Moreover, this transition affects not only the immune system of the child and the physical aspect of his health. The scientists noted a sharp improvement in the mental and creative abilities of children after the transfer of their usual childhood diseases.

When a patient is diagnosed with cancer, this should not be seen as a verdict or a blow to fate. This is the same compensatory reaction of the body, not recognized by the doctors as such and therefore aggressively suppressed. Hence, such lamentable results of cancer treatment and such a high percentage of relapses or worsening of the course of the disease. What I'm about to say may at first seem very difficult to perceive. It is necessary to radically change its attitude to this disease from negative and depressive to positive. I mean by this the following. Many patients who have had to change their life and attitude to it after the diagnosis, refer to that period as a difficult, but positive. It was a turning point in their life, which they changed dramatically, began to lead a much healthier and more intelligent lifestyle, reassessed many values and concepts, and now feel much better both physically and spiritually. Yes, it is possible - so treat the most terrible diagnosis for today. It is necessary to perceive this situation as follows: your body gives you a signal that it is difficult for you to cope with the way of your life, and your help is needed. The body is overloaded with toxins, it lacks nutrients, it works in a regime of prolonged stress, and all this against a background of very limited activity. This signal should be taken as a warning call from a friend about a danger that you are unlikely to ignore.

So, right after the diagnosis you need to say goodbye to your old life and boldly enter into a new life, in which you are waiting for more health, more happiness, and you will discover many amazing things that were not available to you in your old life. Researchers have already proved the positive psychosomatic influence of both a healthy diet and a healthy lifestyle in general, when not only a person feels better and has more energy, but also his spiritual thoughts are purer, thoughts are clearer, actions are nobler, interests are higher, behavior more tolerant of others. In turn, an unhealthy lifestyle, congestion with toxins, stresses give a negative perception of life, depression, anger. Extremely toxic chemotherapy further suppresses the patient, drives him into an even deeper depression, deprives him of his will.

Therefore, it is very important that after diagnosis, fear does not restrain the will and does not eliminate the ability of objective thinking and analysis. Many doctors, unfortunately, use the patient's fear to begin prompt treatment, which, most often, significantly cuts the patient's chances of recovery. In most cases of asymptomatic cancers (those who were diagnosed with regular examinations, for example, mammography and PSA tests, and did not show any symptomatology), there is no need to hurry or panic. To establish, as for a long time this neoplasm has appeared, it is very complex or difficult. Your body could cope with it for years and, possibly, it was found at the stage of regression. A biopsy that breaks the integrity of the tumor and increases the likelihood of metastasis, to the question of how long the tumor has appeared and how your body copes with it, you too will not respond. If you have found an

asymptomatic tumor, you will just have to analyze your life and determine what points in it you need to change in order to reduce exposure to toxins, change the image of nutrition, increase physical activity, reduce stress. Correctly selected dietary supplements are also necessary to compensate for the chronic insufficiency of certain nutrient components, which are almost always observed in everyone who has a healthy but unhealthy diet for a healthy one. Tumor monitoring should be carried out regularly, but not by invasive, and as less as possible by harmful methods, since multiple biopsies, frequent mammograms and CT scans are themselves carcinogenic.

Summarizing the above, a very important first step towards recovery is overcoming fear and preserving the ability to objectively assess the situation. The diagnosis should be used as an occasion to radically change one's life and pay much more attention to one's health in it.

Continue the conversation about the correct attitude to getting a diagnosis and a correct understanding of the cancerous process will help the pathologists. These specialists noticed that many common types of cancer, for example, prostate cancer and thyroid cancer, are found at autopsy of patients who died from other causes, 30-40 times more often than they are diagnosed by doctors. The mortality rate among diagnosed and treated cases of cancer is much higher than the difference between diagnosed and undiagnosed cases. This indicates to us the main factor that significantly increases mortality - aggressive treatment. Also pathologists more than 50% of those who died from non-cancer diagnoses find tumors of various localizations that did not disturb people during their lifetime. Such "sleeping" tumors can exist in the body for decades and do not cause any harm. Also tumors appear and disappear in the process of life. Some factor, for example, a strong stress or an overload of the body with toxins, caused the appearance of a tumor. Elimination of such a factor or mobilization of body forces causes regress of education. Such processes can occur throughout the life of a person. Andreas Moritz in his book "Cancer is not a disease" writes: "Now, at this moment, millions of people live their own lives, having different cancers and even without any idea about it. Also, millions of people will recover from these cancers without even knowing it. "

Interestingly, many cases of rapid recovery from cancer after infections such as chicken pox, pneumonia, fever of various etiologies are described. Under these conditions, all the body's defenses, the stimulation of immunity by a certain pathogen, the elimination of toxins through profuse sweating during fever and the immediate destruction of tumor cells by a high temperature, which they tolerate worse than healthy cells, are mobilized. [2] Thus, these states can be a critical reaction of the body to a tumor or "God's gift", which helps the patient thus recover from cancer. Unfortunately, many patients die because they are not allowed to go through all stages of the disease, suppressing its symptoms, while these diseases are an attempt by the body to find a way out of toxins accumulated in the body. Medical treatment should be aimed at maintaining the body's immune system and facilitating the withdrawal of toxins, rather than stopping these processes with symptomatic treatment and much less suppressing the immune system with traditional methods of cancer treatment.

[2] What is one of the alternative methods of treating cancer - thermotherapy, widely practiced in clinics in Germany and Austria.

During the whole time that I am studying alternatives to cancer treatment, I constantly come across that many leading experts in this field believe that for the treatment of asymptomatic cancerous tumors, as for most types of cancer of the 1-2 stage with different symptomatic, a fairly radical change in diet and lifestyle. It is not uncommon for cases when this approach also helps in more advanced stages of the disease. Today, I am absolutely convinced that if the disease does not develop dramatically quickly, its course can be slowed down, stopped and reversed only by changing its diet, reducing the level of stress, increasing physical activity and eliminating toxins from the body and from everyday life.

However, it is easier said than done. Most people do not know what changes they need to give the body the best chance to cope with the disease. And this is a pretty serious problem. Another problem is that for today there are very few specialists who could draw up a detailed protocol of actions: diet, detoxification of the body and life, level of activity, actions aimed at controlling stress, individual selection of dietary supplements. These same specialists should observe the patients for weeks and months, and sometimes even years, helping them to implement all these changes in their lives, controlling and adjusting individual protocols of treatment. Such specialists can be people who came from science, medicine, naturopathy and simply researchers of natural alternative methods of oncology or personally surviving cancer who are well versed in this topic and use a comprehensive approach to treatment. It should be noted that some clinics of alternative oncology, although they base treatment on one or several methods, but do so against the background of the same comprehensive comprehensive approach (such as the Gerson Clinic in Mexico, the sanatorium of Mark Sirkus in Brazil).

The problem is further aggravated by the fact that most patients who seek alternative methods of treatment have a reductionist approach and are looking for a single "magic remedy" for cancer treatment, not realizing that only a complex treatment combining all of the above aspects will give a real chance for cure.

But this is not the last problem facing the patient. Many specialists who offer alternative cancer treatment are either afraid to contradict traditional oncology and offer their treatment as an addition to it, or, again, apply a reductionist approach and treat a remedy that acts on one particular aspect of the disease. In this regard, the positive effect of this approach will be severely limited.

Communication with many patients and their relatives pushed me to the idea that the main problem of an alternative approach to cancer treatment today lies in the fact that the vast majority of people who turn to the alternative consider it either a supplement or the last option of treatment. This approach does not disclose 95% of the potential that the patient can receive with a unique choice of treatment in favor of a natural alternative approach. That is why I pay so much attention to the non-medical side of the issue and explain to the patient the reasons why this approach has not received the necessary recognition from the medical establishment.

To facilitate the understanding of the problem that the alternative approach does not take yet a deserved place in the treatment of cancer, I identified four categories of patients and their relationship to this approach.

1 category - patients who do not have information about natural alternative methods of cancer treatment. The same group includes patients who have a negative attitude towards them because of the discrediting of these methods of honey. the establishment and means of the media, and as a result of a complete silence about their benefits and successes. The forecast is very unfavorable. If the diagnosis is correct and not a precancerous condition (such as in situ ductal carcinoma) or an erroneous diagnosis, as is often the case with an increased PSA reading, the probability of cure is 2-5%. [3]

[3] German professor of statistical biology Ulrich Abel, 1989; Australian meta-investigation on the effectiveness of chemotherapy in 2004

Category 2 - patients who use one or more alternative methods in addition to the main traditional treatment (surgery, chemotherapy, radiation therapy). As a rule, under such conditions, alternatives can soften the course of the disease, accelerate the recovery period after chemotherapy, sometimes improve its effectiveness or reduce side effects. As a result, each subsequent course of chemotherapy, radiation therapy, each subsequent operation continues its destructive effect on the body, which alternative means

can no longer compensate. At best, with this approach it is possible to prolong the patient's life for some time.

3 category - patients who turn to alternative methods after an ineffective passage of a full course of cancer treatment in medical institutions. Such patients, as a rule, completely switch to alternative methods of treatment. The success of the treatment of such patients depends on the amount and correctness of the information, as well as on the time that the disease leaves them. If the patient does not begin treatment based on an integrated approach, his treatment can be a lottery in which he will try as many methods and drugs as he can, hoping to find the method that will help. But even in this case, his chances will be better than at the beginning of treatment by the traditional "troika" of oncology. If the patient is treated in a complex way, as a rule, with a specialist or in an "alternative clinic," even after serious damage to his health by "cutting, burning and etching" methods, his chances can be estimated at 30-40%. [4]

[4] Nicholas Gonzales - Gonzalez Clinic, Webster Coeur - Foundation for Independent Cancer Research.

4 category - patients who immediately after the diagnosis decided to use only alternative methods of cancer treatment. According to statistics and according to many experts, on average, the success of the cure of such patients is 80-95% regardless of the stage of the disease.

Such a significant difference between the third and fourth categories of patients is due to the fact that traditional methods of "cutting, burning and etching" destroy the body's immune, digestive and detoxification systems, while creating conditions for more aggressive cancer growth, metastasis, secondary cancers. Many chronic pathological conditions caused by these methods also reduce the chances that the body will be able to recover even with proper treatment.

The importance of patient awareness of an alternative approach to cancer treatment and the right choice between traditional and alternative treatment plays the most important role in the success of cancer treatment, as shown in the above classification of patients' attitudes to the alternative. That is why, in my opinion, it is so important to help the patient make this choice before simply offering one of the alternative methods of treatment. Such a change of concepts is a complex process and, unfortunately, not everyone can.

It will take years and possibly decades, until a paradigm shift occurs in honey. establishment and today's methods of treatment of oncology will be recognized as a medical error. For now, millions of people die every year from practically useless, harmful and cruel treatments for reasons far from medicine.

Chapter 10 - An Integrated Approach to Cancer Treatment

One wise healer said: "The best

medicine for man - love and care "...

Someone asked: "And if it does not help?".

The healer replied: "Increase the dose!".

If every doctor and every patient understood that love and care are in fact the best medicine, then cancer and other chronic diseases would be as rare as leprosy today. Scientific institutes would study the biochemical and electromagnetic influence of love on the cells of the body, while at school we would be taught how to properly take care of one's own health, and medicine would be mainly engaged in the

treatment of injuries and congenital pathologies. But at the moment this is a utopia, and such factors as love, care and healthy nutrition, acting as the best medicine, not only do not bring profit to Big Farm, which controls honey. establishment, but also directly threaten its existence.

An integrated approach to cancer treatment can really be described as love and care, but in the broadest sense of these words. The patient should not only receive love from those who surround him, and show caring for his body, but he must also project his love and care for the surrounding people and the world around him. Such an approach will allow a person to receive energy so necessary for cancer from all three sources: from nutrition, light (nature), his thoughts and feelings. We must not forget that restoring a normal energy balance is the main mechanism of recovery. A cancer cell consumes much more energy than a healthy one, thereby taking it away from healthy cells.

This state of love and care, as Japanese scientists have shown, gives our body a certain frequency of oscillation, which comes into resonance with the natural. Thus, through this resonance, we can receive both energy in the form of electrons, and various information necessary for the normal vital activity of our body.

In the last chapter I wrote that, in the opinion and experience of many well-known specialists in the alternative approach to oncology, most types of cancer in the initial stages (and also in some cases in the 3rd and 4th stages) can be cured due to psychological acceptance of the diagnosis by the patient and the subsequent introduction of serious changes in his way of life. Radical changes in the way of eating, detoxification of the body and everyday life, control over stress and regular, moderate physical activity are those drugs that will not only stop the cancer process that has begun, but also return such a high level of health that the patient has not experienced for years or decades. However, for a far-reaching process, these "medicines" may not be enough, and therefore, in addition to armament of our body to fight cancer, we also need to connect methods for directly combating the cancer process and tumor.

A little paraphrase of the example that Ty Bollinger cited in his book, "Cancer: Go Your Way" [1], I would like to show the reader more comprehensively the complexity of the approach to cancer treatment, especially in far-reaching cases (in the 4th stage). Imagine that the body of a person who has cancer in a difficult stage is a house in a fire. Videale, we need fire to repay the fire: a heavy rain that will slow down the spread of the fire, several garden hoses that water the burning house from different directions and do not give a flame to grow, and also one or two fire hoses that will put out the fire and extinguish it.

[1] Cancer. Step outside the box.

Rain in this example, we can compare with the change in the internal environment of the body to unfavorable for the development of the cancer process. This unfavorable environment will be created: additional energy from all three sources (food, light (nature), thoughts); alkalization of cells as a result of proper nutrition by more alkaline products (fruits, vegetables, greens, healthy oils, grains, nuts); the best oxygenation of the body and stimulation of metabolism by physical activity; reduction of the total toxic exposure of the body and, as a consequence, strengthening the work of the detoxification system of the body (lymphatic system, liver, kidneys, lungs) and the immune system.

Garden hoses that control the power of fire and do not give the flame to grow, can be compared with purposeful methods of helping the body in certain functions. So, a specifically selected detoxification program will remove toxins from the body and further strengthen the work of its own detoxification system of the body. Such measures may include coffee enemas, liver cleansing, chlorella intake, saunas, mini-trampoline jumps to stimulate the lymphatic system, chelation, diets and starvation on juices, etc. You can choose one or more methods, depending on the patient's condition. Natural immune stimulants will recharge the immune system to fight cancer cells. Various herbal preparations, some spices,

vegetables and fruits are strong immunostimulants. Of the most famous, I would call green and white tea, ginseng, astragalus, coconut oil, cordyceps, chlorella, spirulina, nettle leaves, many exotic berries (goji, acai, longan), raspberry, blueberry, propolis, echinacea, organic vitamin C, as well as all fruits and vegetables containing many antioxidants or vitamin C, which strengthen the immune system.

Strict adherence to the anti-cancer diet will deprive the cancer cells of food, and thus stop the growth of the tumor and the development of the cancer process. Fresh organic plant products will bring down a lot of biologically active substances in them in the form of antioxidants, various anti-cancer flavonoids, chlorophyll, minerals, etc.

As for fire hoses, these are anti-cancer protocols, specifically acting on cancer cells and contributing to the cessation of the cancer process. There are many such protocols and they need to be selected, considering many factors. Not all protocols are compatible with each other and not all are effective for different types of cancer.

Most of these protocols should only be used in the treatment of stage 4 cancer, against the background of the common anti-cancer measures that have been discussed above. However, some of them require special conditions. So, for example, the "Brandt grape diet" excludes consumption of other products during treatment (30 days). Another potent Cesium Chloride / DMSO protocol (cesium chloride / dimethyl sulfoxide) should not be used with other protocols aimed at destroying tumor cells so as not to cause intoxication of the body by the products of tumor disintegration. It is also a strong alkaloid protocol and should not be combined with other strong alkaloid protocols such as Collect-Budwig, Kelmun protocol. Dimethyl sulfoxide carries active substances into the cell, as it does with cesium chloride. This protocol does not even recommend eating garlic, which also has a strong anti-cancer effect and against the background of dimethylsulfoxide it can cause severe intoxication of the body by the products of the disintegration of cancer cells. The Budwig diet protocol also excludes other potent protocols that can disrupt the subtle metabolic process of its action.

These examples show that such protocols should only be used under the supervision of specialists. An incorrectly selected protocol or combination of protocols, their incorrect dosage or lack of proper care, all this can lead to a lack of expected effect or complications.

The examples presented here and in the following are not instructions for treatment, but only an example of an integrated approach to cancer treatment and also indicate the need for communication with a specialist. Many information sources of various protocols have references to specialists or consultants. Unfortunately, many of them are English-speaking. Nevertheless, given the seriousness of the situation, it is better to find an interpreter who could communicate with such a specialist. Consultations usually cost from \$ 0 (in case of purchase of the drug, device) to \$ 250. From my experience with some of them I noted that these people (mostly doctors) are professionals in their field and very responsibly to the patients and the recommendations they give. So the protocol Collect-Budwig, which for today is one of the most successful and famous in the west, is overseen by its founder Mike Vrentas (Mike Vrentas). Dr. Sircus (transdermal protocol) also always advises patients and answers their questions. On sites that sell electro-medical anti-cancer devices, there are always links to instructors or videos with explanations. I would like to once again draw attention to the absolute necessity of working with someone who understands these protocols and can draw up a scheme of complex treatment. Unfortunately, basic information about alternative methods of cancer treatment today is passed by word of mouth, undergoing severe distortions, and the reductionist approach to treatment (searching for one magic tool or method) does not give the patient the chance that he receives from a complex treatment with a specialist.

For those who can not find a specialist, there are simple protocols that can be used at home with the help of relatives or friends. Given the basic principles of complex treatment and applying these protocols, the patient will get a good chance of recovery even in severe and sometimes terminal cases.

Many excellent and accessible protocols are supervised by Webster Kehr at the site of the independent Cancer Research Foundation [1], where there are many links to Russian pages. On this site you can find detailed information that will allow the patient or his specialist (assistant) to effectively and safely use various protocols. One of the most accessible protocols is the so-called "The cheapest protocol" of Webster Kera [2], covering almost all aspects of the fight against the disease - immunostimulating, alkaloid, antimicrobial, antitumor, detoxification, dietary and psychological. It is accessible to every patient after careful reading. The cost of it may not exceed \$ 50 per month.

[1] Webster Kehr, *Independent Cancer Research Foundation*, www.cancertutor.com.

[2] *Dirty cheap protocol by Webster Kehr*.

We have already stipulated many separate principles of an integrated approach in the treatment of cancer. Now, I would like to combine these principles in order to better understand the integrity of this approach.

Principles of an integrated approach to treatment any type of cancer in the 4th stage [3]:

[3] *Many or even all of these principles are acceptable at other stages, but with the 4th - absolutely necessary.*

1. Identification and elimination of possible causes of cancer

Such causes may be a high and / or constant level of stress or a negative event experienced in the recent past. Approaches here can be different: meditation, yoga, psychotherapy, working on yourself with a review of attitudes towards life, etc.

Malnutrition and, consequently, a strong disruption in the metabolism of cells with their transformation into cancer, if not always the main cause of cancer, always contributes to the development of cancer. Eliminates the correct diet and specially selected dietary supplements.

The strong household toxicity of life requires an immediate review of everything that you come into contact with - from personal care products to home furniture and kitchen utensils.

Amalgam fillings are a common cause of various cancers. Sometimes simply removing these seals can lead to complete recovery.

Long-term chronic diseases are a common cause of cancer, as well as stagnation in the lymphatic system due to low activity. There can be several reasons, so you should try to remove as many possible causes as possible.

2. Strict anti-cancer diet

Thanks to her cancer cells will starve, and in return receive strong anticancer components: flavonoids, antioxidants, minerals, vitamins, etc. Immunity will be restored, as well as other body systems. At the heart of the diet is a complete rejection of animal protein, sugar, white flour, vegetable oils (only coconut, olive oil, flax seed oil and cannabis are allowed).

As much vegetables as possible should be eaten raw. For energy, vitamins and minerals, grains are used - brown rice, amaranth, cinnamon, buckwheat, barley, oats. Flax seeds, walnuts, macadamia nuts, pumpkin seeds, corn kernels and some other seeds are necessary for obtaining the right lipids. You can use a small amount of organic butter to make vitamin A. You should eat a lot of carrots, broccoli, cabbage, spinach, tomatoes, beets, raspberries, blueberries, strawberries, apples (everything should be organic or locally grown).

It is necessary to drink a lot of freshly squeezed vegetable juices: carrots (not less than 0.5 l), cabbage, beets (slightly), spinach, celery, ginger.

3. Antimicrobial therapy

Some types of cancer are caused by different microbes. Also, many different pathogens are found in each cancer cell and in the blood, which greatly undermines immunity.

There are antimicrobial protocols, such as MSM / CS (methylsulfonidmethane / colloidal silver). Many electromedicine devices perfectly cope with the task of destroying microbes both inside the cancer cell (turning it into normal cells) and in the blood. These protocols include: Plasma-Beck protocol, High RF frequency protocol, Rife-Beck protocol.

After the destruction of microbes in the blood, the resources of the immune system are released to fight cancer cells, which makes it many times more effective. After removing microbes from cancer cells, they switch from glycolysis to normal metabolism, becoming again normal healthy cells. Therefore, some electromedical protocols combine the method of purifying blood from microbes and destroying germs in cancer cells.

4. Alkalization of the body and cancer cell

Alkaline environment creates unfavorable conditions for tumor development. When the cancer cell becomes alkaline, many microbes die in it, it begins to be saturated with oxygen and the normal process of energy production in the mitochondria of the cell (and not the enzymatic cleavage of glucose to form lactic acid-glycolysis) starts.

Many protocols and drugs will help to accomplish this task: the Kelmun protocol (maple syrup or honey with soda), DMSO / Cesium Chloride, Collect-Budwig protocol, ozone therapy and Kangen water, etc.

5. Metabolic disorders of cancer cells

Cancer cells, as a result of glycolysis, produce lactic acid, which strongly acidifies the cell. Also, this acid then enters the liver, where it is again converted into glucose with a large expenditure of energy, which is again consumed by cancer cells. It is this process that leads to cachexia and death. Violate this cycle can be a strict anti-cancer diet, which will sharply limit the intake of glucose and simple sugars in the body. Hyperdoses of Vitamin C also disrupt this process. A cancer cell can not distinguish between vitamin C and glucose, thus consuming it instead of glucose. The drug sulfate hydrazine disrupts the synthesis of glucose from lactic acid in the liver, and also reduces its content in the blood.

Methylsulfonylmethane (MSM) and protocols with it also reduce the amount of lactic acid in the blood. Thus this pathological cycle stops and the nutrition of the cancer cell is disrupted, the energy no longer goes to this process, and the patient restores the normal energy level. Also significantly reduced pain, which is mostly caused by the presence of lactic acid.

6. Detoxification of the body

This is an extremely important part of an integrated approach. Detoxification allows you to return to normal operation of the intestines, liver, kidneys, lymphatic and immune system, which is absolutely necessary to combat the cancer process and restore the patient. Often, when a tumor breaks down, many toxins, dead cells and parts are thrown into the bloodstream. If the liver does not cope, then there will be severe intoxication.

The detoxification process should also be comprehensive, aimed not only at restoring the work of these systems, but also at the removal of certain toxins from the tissues. So, heavy metals are deduced by means of chelation, application of chlorella, zeolites.

Coffee enemas (part of Gerson's protocol) stimulate liver function and are recommended up to several times a day.

Saunas and baths are also very useful, like sweating with exercise.

Juice starvation is also a good method of detoxification.

There are a lot of methods for detoxifying the body and the patient or the specialist should choose the most suitable for the specific case.

7. Saturation of the body and cancer cells with oxygen

Getting into a cancer cell, oxygen kills germs in it and restores its normal metabolism. Oxygenated tissues are an unfavorable medium for tumor growth. Methods vary in intensity. Sports activities and outdoor walks are necessary, but are inadequate for the patient in the 4th stage. Most protocols and methods that cause alkalization of cancer cells also increase the flow and oxygen into the cell. Reception of baths with hydrogen peroxide also increases oxygenation of tissues. I would not advise taking hydrogen peroxide inside, as it does not go through the cells well and irritates the stomach's mucosa very much. There are drugs that cause increased oxygen supply to the cells. The most famous of them: Ronuv, Oxi Life Force Elixir. It is also necessary to take coenzyme Q10, which restores normal oxygen consumption by the cell.

8. The rise of immunity

It is an absolute condition for the successful treatment of cancer. Some of the components of the complex treatment enumerated above themselves already improve the functioning of the immune system (diet, detoxification, antimicrobial therapy). Nevertheless, it makes sense to take vegetable stimulants, such as spirulina, ginseng, cordyceps, green tea, astragalus, etc.

9. Application of proteolytic enzymes

There are cancer treatment protocols that are based on the application of these enzymes: Kelly protocol [4] and the Gonzales protocol. However, many patients may consider taking proteolytic enzymes as part of a general treatment. The activity of the pancreatic gland in cancer patients is weakened, which is reflected by a decrease in their synthesis in it. These enzymes break down the protein shell of the cancer cell and make it visible to the cells of our immunity. The best enzymes for use are Kelley's Original Enzymes.

[4] Kelley Enzyme / Metabolic Treatment for Cancer

10. Psychological assistance

This is an obligatory component of the medical complex. In addition to the fact that the psychological factor can be the primary cause of cancer, it also plays a very important role in its course. That's why he should have enough attention and time. As a rule, patients are usually depressed, depressed, embittered. All these and other negative emotions disturb the patient's metabolism, the effectiveness of the immune system and its energy balance. It is necessary to help the patient get rid of such conditions by choosing suitable methods: meditation, an experienced psychologist, acupuncture, reiki, yoga, etc.

Despite the fact that the patient is experiencing, perhaps the most difficult period in his life, it is necessary to find an opportunity to teach him to devote more time to himself and for pleasure. Distract and receive positive emotions - absolutely necessary for every cancer patient. I noticed that some patients respond very positively to Iglesias-listening to Julio Iglesias's songs in a comfortable home or outdoor setting. His voice and style of music gives certain vibrations that relax, distract and are very enjoyable. Those on whom Iglesias and similar music influences this way, I recommend such musical procedures daily, at least for 15-30 minutes.

Lothar Hirneise, author of Chemotherapy heals cancer and the world is flat, recommends that you have more sex or masturbation, especially with hormone-dependent cancers. In other words, anything that does not violate the law and does not contribute to the development of the disease can be used to increase the reception of pleasure and positive energy.

The way a patient perceived life before illness, almost certainly played an important role in her cause. Therefore, the revision of many vital principles and concepts is absolutely necessary. An assistant or specialist will help to make this change. As we know, the patient needs to replenish the energy that the disease takes away. For this it is necessary that it be drawn from all three sources: food, light (nature), thoughts and spirit. If psychological help is provided correctly, it will open a mental source of energy and positively affect the other two.

The method of visualization is extremely important. There were recorded cases when patients were cured only at the expense of this method. There are several methods of visualization. In my opinion, Lothar Hirneis in the same book is very simple and describes it well. The principle of it is that the patient represents his cure and does it regularly and in detail.

In conclusion, I would like to add that the construction of far-reaching plans by patients also has a serious effect on the positive outcome of the disease. For example, if a patient is 55-60 years old and has a small granddaughter, she can make plans to marry her. She must want it very much, and often think about it in detail. I remember one example: a young single woman with two young children was diagnosed with a terminal cancer with a life expectancy of up to 6 months. She said that she had no one to leave her children with and therefore she needed to live. She raised children and died of cancer when they were over 16! The influence of the psychological factor on the course of cancer can not be underestimated. Many experts are convinced that this is the most important factor in treatment.

11. Selection of essential nutritional supplements

All cancer patients have a deficit of certain substances, which must be compensated. Ideally, this should happen at the expense of proper nutrition. However, the deficit can be so deep and it needs to be compensated so quickly that only normal nutrition can not be enough. Strengthen this compensatory process can be squeezed juice from fresh vegetables and fruits - this allows you to create a large concentration of biologically active substances. Gerson's protocol is based on this principle. Nevertheless, this too is not enough and the specialist should individually select the dietary supplements. Almost all cancer patients are recommended vitamin D, omega 3, coenzyme Q10, selenium, turmeric,

magnesia (magnesium sulfate in oily form [5]), iodine, sodium bicarbonate. The condition of the patient and his specific case may suggest to the specialist other dietary supplements.

[5] Magnesium Sulfate oil.

When buying dietary supplements you need to consider the following: they are natural or synthetic (the latter is by no means admissible!); from a plant or animal source; the country of the manufacturer (the Chinese are very contaminated with heavy metals). The recommended dosages are often very low. So vitamin D is recommended 200-400 units, while its dose should be at least 2000 units.

If a patient or a specialist treating him will follow all these principles of complex treatment (or at least the most basic one), the patient will have much higher chances of recovery than with a search for a panacea for cancer in the form of one "magic" remedy.

It should be emphasized that treatment should begin with a thorough detoxification of the body, as the overloaded detoxification system of the body itself can not cope with the products of tumor disintegration and this can lead to acute intoxication, aggravating the patient's condition. The choice of treatment strategy should be aimed at extending the life of the patient and stabilizing the disease in the first place. This will give time to find the most suitable protocol for influencing the tumor and metastasis, give time to "turn on", and at low efficiency - leave time to pick another.

Having visited several Russian-language blogs of alternative cancer treatment, I was surprised that only 1/10 of the participants heard about the complex approach to cancer treatment. Basically, the participants talked about the method of Sidorov, Petrov or Ivanov, about one tincture or another. At the same time, it helped some, but most did not. The fact is that such methods help a few, since they affect one, maybe two, aspects of the complex treatment that should be carried out, so many of these methods are not enough. On the other hand, I am convinced that many of the folk methods, as well as alternative methods proposed by doctors, in some cases give a positive result and that the effectiveness of such methods can be significantly increased by using them as one of the components of complex treatment.

Communicating on Russian-language blogs, I met people who are well versed in the subject and able to conduct such a comprehensive anti-cancer therapy. They just need to be able to determine. For example, I was surprised when on one of these blogs, a very knowledgeable person commented on an integrated approach to cancer treatment, but did not receive even a small part of the attention that was attracted by another person offering a tincture of cancer. Also unnoticed on these blogs are people who have won cancer by natural alternative methods. Such people are more often scolded, instead of asking in more detail about how they managed to do it. It is worth repeating that our attitude towards the disease determines its outcome.

I remember the case when one woman told about the fact that 10 years ago (!) She was sent to die home after surgery and 10 cycles of chemotherapy. She could no longer move around the house herself, and her husband helped her in this. Nevertheless, she was not ready to accept such an outcome of the disease and began to look for folk methods. What she found, and eventually cured her, can shock many and provoke resentment, which happened on that blog. Nevertheless, she recovered, returned to work, raised children and now lives for 10 years without cancer. Here is her recipe: she drank the urine of her little child, starved and, more importantly, she wanted to live!

Before you take this method to the manifestation of medieval obscurantism and the worst side of traditional medicine, I would also like to surprise you. In its way, this, to put it mildly, a strange way of treatment can be called comprehensive. Hunger gives the body the ability to restore many of its functions. Many people know of the hunger property. The main detoxifying organ is restored - the liver,

the intestine is cleared, the immune system is not diverted to foreign additives and toxins in food, and also does not react to animal protein. One of the most important properties of hunger in oncology is that cancer cells undergo a prolonged hunger, which they can not bear, because they need glucose 20 times more than healthy cells.

Now about urine. In 1961 at the University of Massachusetts, a study was made of the effect of various elements of urine on tumor growth. The active anti-cancer agent Rifine, which significantly reduces tumor growth, was isolated. Since then, several similar studies have been carried out that have found cancer antibodies and other active anti-cancer biological elements in the urine. A well-known scientist from Texas Stanislav Brzhinsky produces his antineoplastones from urine, which treats the most difficult to treat types of cancer. Many know that the use of urine in treatment comes from Ayurveda - ancient Indian medicine.

Personally, I am not a supporter of urinothrapy, perhaps because of my little knowledge of it, but I brought this example to show that much, from what we do not understand and do not know, can have a serious justification. If something seems difficult to explain and unacceptable to us, do not rush to dismiss it, but first try to find out what kind of principle, success, facts lie behind it. Such a correct open attitude to new information can save the life of the patient.

If you can not find a specialist in an integrated approach to cancer treatment, then it probably makes sense to consult a foreign specialist through an interpreter. As a result, it will not be more expensive than consulting a private metropolitan oncologist.

As I mentioned above, today there are about 400 different protocols and methods of cancer treatment that give incomparably higher results than traditional treatment. Their effectiveness varies from 50% to 90% [6]. Variety of varieties is difficult for an unprepared person to be guided by. Therefore, it is necessary to find a specialist who would select one or two of these methods, determine their compatibility (which is the main one and which is an auxiliary one) and observe their effectiveness, while at the same time, not forgetting the importance of common anti-cancer measures.

[6] Data on patients who did not undergo chemo- and radiotherapy. After them, the chances are usually reduced by half.

I decided to list below the list of 12, in my opinion, the most powerful and affordable protocols. We will discuss some of them in detail in another chapter.

- Collect-Budwig - diet Budwig, reinforced with a special mineral supplement Sselect. Restores the electrical potential of the cancer cell and alkalizes it. Mike Vrentas - the inventor and producer of Powder Sselect, gives advice on the application of the protocol. The protocol can be combined with generators of high radio frequencies and vitamin B17;
- Cesium Chlorid / DMSO (DMS) - cesium chloride / dimethyl sulfate - transdermal application for severe patients in coma or with gastrointestinal lesions (including the effects of chemotherapy). Causes strong alkalization of the cell. Dimethyl sulfate carries cesium chloride into a cancer cell. The protocol is not compatible with other potent substances (such as medicines, garlic) and other highly alkaline protocols;
- High RF (Radio Frequency) Frequency Generator Protocols for Cancer is a protocol based on generators of high radio frequencies for the treatment of cancer. It is based on the invention and apparatus of Raymond Ralph. Destroys microbes inside the cell, turning it into normal and including its apoptosis;
- Mark Sircus Transdermal cancer treatment protocols - The transdermal protocols of Mark Sircus are non-toxic, inexpensive, readily available. They are based on transdermal administration of

iodine, magnesium sulfate in oil form, sodium bicarbonate (oral intake of these minerals is also recommended in the protocols against the background of strict adherence to general measures);

- Laetrile (Vit B17) / Vit C (hyperdose) - Vitamin B17 + Vitamin C hyperdoses, intravenously - a protocol for patients in coma or with a gastrointestinal lesion (including the consequences of chemotherapy);
- Hydrozine Sulfate - hydrazine sulphate - disrupts the metabolic cancer cycle of lactic acid, depriving cancer cells of food. Eliminates cachexia, pain. Successfully applied by Dr. Gershanovich in Leningrad in the 70s.
- Bob Wright protocol (MSM / LIPH and Kangen water) is a protocol aimed at increasing alkalinity within a cancer cell by using alkaline water (up to 11.5 pH), organic sulfur and LIPH supplement;
- MSM / CS - Methylsulfonylmethane / colloidal silver - the destruction of microbes inside a cancer cell and in the blood, which allows the immune system to cope with cancerous tumors. Causes the cancer cells to reverse in normal.
- Isiac Tea - Rennie Casey's Isaac-tea, consists of four plant components. Canadian nurse Renee Casey cured thousands of people with her tea, a recipe that she learned from an old Indian from one of the tribes of Canada.
- THC oil, Cannabis juicing - tetra cannabinoid oil, fresh hemp juice - stimulates the endocannabinoid system of the body, strengthening immunity and causing a combined anti-cancer effect.
- Gerson Therapy - Gerson's Protocol - includes aggressive detoxification with frequent coffee enemas and a special juice diet. The body clears itself of toxins, toxins and receives many necessary biological elements to restore immunity and fight cancer cells. Inexpensive, but rather complicated in execution, as enemas are sometimes done up to 7-8 times a day, and freshly squeezed juices are drunk every hour.
- Enzyme / Metabolic Therapy - enzyme-metabolic therapy (Kelly protocol). This protocol is slightly similar to the protocols of Gerson and Gonzalez. A distinctive feature is the use of proteolytic enzymes against the strictest diet with a high proportion (70-80%) of raw plant products, the intake of freshly squeezed juices and coffee enemas. It is very effective in pancreatic cancer, which is practically not treated by traditional oncological methods. Many other complex forms of cancer were cured by this protocol. Dr. Kelly believes that the metabolic part of therapy for the patient should be selected by a specialist, individually taking into account the type of his metabolism.

A very important factor in the choice of protocol is the localization of the tumor. If the swelling of the tumor as a result of its necrosis and inflammation can cause serious complications (for example, tumors of the brain, bones, bile duct), then a protocol should be chosen whose mechanism of action will not create edema and an increase in size.

The choice of a suitable protocol depends not only on their mechanism of action, the condition of the patient and the localization of cancer. It is necessary to take into account other factors not related to the disease, such as their cost, the possibility of access to them, the nature of the patient, the presence of an assistant or relative, capable of helping in the treatment and other factors.

I am sure that there are many folk, alternative methods of cancer treatment that can be effective in Russia. The problem lies in the fact that they need to be properly taken on the advice of a specialist and under his supervision and as part of the overall treatment package.

Chapter 11 - Questions and Answers That Can Save a Sick Life

"You will not believe how many officials from Food and Drug Administration, their relatives and friends, and directors of organizations such as the American Medical Association, American Cancer Society, or the presidents of official oncological institutions come to Hanover for treatment. It is a fact".

Dr. Hans Nipper,

specialist in alternative cancer treatment.

Over the past few years, I've talked a lot with different people about the alternative view of oncology. I also spend a lot of time on blogs and forums discussing this topic. This helps me understand the attitude of people towards this acute topic and their general awareness. It is important to analyze this communication in forums, which allows me to identify factors that prevent the perception of this information by a certain part of people. Here I would like to turn to the practical side of this problem. For example, many of those who learned that traditional cancer treatment have a much more successful alternative, as well as those who actively criticize it, usually ask me similar questions. Most of these questions are rhetorical and do not suggest a well-reasoned answer. The question is asked in a manner that already implies an apparently obvious answer, which makes the continuation of the conversation meaningless. It is the availability of such a ready "obvious answer", previously formed in the subconscious mind of a person with the help of a sophisticated brainwashing system, that prevents further perception of this necessary information. On these, as well as other, more focused questions, I would like to give short answers in this chapter.

Questions most frequently asked on cancer forums, regarding an alternative view of oncology

Question 1

Why does not medicine use these methods? If there really were means that cured cancer, then medicine would have used them for a long time.

Answer

This question demonstrates the conviction of the questioner that the goal of medicine is to give people health and eradicate diseases. This view is imposed on us by the establishment. In reality, medicine is one of the largest and most profitable businesses, which includes or is connected with the largest pharmaceutical and insurance concerns, companies for the production of medical equipment, and also has a huge army of workers of different levels and specialties. Medicine is also a means of managing and controlling the population. The more people are busy with their illnesses, the less they will think about solving social problems. The more people die from illness before reaching old age, the less the state will spend on pension payments and free treatment of pensioners. No matter how terrible it may sound, but the observation over the last 50-60 years for the activities of honey. establishment, legislated by many Western governments, leads only to this conclusion.

Now let's try to imagine how a healthy, long-lived population will reflect on the reign of the medical establishment that has been established for decades. Together with the huge costs and the likely collapse of business, most of the control over the population will be lost; people will have a lot of free time and they will begin to take a deeper interest in the existing state of things and will also be able to see and understand that they live in an artificially created for them world far from realizing the potential of their capabilities.

From this it can be concluded that the real discoveries in medicine concerning the healing of people from serious illnesses are not beneficial to honey. establishment neither economically, nor politically. This industry has so strongly discredited itself that it is hardly appropriate to endow it with some kind of

humane concepts. Unfortunately, not a single major business and most of the major politicians will act to the detriment of their interests. That is why the establishment's war is so ruthless with successful and often inexpensive methods of treatment. Some alternative cancer therapies are very affordable in terms of cost, and with an average expenditure of up to \$ 100 per month dozens of times superior to traditional methods, while being practically safe.

Question 2

What is the sense of pharmaceutical companies and honey. the establishment to prohibit or ignore natural alternatives to their traditional methods (chemotherapy, surgery, radiotherapy)? If these natural substances really cured cancer, then they would have earned huge money on this.

Answer

Many natural alternative methods have an average of 90% success in cancer treatment [1], while the average success of official oncology is 3-5% [2]. Even these 3-5% are not a correct indicator, since they only indicate the percentage of survivors over 5 years. Very often carcinogenic in its essence, chemotherapy causes secondary cancers after 5-15 years after treatment.

[1] This applies to newly diagnosed patients who have not yet undergone crippling methods of official oncology.

[2] If you do not take into account statistical distortions of honey. The establishment does not take into account some of the most common deadly forms of cancer (such as small cell lung cancer), but precancerous conditions (such as the encapsulated carcinoma of the milk duct, etc.) are taken into account.

Nevertheless, the official medicine will treat you with having 3% success, and Big Pharma will produce medicines for this treatment. The reason is that these drugs are synthesized, which means they are patented and bring a huge income. Natural products can not be patented. That's why no pharmaceutical company will spend about \$ 1 billion for permission to sell a drug that can not be patented.

There is another reason why Big Pharma does not want to sell drugs made from natural sources. After all, this can indicate to many people (who believe that drugs can be treated only by chemically synthesized by Big Pharma drugs) that it is possible to seek a remedy among natural natural sources that are accessible to many and not controlled by it. Given that some natural remedies can successfully treat several different conditions at once (turmeric, for example, has the strongest anti-inflammatory and anti-cancer effect, is an antioxidant and antiseptic and is used in the treatment of more than 100 different diseases), it can cause a sharp decrease in the consumption of synthesized drugs that , mainly aimed only at maintaining the patient's condition through his symptomatic treatment. This in turn will cause a domino effect, where not only Big Pharma will suffer great damage, but the work of many clinics, diagnostic centers and other medical institutions will suffer from the fact that people will successfully cure their diseases with available natural means

Question 3

How can "herbs" and diet help in cancer treatment, if chemotherapy does not help?

Answer

Over the past 100 years, medicine has moved farther and farther away from the principle that if the body gets everything it needs from its environment, then it will not suffer from chronic diseases (which include cancer), and will quickly and easily cope with acute diseases. However, this principle is even

more relevant today, when we all experience nutrient deficiencies in the abundance of food, as the soil has become very poor, and the process of industrial food production removes from our food an already scarce amount of necessary nutrients. What does our body (or rather its anatomical and functional unit - cell) need for a painless existence? We need 90 microelements, 16 vitamins, 12 essential amino acids and 3 essential fatty acids. Note that among these substances there is no chemotherapy - our cells do not need it!

Medicine deliberately puts a high barrier for the treatment of serious illnesses. You want to be convinced that if the disease is serious, then the treatment should be very expensive, complex and dangerous. Does not it remind you of the approach of a dishonest mechanic inspecting your car, which understands that you absolutely do not understand the subject? He will expose you an expensive bill, and besides he will fill in the bad oil, so that you can return to him as soon as possible.

There are many examples where the severity of the disease and the high mortality rate do not completely correlate with the severity, complexity and toxicity of the treatment. Take, for example, a huge number of deaths from scurvy, from which hundreds of thousands of people died in agony in past centuries. The treatment was extremely simple: lemons and limes, i.e. vitamin C. As soon as sailors began to take boxes with citrus fruits, so immediately mortality from scurvy, which previously mowed up to half the crew of the ship, completely disappeared. Cancer is primarily a chronic disorder of cell metabolism due to lack of nutrients, toxicity, stress, trauma, radiation, the effects of various pathogens, or a combination of these factors. If the normal metabolism of the cell is restored (ie, replenishing the deficiency in the body of nutrients and eliminating other causative factors), the cancer process will stop and the immunity will cope with the tumor.

That is why "herbs" (which actually include all natural remedies: minerals, herbal remedies, dietary supplements) and diet (which compensates for the lack of essential elements in the body, and limits the supply of toxins to the body) are simple in principle and inexpensive method of treatment of cancer and other chronic diseases. And expensive, toxic and dangerous chemotherapy, like radiotherapy with surgery, is just a trick of the unscrupulous "mechanic" from our example, which is official medicine.

Question 4

Why do you think that what you are saying is true? I saw in the official sources absolutely the opposite information. Where is the proof? They are not in official sources!

Answer

Many people confuse the notion of "official" with "objective" or "independent." The official source will issue such information, which supports the existing concept of the establishment, of which medicine is a part. And for today it will be wrong to limit the consideration of this state of affairs to the limits of only a certain country. Most mass media of developed countries are now connected by one concept of the global economic dominance of the largest corporations. Today's establishment is the central banks of developed countries, the largest transnational corporations and politicians working for them. Therefore, official sources in these countries serve the interests of these people and organizations. So, if you quote me as a counterargument from a Western newspaper, medical journal, television broadcast or even Wikipedia (now it's a source of information working for the establishment) to prove my wrongness, then this will not at all be an irrefutable proof of the establishment's rightness in this issue. By the same token, you deprive yourself of the opportunity to objectively explore the topic and make an informative decision for yourself.

Many people imagine honey. the establishment and the Big Pharm in particular, as big innocent giants, who are attacked by an army of specialists of a natural kind, embittered by their non-recognition, as well as people disillusioned with official medicine. In reality, these "innocent giants" are waging a brutal and merciless war, smashing any opposition, buying media and imposing a "reality" that is acceptable to them.

Therefore, if the opponents of natural treatments want to argue reasonably, I would recommend that they first conduct their own objective research of both positions. At the same time, they must understand the most obvious tricks of the information war of the establishment, unleashed against natural alternatives.

So, for example, if the mass media ignores important scientific discoveries, new methods of treatment or certain events, this does not mean that they do not deserve attention. It just indicates that they are contrary to the official position. It is also necessary to take into account that for every scientific work, the results of which can destroy this official position, the medical establishment will pay the same or more works with the results acceptable to it.

Thus, when an interested person turns to clarify the question of alternative oncology to an official source, then the information he will find there will be aimed at strengthening the position of honey. establishment and discrediting any alternative. Very often research on this topic by many people on this and ends.

Question 5

It turns out that all doctors provokers and pests?

Answer

Of course not. Many (but not all!) Doctors are highly educated people who came to medicine to help patients, and they wholeheartedly gave the oath to Hippocrates. However, the education that they receive in medical institutions is built in such a way that the interests of the establishment are primarily served, which is almost always done at the expense of causing harm to patients. Medical education causes people to respect their complexity and inaccessibility. The noble role of doctors is portrayed in numerous serials and television programs. Thus, people are formed the opinion that doctors are excellent professionals who know everything about diseases and their treatment, and therefore, if the doctor prescribes treatment, this is undoubtedly the best option for the patient. Unfortunately, this is far from the truth. The doctor's knowledge about the methods of treating diseases is surprisingly one-sided and focused on pharmacology. Knowledge in the field of physiology is very limited by the chemical side of the question and almost does not take into account its physical side: the sun (photons), electricity (electrons), waves and fields. The influence of the psyche on physiology is also hardly studied, except for a brief familiarity with the placebo effect. Knowledge of the healthy diet and the role of numerous nutrients in the body in general, practically absent, for 5-6 years of medical training the issues of healthy nutrition and dietology are allotted only a few hours.

All this explains the fact that doctors have the first choice in the treatment of diseases will be foreign to our body pharmaceuticals, the needs of which the body does not feel at all. With the same natural methods, many doctors are simply unfamiliar. Moreover, in almost all Western countries the doctor will be limited in his choice of treatment by strict protocols authorized by official medicine, and for the use of natural methods can be punished.

Another important factor of the doctor's limited knowledge is that even those who continue their education receive it from the control

Question 6

And you that - the oncologist? How can you know how to cure cancer?

Answer

Oncologists are not taught to cure cancer. They are taught to treat it with chemotherapy, radiotherapy and surgery. It is not the same. That is why the treatment offered by oncologists is usually a long, painful and in 97% of cases unsuccessful, because the success of these methods is on average 3%. I would like here to give an example which, thanks to the use of analogy, makes it easy to understand the absurdity of traditional approaches to solving this problem.

Imagine that you have an expensive antique table in your office. And there were tree bugs that periodically run around the table and irritate you. You decided to get rid of them. What are you going to do? You can ask for help from an experienced woodcutter, who masterfully handles a chain saw, will destroy all bugs, and they will not bother you anymore. However, in this case you will not have a table either. You can also invite a high-level welder who, with a torch of a welder, will burn insolent insects, and with them your expensive table. Alternatively, you can go to the chemical laboratory and ask the worker with a scientific degree to pick the strongest poison, to destroy the invertebrates arthropods living in your desktop. The worker will process your table with a lot of strong acid, which will destroy them all ... together with the table. Seeing your suffering in choosing a method, your housewife will suggest that you take a simple fly swatter and flatten out a little nagger who dared to show himself to you. This option will bring you the greatest satisfaction.

Thus, a simple housewife with a practical understanding of things offered you the most rational choice in which you destroy annoying bugs and at the same time save your favorite table. From this it can be concluded that for advice on how to cure cancer, I would not go to an oncologist who will burn, etch or cut a tumor. And would address to such expert who would not be limited to official medical education and which can freely choose a method of treatment. And first of all he must take care of preserving my body (the table in our example), and not about the destruction or reduction of the tumor. Such specialists include some doctors and scientists who have left official oncology or were dismissed by it. Specialists in natural methods of medicine (naturopaths, homeopaths, phytotherapists) can be very competent in the treatment of oncology. Interestingly, even some people far removed from medicine, such as Bill Henderson and Ty Bollinger, have become well-known authors in the world of alternative oncology. After the death of their loved ones, they completely gave themselves up to the question of finding more successful and less crippling methods of treatment. After many years of research, being not limited to a one-sided formal treatment approach and having a free choice of information, they certainly now know about cancer and about successful methods of its treatment incomparably more than a conventional oncologist. They continue their research work today, hold seminars and help hundreds of people get cured of cancer.

In other words, the opinion of an oncologist will certainly be professional, but it will be far from your ultimate goal - a complete cure for cancer. In this situation, the patient himself must decide what kind of professional he will need to fight this disease: one that will heal the patient, restoring the vital forces of his body, or one that will destroy the tumor, destroying together with it and his life forces .

Question 7

Again these conspiracy theories of a worldwide conspiracy ?? Yes, it is beneficial for any state to have a healthy population in order that it will work more and better, which means that it is in its interest to find a cure for cancer treatment!

Answer

It is indisputable that the economic model of Western countries exerts a great influence on all spheres of life throughout the world, including medicine. However, the economic situation in America, England and other developed countries is such that production is steadily declining due to outsourcing (moving production to poor countries), while the remaining plants and factories in these countries increase robotics processes. The main income of such countries is the financial industry and neocolonialism in the form of endless allegedly anti-terrorist wars in oil-rich or other resource-rich countries. Thus, former workers in the sphere of production are steadily replenishing the ranks of the unemployed. Now it's time that a large number of healthy people no longer need the state. All these countries have huge debts, and so many social payments have to be cut, including benefits and pensions. In addition, many people lose their private pensions due to the fact that companies have also begun to cut them. Either they just lost them in the stock market or went bankrupt. The state in such cases guarantees a minimum pension. If we reject the ethical side of the question (and it simply does not exist for modern Western politicians), from a purely material point of view, it is not beneficial for states to have many healthy people, as well as many pensioners.

This is not a "secret theory", but, unfortunately, a cold statement of facts.

Question 8

Why then does the media say nothing about alternative cancer treatments and their success?

Answer

Here you need to make a little clarification. This question is most often asked me by interlocutors from England and America. That's where you can not find anything on this topic in newspapers or on television! In any case, if something slips, then expect a massive refutation in the near future and a massive company to discredit the source and author of the program. To my great surprise in Russia it is much more often possible to meet quite informative programs and articles on these topics. Nevertheless, major publications and channels also bypass this issue. There are two main reasons for this: 1) a global ideological agenda, conditioned by various ways of influence and 2) an economic agenda. The first category includes the influence of the largest pharmacological concerns and all Western honey. establishment on the nature of medicine in. The second, economic reason, is explained quite simply. If you take professional medical journals or large prints, they are either financed by Big Pharma, or get a lot of money from its representatives for advertising. Look at how many medical magazines contain advertisements for pharmaceuticals! What do you think, what decision will a practical editor accept, if putting an article about the successes of alternative cancer treatment he risks losing most of the advertising from Big Pharma? In addition, he still risks the reputation of his journal, as well as honey. The establishment rarely forgives such liberties. The answer is obvious. That is why the mainstream publications and programs should not be perceived by the party of a similar theme as interested in the person interested in it as an indicator that this topic does not deserve attention. Quite the opposite - if you understand how and how the media lives, then it's the fact of unwillingness to cover this issue that should give it more credibility.

Question 9

Why is there no evidence of the success of alternative methods? Prove the evidence!

Answer

Part of this question is answered by my answer to question 7. Indeed, there is almost no evidence in favor of natural alternatives to traditional methods of treating cancer in the media. However, there are plenty of them in other sources. You just need to be able to look for them, and also be able to notice them. There are a lot of scientific works, articles and books that can be found both in popular and scientific libraries, and in virtual sources. If you conduct research on the Internet, the main thing is not to stop at the first official source (and it will always be the first one!), Because if you want to find information that contradicts the official opinion, then this is the last place you need to look for it.

There are several sites where all the latest scientific articles on natural remedies and alternative methods of cancer treatment are laid out. Here are two English-language sites:

www.greenmedinfo.com and www.naturalnews.com.

Very often even Big Pharma pays for such research for its needs, but the results do not become public. So, for example, it was found that the spice Turmeric (turmeric) and Graviola (a fruit from Latin America) is thousands of times stronger on tumor cells than chemotherapy, and without complications and very selectively. However, you hardly heard about this, as Big Farm failed to synthesize the active components of these plants in order to patent the drug and do business on it, and therefore these studies were simply "buried".

There are many cases when authorities destroyed records of various researchers and medical history of doctors who used successful alternative methods and cured thousands of patients. So Harry Huxley in his clinics cured tens of thousands of people with the help of medicinal herbs, but after winning the trial with the FDA, the police seized and destroyed all the medical history. The same thing happened with the records led by Renee Casey, who treated patients with cancer with Isaac-chai, and also with the records of Raymond Rife, who had 100% success using the frequency device he invented (the authorities also destroyed these unique devices). The American physician and scientist Stanisław Brzzyński has been gaining more than 30 years from the authorities of the state of Texas and the US federal authorities numerous trials aimed at ending his practice of treating cancer with antineoplastons. In this successful struggle, a great role is played by the medical history, which he carefully leads, detailing the process of treatment and the dynamics of all changes in the patients' condition.

As I mentioned earlier, official medicine does not want you to see this evidence. But if you take a little time and show patience, then you will open an ocean of information in which small islets of pseudoscientific official versions and facts will simply be drowned.

Another problem is that many simply do not notice the information they are asking about. For example, in forums you can often meet people who have been cured of cancer by folk or other natural alternative methods that share their experiences. Nevertheless, on their comments, many simply do not react or take them seriously. Often such people are scolded and asked not to fool the head with stupidities. People expect that some miracle cure for cancer will be found, and certainly from medical luminaries. If someone is cured of a diet, decoction of chaga, hemlock, famine or other methods or their combinations, this often does not cause interest. It would seem that it can be more valuable than the experience of a person cured of cancer ?! And, as a rule, among such people, there are patients with stage 4 cancer, from which the medicine refused, or patients who have passed all kinds of official cancer treatment and only then turned to alternatives.

Thus, if a person really wants to see evidence of the effectiveness of alternative therapies, then he should not seek confirmation of his original point of view (on the correctness of the choice of traditional treatment) in official sources. On the contrary, he should get acquainted with information from other

sources, and then compare it with the official one. And as a result of this comparison, the official version will look very unconvincing.

Question 10

What is the success rate of alternative cancer treatments? How does the previous traditional treatment affect it?

Answer

Success statistics range from 80% to 100%. For example, Linus Pauling had 80% success from his method of treating hyperdoses of vitamin C. Joanne Brandt (grape diet) and Raymond Reif (a device that destroys pathogens inside a cancer cell by selecting the right frequency) had 100% success. Dr. Kelly (enzymes, diet, detoxification), Max Gerson (Gerson protocol - intensive shokoterapiya, detoxication), Joana Budwig (Budwig protocol - cottage cheese and oil diet, detoxification) and many others - cured over 90%. True, these figures refer to patients (usually in the 3-4th stage of cancer) who were only diagnosed, but did not undergo traditional chemotherapy, radiation therapy, or surgery. Traditional treatment significantly reduces the likelihood of success of alternative treatment. Many experts agree that if a patient resorts to natural alternative methods after official treatment, his chances of recovery may be in the range of 10-50%. The reason is that the immunity of the patient, initially unable to cope and allowing the disease, receives such a blow from chemotherapy, which often can not be restored. The gastrointestinal tract comes in such a deplorable state that the normal absorption of nutrients in it is no longer possible. Aved is the main way of delivery of drugs used in most alternative methods! Other body systems also suffer: liver, kidneys, hematopoiesis. Chemotherapy causes a strong acidosis of tissues. All this leads to the fact that the body does not have any physiological reserves, on which the process of recovery could rely.

Unfortunately, 98% of patients who turned to alternative methods were officially treated.

I often met in the forums the opinion that you must first be treated by doctors, and only then you can use "herbs" and diets to maintain. Perhaps, they will fit for maintenance, but it will help only until the next relapse, which after every cycle of official treatment will be more aggressive. The need for the correct choice of treatment is important at the beginning, immediately after the diagnosis. In this case, when choosing an alternative treatment concept, the patient can be successful up to 100% at the 1st stage and up to 90% at the 3-4th.

Question 11

Is it not better to consult a doctor about the use of alternative methods?

Answer

If you have chosen the traditional concept of treatment and continue to be treated, then the doctor must be informed. If this is an informed specialist who is really interested in the success of the treatment, then he can positively or neutrally treat that alternative methods or preparations will be added to his treatment. Such a doctor can help avoid complications in combining treatment. For example, cancer patients are often prescribed a blood-thinning agent, and some alternative drugs also have this effect and may increase the likelihood of bleeding. Some drugs (turmeric, ginger, vitamin C, etc.) have the property to enhance the effect of chemotherapy. If your oncologist with this sign, he can reduce the dose of chemotherapy, thereby reducing its toxicity and increasing efficacy. Unfortunately, such doctors are infrequent. Much more often your doctor scolds you and forbids you to use any alternatives. In such a

situation, it is difficult to obtain an informed, objective opinion and therefore responsibility for the decision of the patient should be assumed.

And, of course, there is absolutely no point in asking a doctor opinion about the benefits or harm of choosing an alternative treatment instead of the traditional one. In 99.9% of cases the answer will be unambiguous! It's like asking a drug dealer what you should do: buy a drug from him or instead go and drink carrot juice. Obviously, you will be offered a drug.

Question 12

If chemotherapy is so toxic and harmful, as you say, so what, do not get treated at all? After all, there is no other choice!

Answer

The person always has a choice. Even when he does not choose anything - this is also a choice! Very often, when people ask such a question, they often heard, if not about alternative, then, at least, about popular methods. Unfortunately, most do not consider them strong enough to be an alternative, say, chemotherapy. In this case, the comparison is made only on the grounds that chemotherapy is very potent and toxic and that only such a remedy can have a chance in curing a serious illness.

In one of the past questions, I touched on this error. Far from always (and certainly not in the case of chemotherapy), the effectiveness of the drug is equivalent to the degree of its danger and toxicity. That is why many patients do not seriously consider abandoning the severe, crippling traditional treatment in favor of harmless, non-toxic natural remedies, suggesting that they are not strong enough.

But what interesting information can be found in some medical official sources that did not receive proper feedback in the media. This information gives an ambiguous answer to the question posed here:

"My studies have proved conclusively that untreated cancer patients live 4 times longer than those who have been treated. If a cancer patient decides not to do anything at all, he will live longer and feel better than if he undergoes radiation treatment, chemotherapy or surgery ... "[3]

[3] Professor Jones, 1956, works of N.Y. Academy of Medical Sciences, Vol. 6.

In 1975, the famous British medical journal Lancet published the results of a study comparing the effect on a patient with cancer: 1) from a single cycle of chemotherapy; 2) from many cycles of chemotherapy; 3) from complete absence of treatment.

Absence of treatment showed significantly better results in patient's life expectancy and quality of life of the remaining period of life.

If patients knew this information, what do you think, would be their answer to the question posed?

Question 13

Where can I find information about clinics using alternative cancer therapies? Where can I find specialists who are treated with alternative methods?

Answer

There are several dozen clinics using non-traditional methods of cancer treatment. Their list you will find below. On average, the course of treatment in them will vary from \$ 10,000 to 25,000 per course of treatment (1-4 weeks). It is likely that you will need the help of a specialist who will be able to negotiate

with the clinic and arrange an escort that will help with the transfer and household device for the duration of the course. For these services will need to add another \$ 3,000- \$ 6,000. It is necessary to understand that the treatment should begin before coming to the clinic and continue after the completion of the treatment course at the clinic. To do this, you will also need to find a specialist.

I'm not familiar with the companies in Russia and the CIS that offer such a service, but it's quite possible to find specialists in Europe, Israel and America who, being Russian speakers, own the topic and could organize treatment in one of such clinics.

Treatment in the clinic is desirable, but not necessary. A lot more patients were cured at home with the help of specialists in natural alternative methods of cancer treatment. Some patients successfully treat themselves, using information obtained in the process of researching this topic. For many, this option may not be appropriate, since the field of information is very extensive and this research process can take from several months to several years. Also, the patient may not have enough knowledge or time to choose the most suitable treatment protocol if his illness has gone far or very aggressive.

The search for individual specialists in Russia and CIS countries has not been systematized yet. However, forums and blogs on cancer topics, especially on the topic of alternative oncology, can give you many interesting contacts with people who are very knowledgeable in the subject and even are specialists in this field. Immediately after the completion of this book, I want to collect information to compile a database of specialists on various methods of natural alternative cancer treatment in Russia, the CIS, and among Russian-speaking immigrants.

For today I already have contacts of several such specialists in Ukraine, Russia and England (including the author) who advise patients, help in the choice of treatment, help to get the necessary drugs and devices, and also correct the treatment protocols depending on the patient's condition change.

application

A list of non-traditional cancer treatment clinics and the methods they use

- **Camelot Cancer Care** [**] (Raided by FDA: Availability Unknown)

M.D. — DMSO based: Vit. C, 3 botanicals, etc. (Tulsa, Oklahoma)

(Read their FAQ Before Contacting)

- **Osage Natural Health** [***]

N.D. — Photon Genius, Ozone, etc. — Weak Patients (Arkansas)

- **Integrative Medical Center** [***]

M.D. — Low Dose Naltrexone / ALA — Weak Patients (New Mexico)

- **Natural Healing Center** [***]

D.C. — Photon Genius, Hyperbaric, High RF Freq., etc. (South Carolina)

- **Bicher Cancer Institute** [***]

M.D. — Hyperthermia, Radiation, etc. (California)

- **Hippocrates Health Institute** [***]

Wheatgrass Juice, Juicing, Living Foods (Florida)

- **Home For Health** [** 1/2]

GB-4000 (Amplified), Ozone (multiple methods), PolyMVA, etc. (Kentucky)

- **Nevada Center** [**]

M.D. — Ozone, Hydrogen Peroxide, IPT, etc. (Carson City, Nevada)

- **Life Works Wellness Center** [**]

M.D. — IPT, Ozone, High Dose Vit. C, Pulsed Magnetic Field, etc. (Clearwater, FL)

- **EuroMed Foundation** [**]

M.D. — IPT, Hyperthermia, Ozone Steam, etc. (Phoenix, AZ)

- **Gerson Institute** [**]

Original Gerson Clinic / Mexico or San Diego, California

- **Utopia Wellness** [**]

M.D. — Wide Range of Holistic Protocols (Oldsmar, Florida)

- **Nature Works Best** [**]

N.M.D. — Cesium Chloride, High Dose Vit C, DMSO, etc. (Tempe, AZ)

- **Enlightened Medicine Center** [**]

N.M.D. — Photon Genius/Genie, Botanical, IV Therapy (Cottonwood, AZ)

- **Riordan Clinic** [**]

M.D. — PolyMVA I.V., UVBI, High Dose Vit. C (Wichita, Kansas)

- **Linchitz Wellness** [**]

M.D. — Insulin Potentiation Therapy (New York)

- **Mexican Clinics**

Website With Information on Multiple Clinics in Mexico — Mexico

- **Hyperthermia Society**

Long List of Hyperthermia Clinics Worldwide (Many in U.S.)

- **Medicine of Hope** [*]

IPT, DMSO, Ozone I.V., H2O2 I.V., many other treatments (Mesa, Arizona)

- **Dr. Donato Perez Garcia** [*]

IPT, clinic of Dr. Donato Perez Garcia (Tijuana, Mexico)

- **American Metabolic Inst.** [*]

American Metabolic Institute (Tijuana, Mexico)

- **Oasis of Hope** [*]

M.D. — Oasis of Hope — Ozone, Laetrile, etc. (Tijuana, Mexico)

- **Hallelujah Acres** [*]

Retreat for Raw Food / Greens Treatment (North Carolina, USA)

- **Cure Foundation** [*]

Hoxsey Clinic / Treatment (Mexico)

- **Reno Integrative**

Homeopathy and other approaches (Reno, Nevada)

- **An Oasis of Healing**

M.D. — An Oasis of Healing — IPT, Simoncini, etc. (Mesa, Arizona)

- **Hope 4 Cancer**

Electromedicine, Alkaline Therapy, many other treatments (Tijuana)

- **Hawaii Gerson Therapy**

Gerson Therapy and other treatments — Hawaii

- **Roy Hansen, D.C.**

American doctor: ionized baths, ozone I.V., herbs, diet (Mexico)

- **Dr. Rowen and Dr. Su**

Two M.D.s that will work with you. They offer treatments (Santa Rosa, California)

- **Paul Stallone, N.M.D.**

Arizona Integrative Medical Ctr, ozone I.V., DMSO/H2O2, etc. (Scottsdale, AZ)

- **ITL Cancer Clinic**

Immuno-Augmentive Therapy (Cancer vaccines), etc. (Bahamas)

- **Immune Recovery Clinic**

Restoration of the immune function (Atlanta, Georgia, USA)

- **Immune Recovery and Wellness**

Immune building and other treatments (Tucson, Arizona, USA)

- **Rudolf Steiner Health Center**

Community Supported Anthroposophical Medicine (CSAM) (Michigan, USA)

- **Amazon Clinic**

Magnetic Meridian Cupping and Many Other Protocols (Amazon — Peru)

- **Robert B. Wickmen, DO, ND**

Nervous system, spine, plus cancer: Email: Rbw66_2000 (Yahoo email) — Ecuador

- **Hope Clinic**

Wide range of treatments — Australia

- **Natural Therapy Center**

Natural Therapy Center (NTC) — Cyprus

- **Humlegaarden**

Well known, alternative therapies and chemotherapy, when needed — Denmark

- **Nihaw Akupunktur Klinik**

Traditional Chinese Medicine, GB-4000 M.O.P.A. — Denmark

- **Life Clinic**

Experts in the Kelley Protocol — Hong Kong

- **Kaqun (Oxygen) Therapy — Hungary Kaqun Clinic**

Shao Ling (China) oxygen therapy, both bath and drinks — Hungary

- **Mr. P. A. Deshpande**

India practitioner — Various wheat grass, aloe vera, etc. — India

- **Sibia Medical Centre**

Cytotron — Rotational Field Quantum Magnetic Resonance — India

- **The Cure Planet [*]**

Wide Variety of Western and Eastern Treatments — India

- **Dr. Herzog's Special Hospital** [**]

Hyperthermia Hospital in Bad Salzhausen — Germany

- **Hyperthermia, IPT, Galvanotherapy, etc.** [**]

Hyperthermia Hospital in Hannover — Germany

- **Dr. Chris Teo**

Various Herbal and Other Treatments — Malaysia

- **Ozone RHP Clinic**

Ozone RHP Clinic — Contact via linked website — Malaysia

- **Healing Institute Of Asia**

Vitamin C I.V. Primarily — Philippines

- **Institute Santa Monica**

Wide range of treatments — Poland — in Polish

- **NutriTherapy**

NutriTherapy Clinic — Excellent Treatments — South Africa

- **Boa Bab Cancer Retreat**

Collect-Budwig, Photon Genius, Nutritional, etc. — South Africa

- **Budwig Center**

Budwig Protocol and other approaches — Spain

- **Medicana International** [*]

IPT, DMSO, Hyperthermia, IV Vitamin C, etc. — Turkey

- **Osmanoglu Hastanesi** [*]

IPT, DMSO, Hyperthermia, IV Vitamin C, etc. — Turkey

List of used literature and other sources of information

- Colin T Campbell « China Study»
- Colin T Campbell «Whole»
- Andrias Moritz «Cancer is not a disease»
- Ty Bollinger « Cancer. Step outside the box»
- Robert G. Wright «Killing Cancer — not People»
- Raymond Francis «Never fear Cancer again»
- Lothar Hirneise « Chemotherapy heals cancer and the world is flat»
- Dr Robert O. Young and Shelley Redford Young «PH miracle»
- Брюс Липтон «Умные клетки. Биология убеждений»

- Bruce Lipton «The wisdom of your cells»
- Bill Henderson «Cancer-Free»
- Ben Condacre «Bad Pharma»
- Ralph Moss «Cancer industry»
- Barbara Wren «Cellular awakening»
- Sayer Ji, Ben Lerner «The Cancer Killers»
- Marc Sircus «The changing landscape of cancer»
- Marc Sircus «Medical Marijuana»
- Michael Vrentas «Collect Budwig Protocol»