

Extreme Healing

Seven Weapons to **Wipe Out** Cancer Naturally

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Extreme Healing: Seven Weapons to Wipe Out Cancer—Naturally

The chain of events that ultimately leads to “cancer” can be complex. And certainly some people are genetically predisposed to the disease. Most of the time though, cancer is a disease we give to ourselves.

It is fueled primarily by what we eat. The chemicals we’re exposed to. The pollution we breathe. It doesn’t happen overnight. In most cases, detectable tumors develop over a period of many years. But what exactly is cancer?

First of all, “cancer” is not a tumor. A tumor is the name we give to a mass of mutated cells. Mutated cells are actually perfectly natural.

Scientists estimate that every second of the day, your body produces 50 million new cells.ⁱ Most of these cells divide at a controlled rate. Then they die when they are supposed to (a process called apoptosis). But with your body creating so many new cells, there are bound to be errors. Cells with damaged DNA. These cells may divide at a faster rate. And they do not die when they should.

So at any given time, the average person could have countless abnormal cells floating around inside them.

Your body has numerous defenses to destroy these cells. Most of the time, it keeps them in control. They are eliminated before they can ever do you harm.

In other words, your body naturally “cures” cancer every single day.

The disease we call “cancer” is simply a process where this balance is disrupted. The number of mutated cells grows faster than your body’s ability to destroy them. Over time, these mutated cells form a mass that we call a tumor.

Studies show lifestyle and environmental factors account for more than 90 percent of cancers.ⁱⁱ The solution? Avoid the things that cause cells to mutate. And bolster your immune system to destroy the ones that do. By tipping the balance back in your body’s favor, you can prevent and even cure cancer.

So, how do we do that?

Four Ways to Virtually Eliminate Your Risk of Cancer

For years, mainstream medicine and Big Pharma have told us that genetics dictate our disease risk. It’s no surprise why. After all, treating disease is very profitable. Preventing it is not.

Scientist Craig Venter has led the effort to sequence the human genome. Here is what he says about how genetics relate to our risk for disease:

“Human biology is far more complicated than we imagine. Everybody talks about the genes that they received from their mother and father, for this trait or the other. But in reality, those genes have very little impact on life outcomes. Our biology is far too complicated for that and deals with hundreds of thousands of independent factors. Genes are absolutely not our fate.”

In other words, one of the greatest genetic experts in history believes that genes are not the deciding factor when it comes to disease. Thankfully, this enlightened view is seeping into the mainstream. In the past, medical schools taught students that only about 5 percent of cancers could be traced to factors like diet or chemical toxins.ⁱⁱⁱ

Just think of what this could mean...

The National Cancer Institute and the Centers for Disease Control found that nearly 17 million Americans died from cancer between 1975 and 2006!^{iv} That’s more than the populations of New York... Chicago... Los Angeles... Denver... Miami... and Dallas... Combined!

President Richard Nixon declared the “War on Cancer” over 40 years ago. Since then, more than a trillion dollars has been spent on research and treatments. And yet the incidence rate, the mortality rate, and the probability of diagnosis have all gone up.

Today, nearly one out of every two Americans will get cancer.^v This disease will almost certainly touch your life in some way. If it hasn’t already. The good news is that we know how to reduce your risk of cancer almost entirely. Here are four steps you must take immediately...

#1 – Avoid Chemicals and Hormones

Our ancient ancestors didn’t have to worry much about environmental toxins. Today there are pollutants in the air and water. But we also subject our bodies to cancer-causing chemicals daily. They are added to processed foods. They are sprayed on fruits and vegetables. They are found in meats, poultry and seafood. And if that’s not enough, we rub them on our skin in the form of lotions, sunscreen, and cosmetics.

Some of these chemicals—including many pesticides and food additives—are carcinogenic. Some chemicals are hormone “mimickers.” They act like hormones in the body. Though they can be hundreds of times more potent. Hormone-dependent cancers (like prostate, colon, and breast) thrive in the presence of these chemicals.

If you want to avoid cancer, you must avoid chemicals, hormones, and heavy metals. Choose organic produce. Choose organic, naturally-raised animal products. Choose wild-caught fish and seafood—known to be very low in contaminants. Use a high quality water filter. Only buy body care products made from natural, plant-based ingredients.

But you probably already knew this. Though here's something you may not have...

#2 – Optimize Your Levels of the “Sunshine Hormone”

Our ancestors were exposed to sunlight every day. But not us. Today we go from house, to car, to office. Then we do it again in reverse order. Many people go for weeks, or even months without any real sunlight. Believe it or not, this is a recipe for cancer.

Over 70 years ago, Dr. Frank Apperly discovered an 85 percent higher cancer death rate in certain northern cities (compared to southern cities). Then he selected cities at latitudes even further north. The death rate from cancer was 150 percent higher there.^{vi}

Decades of research have proven the critical links between sunlight, vitamin D, and cancer. In fact, there is an inverse relationship between sun exposure and at least 17 different types of deadly cancer.

Optimize your vitamin D levels to reduce your risk of deadly internal cancers. Do this by spending time in the sun often (without burning). During the winter, most people should take at least 5,000 IU of vitamin D daily.

#3 – Keep Your Blood Sugar and Insulin Levels Balanced

In 1931, German scientist Dr. Otto Warburg won the Nobel Prize. He discovered that cancer cells have a much faster metabolism than healthy cells. They need more energy to support their rapid dividing.

Like normal cells, they get this energy from glucose. Warburg showed that cancer cells can use glucose up to 100 times faster than normal cells.^{vii}

This huge consumption of glucose is what fuels the explosive growth of cancer. In other words, sugar feeds cancer. And a high-glycemic diet is like throwing fuel on the fire.

The Women's Health Study showed that a high-glycemic diet raises the risk of colon cancer in women. Other studies link a broad range of cancers to high insulin levels.

The best way to keep insulin and blood sugar stable is a low-glycemic diet. Base your meals around protein and healthy fats. Avoid sweets and grains (even whole grains). Eat lots of vegetables, leafy greens, and whole fruits. But avoid fruit juices that can spike your blood sugar.

#4 – Oxygenate Your Cells with an Alkaline Diet

A higher demand for glucose is not the only difference between cancer cells and healthy cells. Cancer thrives in an oxygen-starved environment. Healthy cells thrive in one that is oxygen-rich. Cancer also likes acidity. Healthy cells do best in a slightly alkaline environment.

The great news is that a diet that makes your body more alkaline will also make it more oxygen-rich. Do this by eating plenty of raw vegetables, fruits, berries, superfood powders, and other living foods. It can take a lot of time eating a ton of colorful fruits and vegetables every day. But the right blender can make it fast and easy.

We recommend a Vita-Mix blender. It saves time because you don't have to cut everything into small pieces. Just toss in the ingredients and turn it on. And because it doesn't just extract the juice, you'll get all the fiber too.

By following these healthy habits, you will create an environment where cancer cannot exist. Your super immune system will quickly remove abnormal cells. Abundant antioxidants will extinguish free radicals as they form. Healthy cells will thrive.

But what if you already have cancer? Or what if you need extra protection to overcome years of poor habits?

Cancer is **NOT** an Automatic Death Sentence

We now know how to reduce the risk of cancer almost entirely. But if you or someone you know is diagnosed, there are breakthroughs proven to treat the disease.

You won't hear about these treatments from an oncologist. He could even lose his license for recommending them. These treatments are safe, inexpensive, and highly effective. They improve the outcomes of standard treatment. And they also reduce side effects.

Modern Cancer Treatment: Cut, Poison, Burn

The standard treatments for cancer are surgery, chemotherapy, and radiation. Or in simpler terms, cut, poison, and burn.

There are some limited circumstances where these treatments work. Nevertheless, they are all misguided. Like almost everything else in mainstream medicine, they focus on the symptoms of the disease. Not the cause.

To heal cancer, you must address the cause. To do so, you must support your body's healing ability. Modern cancer therapy doesn't do this. And the worst offender is chemotherapy.

Questioning Chemo

The first problem with chemotherapy is that it doesn't work for most cancers. Dr. Ralph Moss is a renowned researcher. He shows that chemotherapy can lead to a longer life in about 10 different forms of cancer. Most of these cancers are rare. They find them almost exclusively in children. On the other hand...

"Chemotherapy is certainly good for the balance sheets of pharmaceutical companies. It builds careers. It may even offer patients and their families hope in hopeless times. But it is not an effective weapon against the vast majority of solid carcinomas in adults. It rarely extends overall survival, and the little advantage that may be gained is offset by the toxicity it generally causes."

Ralph Moss, Ph.D.

Overwhelming evidence shows that chemotherapy is not effective at treating the common solid tumors of adults. These are responsible for more than 90 percent of all cancer deaths.^{viii}

There's just one exception. Testicular cancer. So keep this in mind the next time you hear Lance Armstrong praising the benefits of modern cancer therapy.

What About Response Rates?

As a cancer patient weighs his options, he may ask his doctor, "What are my chances?"

When it comes to chemotherapy, an oncologist will almost always cite the "response rate." This is the likelihood that the tumor will decrease in size, or that certain markers will decline.

Doctors often quote response rates as high as 90 percent.

But not so fast. That number can be deceiving. Most people think that means a 90 percent increased chance of survival. Response rate simply means the number of patients whose cancer shrinks or disappears because of treatment. But according to Dr. Moss, *response rates rarely correspond to increased survival or better quality of life.*

Type of Cancer	Response	Disease Free Survival
Breast, Stages III-IV	75%	Rare
Small-Cell Lung Cancer	90%	10%
Stomach	50%	Rare
Ovarian	75%	15%
Multiple myeloma	75%	Rare
Prostate	75%	Rare
Bladder	60%	Rare

But it gets worse. Chemotherapy is not just ineffective. It is also toxic.

The Even Darker Side of Chemo

ABC News recently reported on the results of a British study.^{ix} It was done by the government-funded National Confidential Enquiry into Patient Outcome and Deaths.

This group looked at 600 case studies of cancer patients who died within 30 days of treatment. They found that chemotherapy directly caused or hastened 25 percent of these deaths. Forty percent of these patients were "significantly poisoned" by it. Now multiply these results by the millions of people who have received this toxic treatment. It paints a grisly picture.

Nurses and pharmacists who handle these drugs take great care to avoid contact with them. Surveys show that a majority of cancer doctors would not use chemotherapy themselves. In 1986, scientists from McGill Cancer Center sent a questionnaire to more than a hundred oncologists in Canada.

It asked them to imagine that they had the same type of cancer that they treat on a daily basis. Would they be willing to be in any chemotherapy trials? More than half responded that they would not be in any trials. According to Dr. Moss, the most common reason was, *"The ineffectiveness of chemotherapy and its unacceptable degree of toxicity."*

Dr. Moss even tells the story of a prominent oncologist at the Sloan-Kettering Cancer Center in New York. When this doctor found out that he had advanced-stage cancer, he told his colleagues, **“Do anything you want—but no chemotherapy!”**

And he’s not alone. Another high-ranking official at Sloan-Kettering took it even further. He refused to allow his mother to undergo “state-of-the-art” therapy at his own hospital. What did he do? He sent her to Germany for “alternative” care.

You see, the “standard of care” in cancer treatment doesn’t just cause hair loss. It also causes severe nausea, muscle wasting, congestive heart failure, liver failure and death of healthy cells. It also ruins the immune system...

Chemotherapy CAUSES Cancer! Isn’t That Ironic?

On *Good Morning America*, Robin Roberts made an emotional announcement to her viewers.^x “Sometimes treatment for cancer can lead to other serious medical issues,” she said. “And that’s what I’m facing right now.”

Roberts said that the treatment she got for breast cancer years ago led to a blood disease. That blood disease is an early form of leukemia. In other words, the treatment she received for one form of cancer, caused another.

We already know that cancer “survivors” often get secondary cancers. Most assume their cancer is back. Or that the new cancer relates to the first one. Few have any idea that the “new” cancer is the direct result of their toxic treatment for their previous cancer.

Dr. Otis Brawley is the Chief Medical Officer for the American Cancer Society. In a recent question and answer session on CNN Health, he called chemotherapy a “double-edged sword.”^{xi}

“There is a benefit from the drug and there is harm from the drug,” said Dr. Brawley. “It is ironic but true that many cancer chemotherapies are known to cause cancer.”

No, Dr. Brawley, in the vast number of cases there is NO benefit from the drug at all. There is only harm. This highly touted treatment has brought in hundreds of billions of dollars for drug companies, the cancer research industry, and practicing oncologists. At the same time it has caused untold suffering for millions.

It is not “ironic” that chemotherapy causes cancer. It is absolutely tragic.

But you don’t have to turn to this dangerous treatment. There are proven, safe ways to beat cancer naturally. And, if you do use chemo, there are ways to come out of it stronger without suffering the unbearable side effects.

It is up to you and your doctor whether conventional cancer therapy makes sense for you. Despite the overall failure of the war on cancer, there are some cases where these treatments may help. If you choose that route, you may need the therapies below even more. In every case, they help support your cells during standard treatment. They also boost the effectiveness. And they reduce the adverse effects.

Metastasis: Cancer's Greatest Danger

Most cancerous tumors are not deadly in and of themselves. Even when they expand in size and invade surrounding tissue.

Cancer gets dangerous when groups of cells break off and spread throughout the body. The word for this process is "metastasis." When this happens, cancer can spread through your entire body. It can invade your organs, including the brain, lungs, and liver. It can even spread to your skeletal system.

Luckily, we've uncovered **seven safe, effective, and natural weapons to help you survive cancer (and chemotherapy).**

WEAPON #1: The "Citrus Secret" that STOPS CANCER IN ITS TRACKS

One highly effective compound can stop the spread of cancer in its tracks. It could be one of the most important natural compounds for fighting and preventing the spread of cancer.

The world's leading expert on this compound is Dr. Isaac Eliaz. He has made it his life's work to study its use and effectiveness. Dr. Eliaz first learned of this compound as a child growing up in Israel, while living next to Dr. Ruth Cohen.

Dr. Cohen and her husband were organic chemistry scientists. Their passion was the study of a compound in the peel of citrus fruits. To this day, Dr. Eliaz remembers that his neighbor told him, "One day, they will find out that there is a cure for cancer in the peel of an orange."

Israel is known for its citrus fruits. So Isaac assumed that her comment was wishful thinking. But later, when he went into science and medicine, he began to study this compound. He found her comment was closer to reality than he ever imagined.

Modified Citrus Pectin

The substance is pectin. It is a soluble fiber found in the cell walls of plants. And it's most abundant in the peels of citrus fruits. An orange rind contains about 30 percent pectin.

Scientists have understood the digestive benefits of pectin for many years. It can remove toxins from the intestines and colon. It prevents constipation. And dozens of studies show that it can reduce colon cancer risk.^{xii}

But the molecules of dietary pectin are large. They can't get through the intestinal wall and enter the bloodstream. But in the 1960s a technique was developed for "chopping" the pectin molecule.^{xiii}

This compound is Modified Citrus Pectin (MCP). It is just a fraction of the molecular weight of regular citrus pectin. MCP can easily enter the bloodstream. It can travel to target points throughout the body.

In 1992, scientists published the first research on MCP. It showed that MCP had big benefits against cancer.^{xiv} Here's how it works...

Cancer: A "Sticky" Situation

Cancer cells need a "sticky" protein found on their surface to metastasize. This protein is galectin-3. It helps cancer cells clump together. And it also helps them stick to tissues throughout the body.^{xv}

Without the glue-like stickiness of galectin-3, cancer cells would have a hard time forming solid tumors. And a harder time sticking to new sites and forming secondary tumors.

Hundreds of studies have proven that galectin-3 is pivotal to the formation and spread of cancer.^{xvi} It can also predict the risk for heart failure. Dr. Eliaz urges anyone at risk for these conditions to have galectin-3 levels checked.

Galectin-3 Reference Ranges		
Measured as Nanograms/Milliliter (ng/ml)		
Extreme Risk	High Risk	Ideal Levels
> 17.8	14.0 - 17.8	< 14.0 to 12.0
Indicates high risk for cancer, heart failure and fibrosis. Extreme risk for mortality.	Indicates significant increased risks for cancer, congestive heart failure, fibrosis and overall mortality.	Levels below 14 are ideal for the general population. Below 12 is ideal for cancer and heart patients.

But this molecule does not just make cancer sticky. It helps these rogue cells communicate. They also need it to make new blood vessels. This is a process called angiogenesis and it is how tumors get food.

It's no wonder that galectin-3 is a big focus for mainstream cancer research. By disarming this molecule, you can:

- Prevent cancer cells from sticking to each other and other tissues,
- Disrupt their communication, and
- Remove their power supply

Do this and you destroy cancer's ability to survive and spread. And that's exactly what MCP can do.

The "Anti-Adhesive" Solution to Cancer

Galectin-3 is highly attracted to a sugar molecule called galactose. And MCP has a lot of it. When MCP meets cancer cells, it binds to their sticky surface molecules.

Dr. Eliaz says MCP is an "anti-adhesive agent." So it is a great protector against metastasis.^{xvii} *The Journal of the National Cancer Institute* published a study on rats that showed MCP reduced the spread of melanoma by 90 percent!^{xviii}

Dozens of studies have proven the cancer-fighting benefits of MCP. Dr. Eliaz has been involved in many of these studies, including several trials performed on humans.^{xix} He says that, "MCP is the only natural substance proven to block excess galectin-3 molecules."

MCP not only makes cancer cells less “sticky,” but it also stops them from communicating.^{xx} It blocks blood vessels to tumors.^{xxi} And once it binds to a cancer cell, it even helps to “tag” these cells for attack by the immune system.^{xxii}

All of this leads to cancer cell death. One study presented by Dr. Eliaz showed that MCP caused a cancer cell death of 81 percent. This was compared to just 3.8 percent in the control. Another study from the *Journal of the National Cancer Institute* reported that in mice MCP prevented the spread of colon cancer cells to the liver by 100%.

MCP can also trap heavy metals, radioactive isotopes, and toxins to flush them out of the body.^{xxiii}

A Critical Adjunct to Standard Therapy

MCP is very promising. In many cases, it has had better results than standard treatments. But it can also enhance these treatments.

The use of MCP with chemotherapy may allow for a lower dose of chemotherapy, fewer side effects, and a better clinical outcome. And MCP is critical if you decide to have surgery or a diagnostic biopsy.

You see, these procedures can increase the aggressive behavior of cancer cells. They can also release cancer cells from the initial site and allow them to migrate to other parts of your body. The ability of MCP to bind to these cells and neutralize them is where this treatment shines.

PectaSol-C: A Breakthrough Cancer Treatment

Dr. Isaac Eliaz and his colleagues have been working on different formulations of MCP for more than a decade. The goal was to produce a product of the ideal molecular weight and size.

It took many attempts. Recently, they had a breakthrough. Dr. Eliaz used a cutting-edge process involving acid, heat, and modification of citrus pectin with enzymes.

The result is a form of Modified Citrus Pectin with an unprecedented level of potency. It is called PectaSol-C. And peer-reviewed clinical trials prove it’s effective on humans.

For cancer patients, Dr. Eliaz recommends a standard dosage of 5 grams—or one rounded teaspoon—consumed three times daily. The powder mixes easily with water. Some patients increase the dosage to 20-25 grams in the 24 hours before the procedure.

Plant pectin is something that you already eat every day. Also, the modified version of this natural substance was proven safe. There are no reported adverse events.

If you wish to learn more or purchase this product for yourself, [you can find it at EcoNugenics.com](http://EcoNugenics.com). And don’t forget: we receive NO compensation whatsoever for recommending this product. We simply believe it is safe and highly effective.

But it is not the only natural product that you should consider. If you want to beat cancer, it is critical that you...

WEAPON #2: **SUPER-CHARGE Your Immune System to Defeat Cancer**

Chemotherapy poisons and kills rapidly dividing cells. It does not discriminate cancer cells from healthy ones. But your body's own immune system does. And the smartest way to fight cancer is to support your body's own ability to do just that.

Believe it or not, mushrooms can help.

Certain mushrooms have a tremendous power to stimulate the immune system. They can do this more effectively than any substance known to man. And they can act within hours.

The Chinese have used medicinal mushrooms for thousands of years. And in 1991, medicinal mushrooms were found in the medicine pouch of a 5,300-year-old European mummy.^{xxiv} Otzi the Iceman was discovered high in the Austrian Alps—embedded in a shrinking glacier. The fungus he was carrying was a polypore mushroom, the same class as the powerful reishi mushroom used to combat cancer today.

But it was a Japanese discovery that brought the cancer-fighting power of mushrooms to our attention. Japanese researchers found fewer cancer deaths in regions where shiitakes are grown and eaten often.

So they began studying these mushrooms for a compound that might be responsible. After a lot of research, they found a substance called lentinan. Today, lentinan has become the third most widely prescribed anti-cancer drug in the world.

The Decoy that “Fools” Your Immune System into Action

Lentinan is a type of molecule called a beta glucan. These are the molecules largely responsible for the immune-boosting power of mushrooms. Beta glucans are large and extremely complex. They come in many different shapes and sizes. Each one stimulates the immune system in a slightly different way.

Beta glucans have strong anti-viral, anti-bacterial, and anti-cancer properties. But they do not have any direct effects on pathogens. Instead, they stimulate and strengthen the immune system. Then your own body mounts its own defense against these invaders.

Beta glucans are like decoys. Their size and complexity fool the body into believing that it is under attack. This gives a boost to the entire immune system.

But even though beta glucans “trick” your immune system into action, they don't place any stress on your body. In fact, they help the body adapt to stress. They also support your hormonal and nervous systems. And they are completely safe, with virtually no negative side effects.

One of the first human clinical trials to study the effects of beta glucan occurred in 1975. Dr. Peter Mansell of the National Cancer Institute injected a solution of beta glucan into melanoma lesions on nine patients. The results were remarkable... Within a period of just five days the cancerous lesions were “strikingly reduced.” In some cases the “resolution was complete.”

Beta glucans are abundant in certain medicinal mushrooms. Each mushroom appears to produce its own type. They all have slightly different effects on the immune system. So it is important to get a wide variety of them.

The great news is that a proven supplement offers an array of beta glucan molecules. And they are just the right size so that they are easily absorbed into the body.

The World's Most Researched Immunity Supplement

The name of this powerful natural medicine is Activated Hexose Correlate Compound (AHCC). It is an extract created from a potent blend of medicinal mushrooms. Each one has a long history of medical use. Now they're all part of a single hybrid mushroom.

More than 80 research studies prove the effectiveness of AHCC. It is one of the most highly researched immune stimulators. Hundreds of cancer clinics throughout Asia use it. In fact, it is one of the two leading alternative cancer therapies in Japan.^{xxv}

Laboratory and clinical trials have shown that AHCC helps the body destroy cancer cells. And it works against multiple cancer lines. One study, published in the *International Journal of Immunotherapy*, credits AHCC with the complete remission of cancer in six out of 11 patients.^{xxvi} Studies also show it prevents recurrence and increases survival times.

But remember, AHCC is not directly responsible for these results. It's your own immune system that does the work. And this powerful extract can give the immune system quite a boost.

It increases the number of T cells up to 200 percent. These are the immune cells that identify invaders and abnormal cells to destroy them. AHCC also significantly increases natural killer (NK) cells—in some cases by 900 percent!^{xxvii} These cells attach to cancer cells and inject them with a chemical that causes them to explode. Macrophages are the immune cells that swallow foreign cells and cancer cells whole. These immune warriors have doubled in numbers. Cytokines also increase. All of these numbers are critical. They show that your body's army of immune cells is increasing in number and power.

AHCC is Safe and Effective

AHCC is designed for long term use. And it is completely safe. Even after years of therapeutic use, tests confirm that this natural extract causes no toxicity or adverse reactions.

Just like Modified Citrus Pectin, it can also boost conventional cancer treatments. Japanese studies show that it helps reduce the adverse effects of radiation and chemotherapy. It also improves the survival rates of patients who elect these forms of treatment.

AHCC is Available as ImmPower

For many years, AHCC was not widely available to consumers here in the U.S. Today, American BioSciences distributes it and [The Harmony Company sells it under the name ImmPower.](#)

Again: we receive NO compensation whatsoever for recommending this product. We simply believe it is safe and highly effective.

The recommended dose for prevention is one gram per day taken as a 500 mg capsule in the morning and again at night. For anyone with cancer or other immune-related diseases, the therapeutic dose is three grams per day. That equates to two capsules in the morning, two at mid-day and two at night. After several weeks, you can decrease the dosage. Make sure to speak with your doctor or other health professional before starting a supplement regimen, especially if you are currently in cancer treatment.

WEAPON #3: The Nobel Prize Winner's Cancer-Killing Discovery

Dr. Albert Szent-Gyrgyi is best known for his discovery of vitamin C. He was awarded the Nobel Prize for this effort in 1937. But his true passion was to find a safer alternative to the toxic mustard gas then used for chemotherapy.

He believed that compounds in wheat germ would prohibit the growth and spread of cancer. He also believed that these natural compounds were safe for healthy cells. And his experiments confirmed it. They were published in the *Proceedings of the National Academy of Sciences*.

But this was during the 1960s. The focus of the scientific community was on using highly toxic agents to kill cancer at any cost. (Of course, these drugs also killed many patients.) As a result, Dr. Szent-Gyrgyi's wheat germ treatment never gained any traction.

An Answer to Prayer is a Godsend for Cancer Patients

Then, in 1989, another Hungarian doctor picked up where his predecessor left off. His name is Dr. Mate Hidvegi. But just as he was on the verge of success, Dr. Hidvegi's funding ran out. He was desperate to continue his research, but he had no way to continue.

Just as he was about to give up, Dr. Hidvegi prayed to the Virgin Mary for a benefactor. The very next day, a man arrived willing to invest. With a check for nearly \$100,000 in hand, Dr. Hidvegi was back in his lab hard at work.

Soon, he had patented a technique of fermenting an extract from wheat germ. He named the product Avemar as a tribute to the Virgin Mary.

Studies on Avemar

Avemar is supported by more than 100 laboratory studies and human trials.

In one study it outperformed the world's best-selling cancer drug by a wide margin. Tamoxifen may be the standard of care for women's breast cancer. But it is also a dangerous treatment. In addition to other harmful side effects, Tamoxifen increases the risk of reproductive cancer.^{.xxviii} That's right. **The world's most popular cancer drug is also known to cause cancer.**

In a head-to-head comparison, Avemar was shown to inhibit the growth of breast cancer cells in mice by 50%. Tamoxifen inhibited these cancers by only 34%. Avemar also outperformed two other cancer drugs in the same comparison.^{xxxix}

Another study followed more than 40 patients with oral cancer for one year. Half of the patients received standard treatments. The other half received the same treatments. But they also supplemented with Avemar. The results showed that the Avemar group reduced the risk of progression by 85 percent. And less than 5 percent of these patients experienced a recurrence. In the group that received only the standard treatments, nearly 60 percent had a recurrence of cancer.

Another control study looked at 170 subjects with colon cancer. It showed that Avemar (combined with the standard treatment) led to a 67% reduction in death risk. And they were five-times less likely to develop new metastatic lesions.^{xxx} This was in comparison to patients who received only the standard care.

In 2005, researchers at UCLA analyzed multiple Avemar studies.^{xxxii} Their goal? To find out how Avemar works and what its biological mechanisms are. This review found that Avemar:

- **Cuts off the energy supply to cancer cells by blocking uptake of glucose.** One study even showed that the worse the cancer was, the more Avemar inhibited glucose metabolism.^{xxxiii}
- **Increases the rate at which cancer cells self-destruct.**^{xxxiiii xxxiv} By inhibiting the production of an enzyme known as PARP,^{xxxv} Avemar prevents cancer cells from repairing their own DNA. Without this ability, they die.
- **Increases the number and activity of immune cells.**
- **Unmasks cancer cells and tags them for destruction by the immune system.**^{xxxvi xxxvii} Healthy cells have a marker that tells the immune system they are “friendly.” Some cancer cells use this same marker to disguise themselves. Avemar can see their “true identity.”

Just like Modified Citrus Pectin and medicinal mushrooms, Avemar improves the results of standard cancer treatments. It also reduces the frequency and severity of side effects.

And as dangerous as Avemar is to cancer cells, it won't harm you.^{xxxviii} According to an independent panel of safety and toxicology experts, “Avemar is as safe as whole wheat bread.”^{xxxix} But that's not quite true. It's even safer because it doesn't contain the sugars and flour!

However, Avemar does carry the potential for an allergic response. Although the manufacturing process removes all gluten, it might still cause a concern for some people with gluten and wheat issues.

Where to Find Avemar

Like ImmPower, Avemar is also distributed by American BioSciences. It is marketed under the name AveULTRA and [can be purchased from the Harmony Company](#). The recommended usage is one 5-gram packet per day mixed with 8 oz. of cold water.

Remember: we receive NO compensation whatsoever for recommending this product. We simply believe it is safe and highly effective.

If you decide to take AveULTRA as a treatment for cancer, it could take up to three months before you see a significant change in blood markers, CAT scans, MRIs, etc.

WEAPON #4: A Delicious Way to Outlive Prostate Cancer

For the last 70 years doctors have believed that too much testosterone leads to prostate cancer. But emerging science proves that the reverse is actually true. As you age, your testosterone levels naturally decline. And more and more doctors now believe this hormonal shift is one of the biggest causes of prostate disease.

But it's not just lower levels of testosterone that cause prostate problems for older men. The latest research shows that rising levels of estrogen are also to blame. This discovery has led to a new treatment that is safe, effective, and cheap. In fact, it's available in every grocery store.

Dr. Mark Rubin, M.D. is a professor at Harvard Medical School. He has written 170 peer-reviewed papers on prostate disease. And he has performed studies for the National Institutes of Health and the National Cancer Institute.

Dr. Rubin was also one of the first researchers to discover the link between estrogen and prostate cancer. Together with Dr. Kirsten Mertz of Harvard, he designed a study to find "the genetic fingerprint" of prostate tumors.

Digging into Your Genes

The researchers studied the DNA of over 2,500 men with prostate cancer. They found that high estrogen levels were present in over 50 percent of cases.

But then they went deeper. They developed a new technology for reading gene profiles.

"That led us to perform the largest gene-expression microarray analysis yet conducted in prostate cancer research," says Dr. Rubin.

They studied over 6,000 different types of genes. And they found something brand new. They discovered that elevated estrogen isn't just a common factor in prostate cancer. It actually *causes* one of the most aggressive forms of prostate cancer.

Estrogen can cause genes to splice together. These "fusion genes" can trigger an aggressive form of prostate cancer.

The researchers' findings were published in the *Journal of the National Cancer Institute*. They conclude that inhibiting estrogen is a powerful way to fight prostate cancer.

A new clinical study shows that you can lower your estrogen. And slow the progression of prostate cancer by adding one simple thing to your diet.

Slow Cancer Growth with Eight Ounces of This Juice

Dr. Allan Pantuck is the director of cancer research at UCLA. The National Institutes of Health and the U.S. Army have honored him for his prostate research. He's also written over 150 peer-reviewed journal articles on the subject.

One of his recent studies followed 50 men for five years. Before enrolling in the study, every man had been treated for prostate cancer. The treatments included surgery or radiation. In all cases, the treatment had failed. The men's cancers were back. And growing fast.

Each man's PSA levels were rising quickly. For men with no history of prostate cancer, PSA levels are not an indicator of cancer. But for those who have been diagnosed and treated, PSA levels can be an accurate way to see if the cancer is in remission. Levels that rise quickly signal that the cancer has returned. That was the case for every man in the study.

Dr. Pantuck gave each man eight ounces of pomegranate juice each day. He provided no other treatment.

Within weeks the juice was stabilizing their PSA levels and slowing doubling times. Doubling time is critical in prostate cancer. It's the time it takes for the PSA level to double in value. Patients with short doubling times are much more likely to die from the disease.

But the pomegranate juice made a big difference. Dr. Pantuck and his team recorded a four-fold increase in doubling times. Instead of taking 15 months to double...it jumped to 54 months for 82 percent of the men in the study.

"That's a big increase," says Dr. Pantuck. "We can give (older men) pomegranate juice and they may outlive their risk of dying from cancer. We're hoping we may be able to prevent the need for other therapies which bring with them harmful side effects."

The researchers' results also showed a 12 percent decrease in cancer cell growth. And a 17 percent increase in cancer cell death.

"Many substances in the juice may be prompting this response," says Dr. Pantuck.

One of those compounds is ellagic acid. The National Cancer Institute recently published a study that shows ellagic acid can inhibit aromatase. This enzyme produces estrogen. The study concludes that foods containing ellagic acid-like pomegranate juice can block estrogen.

Another study from the University of Quebec in Canada also shows that pomegranates can inhibit estrogen production. In this case, the researchers exposed human prostate cancer cells to puniceic acid. That is a compound in pomegranate seeds. Just like ellagic acid, puniceic acid also blocks the production of estrogens by inhibiting aromatase.

Not only did the cancer cells shrink, they also decreased in number.

That's three independent studies that come to the same conclusion: Pomegranates cut estrogen production. And cutting estrogen combats prostate cancer.

"This is not a cure," says Dr. Pantuck. "But pomegranate juice could be used to delay prostate cancer and the need for additional treatments."

Dr. Pantuck gave his patients just eight ounces of POM Wonderful 100% Pomegranate Juice each day. You can find this same juice at your local grocery store. And it contains no added sugars, colorings, or preservatives.

Because the Quebec study shows that pomegranate seeds themselves fight prostate cancer...you can also buy the whole fruit. Again, you can buy fresh pomegranates in the produce section of your local grocery store.

WEAPON #5: Natural Compound in "Throw Away" Food Could Reduce Cancer Risk by 70%

We all know that the flesh of citrus fruits offers loads of health-boosting benefits. That's because it's stuffed with vitamins, essential minerals, and other disease-fighting phytonutrients.

But recent research reveals that the rind of citrus fruits may be just as powerful. In fact, it could be a potent weapon against cancer. That's because it contains a compound called d-limonene, which has anti-tumor traits.

Studies conducted on rats show that d-limonene fights breast, skin, liver, and lung cancer. It works by breaking down communication between cancer cells and destroying them from within.

One study found that d-limonene reduced tumor development by 500%.^{xi} Another found that it actually reduced pancreatic cancer cells by 50 percent.^{xlii} And the University of Arizona discovered that citrus rind could cut your risk of skin cancer by 30 percent.^{xliii} However, the real news here is that when taken with black tea, skin cancer risk was slashed by over 70 percent!^{xliiii} Each lab test revealed that citrus peel could reduce the size, amount, and growth of cancer cells.

You can easily find d-limonene in supplement form. However, we have not been able to find a guaranteed organic source. This is a concern since citrus crops are widely sprayed with pesticides and fungicides. These residues build up in the peel. But there is a solution...

Adding Zest to Your Health

If you want to enjoy the proven health and disease-fighting benefits found in the peels of organic oranges and lemons and other organic citrus fruits...buy a zester. You can sprinkle finely grated citrus peel onto salads, mix it into salsa, add it to sliced fruit, or stir it into tea.

Not only will you improve the taste and flavor, but you'll be doing your body a favor as well.

WEAPON #6: Omega-3 Fatty Acids: The Most Important Thing You Can Do for Your Health

For thousands of years, people ate roughly equal amounts of omega-3 and omega-6 fatty acids. Not anymore. The advent of food processing brought an abundance of vegetable and seed oils to our diet. Today, most people consume up to 25 times more omega-6 fats than omega-3s.^{xliv}

This leads to inflammation—a big risk factor for cancer. Omega-6 fats are also highly unstable. That means they are prone to oxidation and the formation of free radicals. Ultimately, this leads to DNA damage and cell mutation.

In a study published in *Cancer Research*, scientists showed that the omega-3 fatty acid DHA, inhibited the exponential growth of cancer cells. This study noted that omega-6 fatty acids stimulate cancer. These findings were shown over a range of human cancers.^{xlv} And numerous studies confirm the results.

In fact, the most important thing you can do right now to improve your health is to consume more omega-3 fatty acids.

Omega-3 fatty acids are vital for your brain and your heart. They can boost your immunity. They can increase lung function and athletic performance. They can ease depression and improve critical thinking. They can also tame inflammation and quell oxidation.

There are more positive, peer-reviewed studies about the benefits of omega-3 fatty acids than any other food or nutrient—by far. You would be hard pressed to find a single health condition that cannot be improved by optimal omega-3 levels in the body.

On the flipside, the risk for disease increases when omega 3s are low in your diet. Unfortunately, our modern diet severely lacks these healthy and essential fats.

Fatty Fish Shown to Prevent Kidney Cancer

But what's the best source of omega-3s? As always, food is the optimal source for any nutrient. The very best food sources of omega 3s are fatty fish.

Scientists at Sweden's famed Karolinska Institute found that eating fatty fish just a few times per month can greatly reduce the risk of kidney cancer. In the late 1980s, these researchers surveyed 90,000 Swedish women about their diet. Then they followed up with the women more than 10 years later.

Women who ate at least one portion of fatty fish per week reduced their risk of kidney cancer by 74 percent compared to women who never ate fatty fish. That is a remarkable risk reduction. But here is the important part. The scientists found NO risk reduction from consuming lean, white-fleshed fish.

What's the difference? According to noted cancer researcher Dr. Ralph Moss, "Fatty fish contains up to 30 times more omega-3 fatty acids and three to five times more vitamin D than lean fish."^{xlvi}

Your Best Sources of Omega 3s—and Flaxseed Oil ISN'T One of Them!

Your best bet for omega-3 fatty acids are wild salmon and sardines. These fish have several times the amount found in most other fish. And they have extremely low levels of pollutants compared to other fish.

Grass-fed beef, buffalo, and wild game are also good sources of omega 3s (although not nearly as rich a source as salmon and sardines).

But for a nutrient as important as omega-3 (that is so deficient in the food supply), it also makes sense to supplement your diet. In that case, you might have heard that flaxseed oil is the best source. This is not true.

Flaxseed oil does contain omega-3s. But the omega-3s found in plant-based sources are short-chain fatty acids (ALA). The fatty acids your body needs most for cardiovascular, brain, and skin health are the long-chain fatty acids (EPA and DHA).

Your body can convert ALA to EPA and DHA, but it is a very inefficient process. And while many factors can impact the amount you convert, most studies show that about 10 percent of the ALA you consume is converted to EPA. Then only five percent of that amount is converted to DHA.^{xlvii}

In other words, to get the all-important DHA your body needs, you would have to consume a huge amount of flaxseed oil.

Or you could take fish oil. Fish oil is made up almost entirely of usable EPA and DHA. So, if you want the antioxidant and anti-inflammatory benefits of omega 3s, take fish oil, not flaxoil.

Does Fish Oil Contain Dangerous Mercury?

The next question that often comes up is that of safety. After all, if fish are contaminated with mercury, wouldn't the oil from those fish also contain mercury?

INH *Health Watch* reader Sarah C. writes: "I took salmon oil for several years but recently stopped after I read that wild salmon is one of the biggest carriers of mercury. How much mercury are you ingesting from salmon oil? And is there safe fish oil? Mercury toxicity is serious business. What are your thoughts?"

First, it should be noted that wild Alaskan salmon is one of the few fish that is predominantly free of mercury. Farm-raised salmon commonly contain mercury, PCBs, and dioxins. Do not eat farm-raised salmon.

So what about fish oil?

Fish oils are produced by a process called "molecular distillation." By its very nature this process removes most contaminants, including mercury. A few years ago, the nutritional supplement testing company Consumer Labs tested 41 leading brands of omega-3 fish oil. They found that EVERY brand tested was free of mercury.

However, a few brands were spoiled (fish oil is susceptible to oxidation). And one brand only had half of the claimed omega-3s. That's why you should always stick to a reputable brand.

The Simplest Ways to Boost Your Omega-3 Intake

We've only scratched the surface in regards to the benefits of omega-3s. But we hope that we have helped to emphasize their importance.

Boost your consumption of these healthy and essential fats. Eat wild Alaskan salmon and sardines. If you eat beef, be sure that it is grass fed.

And do your health a favor by taking a fish oil supplement. Carlson's lemon flavored is the brand we recommend. It tastes great and the liquid is much easier to stick with than swallowing capsules every day. In the Consumer Labs report, Carlson's received the highest marks for purity and quality.

Of course: we receive NO compensation whatsoever for recommending this product. We simply believe it is safe and highly effective.

WEAPON #7: Suppressed Antioxidant Therapy Combats Cancer

A new treatment offers real hope for a non-toxic alternative to mainstream cancer treatments.

This treatment is beneficial by itself and used with conventional therapies. Many patients who get it report less pain and more tolerance for chemotherapy. They get fewer infections, have better appetites, and can be more active. Best of all...it might even prevent cancer in the first place.

The treatment itself isn't new. Far from it. It was suggested as a therapy for cancer more than 30 years ago by Nobel Prize winner Dr. Linus Pauling.

What's new—and exciting—is that modern doctors are finding new ways of using it. And they're proving that it works.

Dr. Thomas Levy, a Tulane University medical school graduate, and 30-year practicing physician, has spent a decade studying this treatment. It uses one specific vitamin to fight infection and cancer. He believes it is so effective at fighting cancer that he says it would be "harmful and irresponsible" not to call it a cure!

Carol R, a retired schoolteacher, would agree. She was diagnosed with breast cancer in 2009. And mainstream treatments scared her. So she went to The Riordan Clinic in Wichita, Kansas for high-dose infusions of this vitamin.

Now she says, "Not only is the cancer gone from the inside, everything has improved... head to toe... skin, nails, hair, teeth, eyes... everything. I feel stronger than I did 20 years ago—which is amazing because I thought I was healthy then!"

So how can something as simple and inexpensive as one natural vitamin be such an effective cancer treatment? Let's take a look...

One of the Most Powerful Antioxidants Ever Discovered

So, just what is this simple vitamin cure? It's one of the most powerful antioxidants ever discovered...

Vitamin C!

This may not sound revolutionary. Its use as a cancer treatment goes back almost 70 years.

Chances are it might be the number one treatment for cancer today. That is, if mainstream medicine hadn't tried to bury it twice over the last seven decades.

The first physician to treat patients with high doses of vitamin C was Duke University Medical School graduate Dr. Frederick Klenner. (This was in the early 1940s, when antibiotics were practically unknown.) And he saw amazing results for more than 30 conditions. These included viral pneumonia, arthritis, diabetes, severe infections, heavy metal poisoning, and cancer.

One example: In the polio epidemic of 1948 in Reidsville, North Carolina, Dr. Klenner treated 60 patients with vitamin C. Fifty-seven of them were better in three days. The other three had a slight relapse, but were symptom-free in five days.^{xlviii}

Dr. Klenner attributed the effectiveness of vitamin C to his extremely high doses. He was so sold on its ability to treat acute disease of any kind that he would start patients on the therapy even before taking down their medical history.

Decades later, two-time Nobel Prize winner Dr. Linus Pauling found that injecting vitamin C intravenously massively increased its potency.

In the 1970s, he began conducting studies to see if high-dose vitamin C could treat cancer. He found that patients getting IV vitamin C treatment lived three to four times longer than those who didn't get it.^{xlix} He was making real headway until Mayo Clinic researchers looked into his treatment and did their own tests. But they didn't get the same results.

At least that is what made the headlines. But no one reported *why* they didn't get the same results.

That's because their study used a completely different delivery method. Dr. Pauling's whole treatment was based around injecting vitamin C intravenously. But the Mayo Clinic researchers didn't use IV. They used simple oral capsules.^l

The study served its purpose, to try to discredit Pauling's vitamin C therapy. And it was forgotten for the next 30 years.

How the Therapy Works

Now a few visionary doctors are bringing this treatment back. With the same impressive results. Emerging research from Jefferson University Hospital and others is showing this remedy really works.

Researchers at Jefferson are testing it out now, using Dr. Pauling's method. They believe vitamin C may be an effective cancer therapy because it has strong antioxidant properties. It protects your cells from damage caused by free radicals.

We've already touched a bit on free radicals.

But here's *why* they're so destructive...

Stable oxygen molecules have four pairs of electrons. Free radicals lack one of the paired electrons. So they are highly reactive. As they attempt to grab electrons from other molecules, new free radicals are formed. The end result is damage at the cellular level. It leads to an increased risk of many health problems. When the damage happens to the cell's DNA, it mutates. That sets off a chain reaction that can grow out of control very quickly. And turn into masses of cancer.

Antioxidants stabilize free radicals. How? By donating an electron to them without becoming free radicals themselves. That stops the chain reaction. And vitamin C is one of the most powerful antioxidants ever discovered.

Most mammals can make their own vitamin C. So they always have a lot of it in their systems. And when they need more, they produce more. A healthy adult goat, for example, will produce more than 13 grams of vitamin C a day. Under stress or when suffering an injury, the animal can make 10 times that amount.ⁱⁱ

We humans, however, have to get our vitamin C from diet. And the FDA's recommended daily allowance (90-100 mg) isn't nearly enough to keep us in optimum health. Especially when we're fighting disease. Antioxidants defend us against free radicals. And when we're sick, we need even more protection. If we don't have enough antioxidants in our system, free radicals take over.

But that's not all. One of the side effects of conventional cancer treatment is a loss of appetite. As a result, many cancer patients are vitamin C deficient. This compromises their immune systems even further. And if they don't boost their vitamin C levels, no treatment works as well as it should.

Scientific Support Builds for Vitamin C Therapy

Dr. Victor Marcial-Vega runs a successful cancer clinic in Miami, Florida. Over the last decade he's used supplements and herbal remedies to help his own patients combat cancer. That includes IV vitamin C.

His own findings have convinced him that vitamin C can selectively kill tumor cells similar to the way that chemotherapy drugs work. He's also found that it won't harm healthy cells.

He recently made his findings public at a presentation at the University of Puerto Rico. He shared case studies of 40 patients with advanced cancer (Stage 4), who received 40-75 grams of vitamin C by IV several times a week.

In 75 percent of the patients, the tumor shrank by 50 percent or more.ⁱⁱⁱ And that's not the only research supporting this therapy.

Johns Hopkins researchers think they've found out why Dr. Marcial-Vega has had so much success with his patients.

Their research suggests vitamin C destroys a unique protein in cancer cells called HIF-1 (hypoxia-induced factor). This protein helps cancer cells survive. It lets them build new blood vessels so they can keep growing. And it is activated by energy from free radicals.

But when antioxidants neutralize the free radicals, HIF-1 no longer works. This stops the tumor in its tracks. The researchers found that the protein was abundant in untreated cancer cells. But it completely disappeared in cancer cells treated with vitamin C.^{liii}

How Much Vitamin C is Right for You?

If your only concern right now is keeping yourself healthy, begin by increasing your daily intake of vitamin C. Eat more fresh fruits and vegetables. Just don't overcook them. Heat destroys vitamin C.

You might think an orange or a grapefruit would have the most vitamin C, but they don't even make the top five.

The fruit with the most vitamin C is the guava. It has more than double the vitamin C of the next best, papaya. And rounding out the top three are strawberries.

If you want to be sure you're getting enough vitamin C you can also take a supplement. Most experts recommend only two forms of oral vitamin C: ascorbic acid and sodium ascorbate. The other forms are not as well-absorbed or fast acting. Research shows that the half-life of vitamin C in the blood stream is just 30 minutes.^{liv} For that reason, it may be best to take it in four divided doses throughout the day.

But how much should you be taking?

For prevention, start with 2,000 mg. Just remember, an excess of vitamin C can cause some stomach discomfort. You should also keep in mind that tolerance to different levels of vitamin C differs from person to person and from time to time. If, for example, you're ill or under stress, your body will absorb a lot more vitamin C than it does normally.

New Research Reveals the Best Way to Get Vitamin C

While it's important to get plenty of vitamin C, regular oral vitamin C intake hasn't been shown to cure cancer.

And that's why Dr. Levy's recent work is so important. He's making the latest breakthroughs using vitamin C. He's studied this therapy for a decade. Now he's studying a newly available form of vitamin C called liposome-encapsulated vitamin C.

He says this "new" form may be the best way to get vitamin C into your body.

"Comparing all other oral vitamin C delivery with your oral liposomal delivery is like comparing a squirt gun to a fire hose," says Dr. Levy. "My recent personal experience with it suggests that it may be better than IV injection."^{lv}

Dr. Levy is convinced it can combat cancer. He says that if you (or a loved one) have been diagnosed with cancer, you should look into high-dose vitamin C therapy. To find out more about how you can consult with Dr. Levy, check out his personal website at: <http://www.peakenergy.com/>

Putting It All to Work for You

The cancer solutions in this report are practical, effective, and can help save lives. Many are right at your fingertips and easy to add to your diet and routine. For others, we've provided all of the information you need to put them to work for you.

Regardless of the treatment or product—always listen to your body. Take the time to find what works best for you. It's always a good idea to try to get your doctor to work with you on developing your natural protocol—or to find a doctor who will.

Cancer can be challenging and frightening. But keeping a positive attitude can vastly improve the experience. And maybe even the outcome. Even the best medicine cannot take the place of a good attitude and strong will. Still, there are times we all need someone to talk to. LIVESTRONG™ offers help to anyone affected by cancer in any way. Whether you're a caregiver, or you or a loved one has cancer, they offer help with a wide variety of issues. For one-on-one support at every step in the process, you can reach them toll-free at 855.220.7777 or online at <http://www.livestrong.org/cancersupport/>.

With this arsenal of natural solutions, healing and prevention are just the start. A new future of vibrant life and glowing health is the destination. ■

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