

## HEALTHY LIVING REPORT

### Focus on: Cancer: Is There A Cure?

Few diseases strike more fear in the heart than cancer. But what is it? Cancer is simply a part of your body that is growing too much. When cancer cell populations increase in number they generally also enlarge in size. That's why a cancer is often called a tumor—Greek for a swelling.

**MYTH:** Cancer is incurable.

**FACT:** There are many cancer cures.

Although the standard medical approach of chemotherapy, radiation and/or surgery (poison, burn and cut) has been a failure in curing nearly all cancer patients, there are many successful natural approaches.

**MYTH:** Cancer has always been a major killer.

**FACT:** Cancer has increased from a rare illness (from one person in 9,000 to one in two or three) within decades—the blink of an eye in human history.

**MYTH:** There's more cancer today because people are living longer.

**FACT:** Humans have lived long healthy lives for millennia without ever having cancer. The tremendous increase of childhood cancer shows that cancer is not a disease of aging.

**MYTH:** Cancer doesn't disappear naturally.

**FACT:** The natural disappearance of cancer, called spontaneous remission, is an acknowledged fact and has been recorded in thousands of cases. [Hirshberg C, O'Regan B. *Spontaneous Remission: An Annotated Bibliography*. Sausalito, CA: Institute of Noetic Sciences, 1993.] Your body has the ability to remove the tumor when it (the tumor) is no longer needed.

**MYTH:** The cancerous tumor is trying to kill us.

**FACT:** New research reveals that the tumor has a purpose. Andreas Moritz, in *Cancer Is NOT A Disease – It's A Survival Mechanism*, explains that cancer is a response to internal toxicity. Cancer is how the body tries to keep us alive when we are in danger of imminent death from poison; cancer cells feed off our toxic buildup. Only by addressing the cause of the tumor can we have a real cure.

The tumor is so important to the body that it is supplied with special blood vessels. Why would the body try to destroy itself? It makes more sense that the tumor is serving a purpose.

A recent journal article affirms this hypothesis:

*Cancer is a natural wound healing-related process.... However, if the cause of the wound or if the wound persists ... the continuous wound healing process will lead to a clinical cancer mass.... The*

*logic of this cancer mechanism is consistent with the rationales of the other physiological metabolisms in the body – for survival.* [Meng X et al. A new hypothesis for the cancer mechanism. *Cancer Metastasis*. 2012;31(1-2):247–268.]

Ancient peoples practiced detoxification such as: sweat lodges, saunas, hot baths, colonics, herbs, massages and other cleansing procedures. Ironically, today's world is so much more toxic and yet we largely ignore cleansing and detoxification.

**MYTH:** There is a genetic cause of cancer.

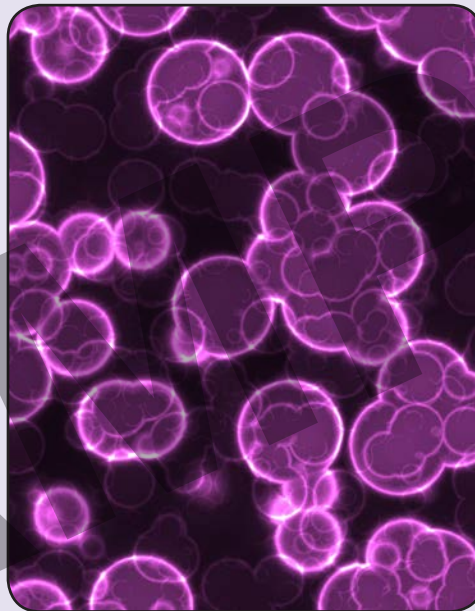
**FACT:** The hunt for a cancer gene or genes is a waste of time and research dollars. Genes cannot be the sole causal factor since our genetic composition

hasn't changed in the past few thousand years. Still, some women, told they have a "cancer gene," have had their healthy breasts cut off to prevent cancer. This makes as much sense as chopping off your head to prevent migraines. The science of epigenetics reveals that genetic expression changes when the cells' environmental changes. We must understand the environmental triggers.

**MYTH:** Emotional stress causes cancer.

**FACT:** How can we blame emotions as the sole cause of cancer when human emotions such as fear, anger and anxiety are nothing new in the human condition? We had barely any cancer for thousands of years in spite of war, famine, plague and intense stress.

Yet emotions have a powerful modulating effect on the immune and endocrine systems and can play a significant role in all disease processes. Many cases of spontaneous remission have been recorded after emotionally cathartic experiences.



**MYTH:** Modern medicine is winning the war on cancer.

**FACT:** The medical approach to cancer has been a failure, as cancer experts tell us:

*Evidence has steadily accrued that (cancer therapy) is essentially a failure.* [Temple NJ et al. The war on cancer – failure of therapy and research: discussion paper. *J Royal Society of Medicine*. 1991;84:95-98.]

*Some 35 years of intense effort focused on improving treatment must be judged as a qualified failure....* [Bailar JC, Gornik HL. Cancer undefeated. *N Engl J Med*. 1997;336:1569-1574.]

*The National Cancer Institute and the American Cancer Society have misled and confused the public and Congress by repeated false claims that we are winning the war against cancer – claims made to create public and Congressional support for massive increases in budgetary appropriations.* [Epstein S. *The Politics of Cancer – Revisited*. Fremont Center, NY: East Ridge Press, 1998.]

*... the percentage of Americans dying from cancer is about the same (now in 2004) as in 1970 ... and in 1950.* [Leaf C. Why we're losing the war on cancer. *Fortune*. 2004;149(6):76-97.]

**MYTH:** A cure is “just around the corner.”

**FACT:** Organizations that depend on donations have been claiming “a cure is just around the corner” for nearly 100 years in order to raise funds. For example:

*Inevitably ... we can look forward to something like penicillin for cancer, and I hope within the next decade.* [Cornelius Rhoads, MD, Sloan Kettering Cancer Center, 1953]

*We are so close to a cure for cancer. We lack only the will and the kind of money ... that went into putting a man on the moon.* [American Cancer Society full-page ad in the *New York Times*, 1969]

*... with a billion dollars for ten years we could lick cancer.* [R. Lee Clark, MD, Director of the M.D. Anderson Hospital and Tumor Institute, testimony to Congress, 1969]

*Cancer deaths can be cut in half by the year 2000.* [Peter Greenwald, MD, Director of the National Cancer Institute's Division of Cancer Prevention and Control, 1989]

The medical profession has no “cure around the corner.” Many people feel it's all a marketing ploy to increase donations.

**MYTH:** Chemotherapy is safe.

**FACT:** Chemo is the most dangerous, damaging, poisonous drug ever put into the human body. If it touches the skin it can cause severe chemical burns. When injected directly into one's blood vessels chemotherapy causes: cancer, brain damage (chemo brain—impaired memory and thinking), unrelenting diarrhea, hair loss, heart damage, immune system damage, impotence, stroke, suicide, weight loss, deafness, loss of taste, kidney damage, neuropathy, nausea, vomiting, bone marrow suppression and the risk of toxic death.

*You cannot heal with poison.* Charlotte Gerson, director of the Gerson Institute, San Diego, CA

*Remember, there are worse things than death. One of them is chemotherapy.* Charles Huggins, MD, winner of The Nobel Prize in Physiology or Medicine, 1966

*Bottled death.* Vice President of the US, Hubert Humphrey, who died of bladder cancer

**MYTH:** Chemotherapy is effective.

**FACT:** A cancer drug is said to be “effective” if there is tumor shrinkage. However, temporary tumor shrinkage does not mean the patient lives longer or with an improved quality of life.

*The quantitative impact of chemotherapy on survival is minuscule.* [Haskell CM. Chemotherapy and survival of patients with non-small cell lung cancer: a contrary view. *Chest*. 1991;99:1325-1326.]

Cancer researcher Ulrich Abel, MD contacted 350 medical centers and reviewed thousands of papers from biomedical journals on the results of chemotherapy. His paper “Chemotherapy And Advanced Epithelial Cancer: A Critical Review” [*Biomedicine and Pharmacotherapy*. 1992;46:439-452] reported that the success rate of chemotherapy was “appalling.” Dr. Abel found no proof that chemotherapy “can extend in any appreciable way the lives of patients suffering from the most common organic cancers.” For cancers that cause 90% of cancer deaths, “chemotherapy has never proven to do any good at all.”

Others report the same:

*In a study of every randomized, controlled clinical trial from 1990 to 2004 the 5-year survival rate for the most common forms of cancer was zero or close to zero.* [Morgan G et al. The contribution of cytotoxic chemotherapy to 5-year survival in adult malignancies. *Clinical Oncology*. 2004;16(8):549-560.]

The futility of chemotherapy was revealed when it was discovered that chemo can make cancer worse by triggering tumor growth. That may be why tumors often shrink initially (from chemo), but then rapidly increase and resist chemotherapy. [Sun Y et al. Treatment-induced damage to the tumor microenvironment promotes prostate cancer therapy resistance through WNT16B. *Nature Medicine*. 2012. Published online: 05 August 2012]

Those few people who recover from cancer and were given chemo may have healed in spite of, rather than because of, chemotherapy.

**MYTH:** MDs would undergo chemotherapy if they had cancer.

**FACT:** The danger and ineffectiveness of chemotherapy is revealed when oncologists refuse it for themselves.

*The personal views of many oncologists seem to be in striking contrast to communications intended for the public.* [Abel U. Ein gnadenloses zuviel an therapie: teil zweifel an den chemischen waffen. *Der Spiegel*. 1987;26:128.]

*Many oncologists would decline chemotherapy for themselves or their families.* [Moore MJ, Tannock IJ. How expert physicians would

wish to be treated if they developed genitourinary cancer (abstract No. 455). *Pro ASCO*. 1988;7:118.]

In another study, 81% of respondents refused chemotherapy for themselves or would refuse to administer it to their families. When asked why, the answers were: it isn't effective and it's toxic. "If experts refuse to participate in a trial, should uncomprehending patients be asked to consent?" [Mackillop WJ et al. The use of expert surrogates to evaluate clinical trials in non-small cell lung cancer. *Br J Cancer*. 1986;54:661-667.]

**MYTH: Once diagnosed with cancer, you must begin treatment immediately.**

**FACT: Many cancers are slow growing.**

*On average the tumor is ten years old ... before it can be detected and with few exceptions is health endangering or life threatening.* [Friberg S et al. On the growth rates of human malignant tumors: Implications for medical decision making. *J Surgical Oncology*. 1997;65(4):284-297.]

*Cancer is a slow growing disease and they've got time to think about it ... the doctor however will pressure them to make a decision within hours to get the breast cut out or the prostate cut out or a piece of the colon cut out ... but ... this disease on average has been going on for ten years before they discovered it and it'll probably go on for another ten, 15 or 20 years before it kills them.* [John J. McDougall, MD in *Healing Cancer From Inside Out* (2nd edition). Documentary produced by Ravediet.com, 2008.]

*You can live with an untreated tumor for just as long as you would with one that has been shrunk or eliminated by chemotherapy (or radiation) ... tumors almost never kill anyone unless they obstruct the common bile duct or other vital passages ... chemotherapy has never been shown to have curative effects for cancer.* [Moritz A. *Cancer Is NOT A Disease – It's A Survival Mechanism* (3rd ed.). Landrum, SC: Ener-chi Wellness Press, 2009:29.]

**MYTH: Killing the tumor will cure the patient.**

**FACT: In most cases after medical intervention** tumors may shrink but the cancer often comes back (recurrence) with a vengeance.

*We have a multi-billion dollar industry that is killing people, right and left, just for financial gain.* [Glenn Warner, MD in Robbins J. *Reclaiming Our Health: Exploding the Medical Myth and Embracing the Source of True Healing*. Tiburon, CA: H.J. Kramer Inc., 1998.]

**MYTH: No one knows how to cure cancer.**

**FACT: There are many successful cancer cures.** Many thousands of people have reported the disappearance of their cancers after using various therapies and healthcare approaches. [Weil A. *Spontaneous Healing*. NY: Knopf, 1995.] [Hirshberg C, Barasch MI. *Remarkable Recovery*. NY: Riverhead Books, 1995.]

**MYTH: We don't know what causes cancer.**

**FACT: The one common denominator behind cancer** in the brain, breast, colon, skin, blood and other body parts is

toxic damage. Toxins can cause cancers. As our exposure to toxins increases, cancer increases.

Otto Warburg, MD noticed something odd about cancer cells—they breathe differently than normal cells. They don't use oxygen, but instead use fermentation (anaerobic respiration). Toxins impair tissue oxygenation.

*The prime cause of cancer is the replacement of the respiration of oxygen (oxidation of sugar) in normal body cells by fermentation of sugar. ... It cannot be disputed that cancer could be prevented if the respiration of the body cells would be kept intact.* [Warburg O. The Prime Cause and Prevention of Cancer. Lecture delivered to Nobel Laureates on June 30, 1966 at Lindau, Lake Constance, West Germany.]

## Factors That Contribute To Cancer

**There is more toxicity today than ever before in human history. This is a partial list of practices and sources of toxicity.**

**Suppression of symptoms:** usually with drugs, prevents the body from externalizing toxins. By preventing or suppressing fever, diarrhea, vomiting, skin eruptions, infection and natural detoxification, toxicity increases.

**Vaccination:** children (and adults) are injected with some of the most powerful toxins known including mercury, aluminum, formaldehyde, phenol, carbolic acid and many other carcinogenic chemicals. Vaccination suppresses the immune system.

**Heavy metals:** mercury and aluminum from vaccines, dental amalgam, antiperspirants, aluminum cookware.

**Bizarre foods:** MSG; hydrogenated oils (i.e. Crisco™, margarine); aspartame, NutraSweet™, Splenda™ and other fake sugars; and junk foods that have no nutritional value such as sugar and processed foods.

**Constipation:** impacted fecal matter interferes with oxygen and may lead to colon cancer, rectal cancer, Crohn's disease, colitis, diverticulitis, polyps and tumors.

**Chemical out-gassing:** from carpets, paints, clothing, plastics.

**Underwire bras and tight clothing:** impairs lymph drainage.

**X-rays, mammograms, CT scans:** promote cancer.

**Microwave use:** creates chemicals linked to cancer.

**EMFs:** use of cell phones has been linked to brain and other cancers.

**Dentistry:** root canal and wisdom tooth socket infections, crowns, cavitations, mercury and other metals create toxicity and inflammation.

**Chronic traumatic emotional stress:** weakens the immune system.

**Structural distortions (subluxations):** decreased blood flow and/or oxygenation.

**Environmental toxins:** chlorinated and fluoridated water, pesticides, herbicides.

**Non-fermented soy:** tofu, edamame, soy milk and soy milk products, soy formula, soy oil and soy lecithin are linked to cancer. Tempeh, natto, miso, soy sprouts and soy sauce are fermented and safe.

## Natural Cancer Cures & Resources

True cancer cures detoxify (rid the body of the toxins), cleanse, strengthen, rebalance, de-stress and nourish body tissues. The overarching goal is to remove stagnation, blockages, subluxations and interferences to proper body function and enhance energy, oxygen, movement and cleansing. The following list is not exhaustive and these approaches are often used in combination under the guidance of health professionals.

**Classical homeopathy:** balances body chemistry, eliminates toxins, improves body function, strengthens and heals the immune system.

**Chiropractic:** releases/removes subluxations that create disease, improves natural healing, balance and body function.

**Biological/holistic dentistry:** for removal of toxic teeth, cavitations and mercury. *It's All in Your Head* and other books by Hal Huggins, DDS, discuss dentistry. To locate a holistic or biological dentist in your area: <http://www.iaomt.org> or <http://mercury-freedentists.com>.

### Traditional Chinese medicine and ayurvedic (Indian) medicine

**Qigong, tai chi, yoga and exercise:** to move stagnant energy, promote detox and oxygenate the system.

**Sunlight:** optimizing vitamin D levels dramatically decreases nearly all cancer risk.

**Sauna, liver and gallbladder flush, massage, bodywork, heavy metal detox:** all excellent approaches to promote cleansing and detoxification.

**Nutrient-dense foods:** Dr. Weston A. Price noticed that people who eat traditional foods don't get cancer, heart disease, diabetes or have dental problems. Eat grass-fed beef, wild caught seafood, organic/biodynamic raised foods, natural oils and fats. [www.westonaprice.org](http://www.westonaprice.org), [www.ppnf.org](http://www.ppnf.org).

**Herbs and supplements:** to cleanse and nourish such as Essiac tea; 7 Herb formula (<http://stores.dc1store.com/StoreFront.bok>); mistletoe (Iscaador, derived from mistletoe is the most prescribed cancer medicine); Hoxsey Therapy ([http://www.cancure.org/hoxsey\\_clinic.htm](http://www.cancure.org/hoxsey_clinic.htm))

**Gerson Therapy:** Max Gerson, MD developed a successful cancer cure of detoxification, enemas, cleanses and nourishing foods that are used at the Gerson Institute. <http://gerson.org/gerpress/>.

**Coley's toxins:** around 1900, William B. Coley, MD developed a vaccine to promote fever and rash. Over 1,000 cures of cancer were reported.

**Milk cure:** detox protocol developed by J. R. Crewe, MD. <http://www.realmilk.com/milkcure.html>.

**Sodium bicarbonate treatment:** developed by Tullio Simoncini, MD. <http://www.curenaturalcancro.com>.

**Hydrogen peroxide therapy and other alternative cancer treatments:** [http://www.cancertutor.com/Articles/Overview\\_of\\_Best.html](http://www.cancertutor.com/Articles/Overview_of_Best.html).

## Books & Videos

Cavanaugh M. *The One-Minute Cure: The Secret to Healing Virtually All Diseases*

Clark H. *The Cure for All Diseases*

Clark H. *The Cure and Prevention of All Cancers*

Fallon S, Enig M. *Nourishing Traditions*

Moritz A. *Cancer Is Not A Disease – It's A Survival Mechanism*

Moritz A. *The Amazing Liver and Gall Bladder Cleanse*

Moritz A. *Timeless Secrets of Health and Rejuvenation*

Moss RA. *Questioning Chemotherapy*

Price W. *Nutrition and Physical Degeneration*

Healing Cancer from Inside Out on [www.youtube.com](http://www.youtube.com)

Provided as a public service by: