

### A Road to Healing and Health

In November of 1994, I was told that it was time to die. I had stage 4 metastasized prostate cancer and there was no available therapy that could arrest it. The head of oncology at Dana Faber Cancer Clinic told me that I had 6 to 12 months to live, and sent me home to get my affairs in order. This was confirmed through second and third opinions by oncologists at Massachusetts General Hospital and the Tufts New England Medical Center. They too suggested I get my affairs in order.

Along with this, I finally realized that, while I wasn't looking, I had also, quite suddenly, at age 67, become old, and didn't feel all that well in other parts of my body either. My joints cracked and hurt from arthritis when I moved, I was overweight, one of my hips was on its way towards a replacement, my energy was low, and my triglycerides as well as my LDL were high, and in general I was showing my age, and then some. I fancy myself as being cleaver and witty when I say that I didn't like being old and sick, and so decided to become "young and healthy again. Of course I really didn't "decide" to do this, I only decided to look beyond the medical establishment which had found my condition hopeless, and see what else there was that might offer the possibility of re-writing the script.

In a fundamental way, the script did get re-written for I am still here, and am actually younger, stronger and healthier than that November so long ago. My weight is the same as it was when I was 18 years old, there is nearly no evidence of arthritis, my hip doesn't hurt anymore, the blood pressure, LDL and triglycerides are normal and I've been cancer free since July of 1996. What I did and what happened during those 20 months before the cancer left me is the subject of previous papers called "My Story, and Never Give Up."

Many who have read or heard these have asked me for advice regarding their own afflictions, and others have asked what they might do to regain their health, or to prevent the onset of a degenerative disease. "My Story" tells what I did but for reason clear to those who read it, it isn't sufficient to be of much help to others who wish to treat

themselves. All it can do is establish some limited measure of creditability as being a testimonial of a very unusual case of cancer cure. It is what I have continued to do and what I have learned during this interim that can be of value to those who are truly seeking ways to take charge of their own health. There is very little difference between what I did trying to heal myself and what I have continued to do since, because I know that cancer, or any other degenerative disease is but a symptom, a manifestation of a systemic failure brought about by self-imposed insults to the body or by exposure to any number of toxic conditions in most environments. Failure to eliminate or neutralize these debilitating factors can and will bring on, or bring back these afflictions.

One might wonder why I chose the title “Healing and Health, when Health and Healing seems like a better sequence of topics. My belief is that, given the lifestyle and diet of nearly all Americans, most are already sick to varying degrees and therefore, must become healed first before they can attain good health. Well you’re not sick you say, you’re in great health (except for this or that minor thing). Well, alleluia!! You just haven’t yet felt the symptoms of that affliction that is working itself up into a recognizable problem. When it does, you’ll probably take a prescription for a symptom reliever drug and believe you’re well again. You will go on fat dumb and happy as I did never even suspecting what is creeping up in you.

From the very first day I learned of my prognosis on January 2, 1995, to this very moment, learning, testing, and applying health-offering modalities has been my hobby, and “second vocation.” I receive and read over a dozen alternative health journals and newsletters which keep me informed of everything worth knowing at the cutting edge of health and nutrition information from around the world, sometimes years before even a hint of it can be found in conventional media. There is an annual 3-day Cancer Control Society seminar in California, which I have been attending, along with other health seminars presented in other parts of the country. I’ve also taken several courses through which I received a certificate as a nutritional consultant, and have studied blood analysis through dark field microscopy. Over the years I have also consulted at length with several naturopathic doctors on various treatment modalities. In Mexico I visited 7 of the

clinics that treat patients, with considerable success, using “alternative medicines” on patients, who had been sent home by the medical establishment, as I was, to die. It was no surprise to discover that what they do at these clinics is for the most part very much what I did and what healed me.

I am an engineer, not a doctor or any other kind of formally credentialed health practitioner. I only know what I read, observed, and have lived through. It is in this context that I offer this for whatever it is worth, and make no claim, advice, or recommendation to anyone regarding his or her particular circumstance.

Before I began this, I pondered for some time just what I should write about. There is enough valuable health related information to which the general public is not exposed, to fill many volumes and in fact does, if you can find it. But I don't intend to write a book here, I only want to share some of the basics of what I learned and believe, along with some detail on a hand full of those items or protocols, which I have found most beneficial to me. What follows therefore, is my current level of understanding and belief regarding this selected subject matter. There are reams of literature to be found regarding every item, and within that maize can usually be found information from some sources, which is in conflict with that found in other sources. Prior to writing this, I have studied in considerable depth these pros and cons before drawing the conclusions here offered. Those who have any doubts or contrary information should do their own investigations before accepting my opinions about anything. I pray that what I have written be both informative and stimulating, and that because of it you decide to take charge of your own health. What follows is not intended to be a continuous integrated narrative, but is instead a somewhat random collection of short papers, which I wrote at various times for various purposes. Each one however, is true to the theme and contains what I believe are useful thoughts and information regarding how one can improve their health.

### Do you feel like CRAP?

Crap in your stomach, in your lungs and on your skin, becomes crap in your blood. Crap in your blood is fed to every cell in your body, every muscle, bone and organ. So you feel like crap, because you are full of crap. Blame yourself, blame your ignorance, or your apathy or carelessness, or blame your weakness, or your lack of discipline. You're no one's victim but your own. I trust that these first sentences shocked or perhaps even offended you. They were meant to awaken you, and put the condition of your health into a disturbing perspective.

The way to good health, and to continue in good health, is both knowable and do-able. All you need is a sincere desire to learn and apply what it takes. Your body is its own healer. There is no one or anything else that can do it. Your job is simply to assist by giving it what it needs, denying it what is harmful, and helping it to become clean inside as well as out. If this sounds too simple, it is because it is. But your "simple" job is not an easy one. It requires knowledge, dedication, discipline, and perseverance well beyond what most people are willing to commit. It's not that they are not able; it is simply that they are not willing. That is because the required attributes, those prerequisites noted above have been civilized out of most of us by the easy life of convenience, comfort, and "don't sweat it" attitudes that have formed our characters. If you are really willing to commit and follow through without compromise, there is almost no low to which your health may have degenerated, that cannot be reversed and improved.

Another prerequisite to a successful effort is to wean yourself from the myth that modern medicine can really cure. Surely it's excellent in the areas of mechanics, such as rotoring arteries, repairing broken bones, replacing parts, dealing with emergency situations to name only a few. Antibiotics, putting aside their well-known limitations, are one and perhaps the only application of allopathic medicine, which actually cures anything. But otherwise, in the realm, which might be called degenerative diseases such as, cancer, digestive problems, diabetes, cholesterol and blood pressure issues, arthritis etc., they only treat the symptoms, and rarely ever treat the problem that caused the

symptoms. This may be difficult to believe because we are all conditioned almost from birth to believe the myth that conventional medicine is the only reliable resource we have available, and that doctors are genuine experts who represent the ultimate authority regarding the ways to health and healthy living. However, my story and the stories of hundreds others who have been healed by other means after doctors claimed there was no hope, bare strong testimony to the fallacy of that belief. Ten years ago most conventional medical doctors seemed to believe that diet had little or nothing to do with health and healing, and that spending money on vitamin and mineral supplementation did nothing by create “expensive urine”. The overwhelming evidence supporting the preventive and curative benefits of the so-called “alternative” therapies has forced a re-evaluation of this premise. Nevertheless, it is evident that the medical profession is still wholly unprepared, for the most part and unwilling to address illnesses from that perspective.

In writing this short piece I’ve made some very provocative statements without providing much to substantiate them. If you read “My Story” and the collection of other related segments of this compendium of observations and experiences, perhaps a more persuasive case will emerge. It is up to you to verify all you hear and read and accept nothing I have written here without some confirming authority, but not that “authority” which received its education primarily from the pharmaceutical industry, which in turn depends on your sickness for its success. In this regard, Scripture, as always, provides the very best advice, such is in Acts 17:11, where we are told how the Bereans “received the Word with all readiness of mind, and search the Scripture daily, whether those things were so.” It’s not as easy today to find the truth about healing and health out there as it was for the Bereans to find spiritual truth, because they had the ultimate and only Reference Book in which to find all spiritual truths, but healing and health truths are there to find if you are diligent open minded and dedicated to finding them.

## Juicing

Drinking generous amounts of fresh squeezed raw vegetable juices daily is in my opinion, the single most effective healing and health promoting substance anyone can ingest. Within a month after I was diagnosed with stage four terminal cancer and told I had 6 to 12 months to live, I began drinking this wonderful essence of nature's best foods, and continue to do so every day. When sick, I drank at least 5 pints per day. Later I reduced this to three pints, one for, or with each meal. In recent years I've reduced this to two pints per day. However, I have always supplemented this with a variety of dehydrated organic cereal grass juices and other "green" juices, which result in an addition effective equivalency of about two or more pints of juice per day. So in effect, I now drink four pints per day rather than the original seven pints.

Many ask, why juice? Why not just eat the vegetables? The short answer is that vegetable juices are a supercharged easily metabolized liquid, which allows the body to absorb nutrients, far more quickly and efficiently than any other form. Within 15-20 minutes of drinking the fresh squeezed juice, these nutrients are flowing throughout the system setting up the potential for greater health to every cell in the body. Fresh raw juice is loaded with enzymes, thereby releasing most of the burden of digestion. This may not seem like much of a "burden", however, eating foods, which do not contain their own digestive enzymes, require the body to make them or convert and draw them away from metabolic tasks, which are essential to good health. As we grow older our ability to make enzymes diminishes and these diversions from their other vital functions can bring on or greatly exacerbate ill health. Studies indicate that as much as 96% of the nutrients contained in the juice are absorbed, while simply eating the raw vegetables can result in an assimilation of as little as 5% of the contained nutrients, That is because we cannot possibly chew and fully digest the vegetables to the same level of assimilability as exists in pure juice. Only those foods, which the body is able to digest, that is to convert to liquids, have any potential for absorption. Eating cooked vegetables deprives us of all of

their enzymes, and much of their vitamins and mineral content, as well as other beneficial factors.

Why not drink the bottled juice found in most stores, especially health food stores? There are several reasons. First, its lack of freshness. It is best to drink juice as soon as possible after it is extracted because there is a rapid loss of its attributes due to time and the resulting oxidation. Second, all bottled juices found today in stores even health food stores, have been pasteurized. This process completely destroys all enzymes and substantially reduces the amounts of vitamins and minerals remaining. It's the equivalent of cooking. Most if not all of its therapeutic value for healing has been lost. Then also these juices are usually made from concentrate and many are cleverly called juice drinks. Read the label on these juices and juice drinks, they are mostly sweet water and flavoring, some of which may be real juice, but always pasteurized. Consider this, the juice concentrate from which many of the juice products are made were once juice, which was dehydrated. The natural water constituent of the vegetable was removed to provide the concentrate, and then other water was added back to reconstitute the "juice". What water? Tap water? Chlorinated or fluoridated water? How pure? They don't say and you cannot find out! At the very best it is probably far inferior to what nature put in the vegetable.

The juice concentrates I use are in powder form, and I use the fresh squeezed juice as the liquid in which to reconstitute them. The dehydrated powder juices I use are from vegetables and grain grasses, which are organically grown, harvested at their optimal level of nutrition, juiced immediately and then low temperature dehydrated (not freeze dried). These products are superior to anything I could make from available produce. Early on I did grow, harvest and juice wheat grass, until I discovered these superior products. My daily powdered juice diet includes wheat grass, barley grass, spirulina and chlorella, along with several other products containing a mixture of a large variety of vegetables. I don't take every one of these every day, but I do take at least 3 different ones each day. Health food stores have only recently begun carrying 2 or 3 brands of these powdered green juices. Only a few of the brands I use have found their way in the

stores. I discovered dehydrated cereal grass juices at cancer symposiums and health shows from where I began buying them by the case from the source, often wholesale. If the bother or labor involved in juicing is a deterrent to your starting on this most vital healing and health program, the dehydrated powdered juices may be quite attractive. All vegetable juices are available in this form. I keep beet and carrot juice powder in supply and carry it with me for when I am away from my juicer, so that I never miss a day taking in the full spectrum of juices which I value so greatly.

Many ask what vegetable juices are the most beneficial. I suppose it is a matter of what we are trying to heal or prevent, or if we are simply trying to supply general nourishment and provide health maintenance. My particular choice of those, which I actually juice, consists of carrots mainly, supported with cabbage, beets, celery, cucumbers and apples. I originally choose these for their reputation as having anti-cancer qualities. The following is an example of the ratio of each vegetable I happen to choose, when most of my family is also drinking juice. We squeeze 8½ pints per day, which is provided by 12 pounds of carrots, a softball sized beet, 5 large celery stalks, an apple, a cucumber, and ¼ of medium sized cabbage. There is nothing highly significant about the combination or this ratio of these vegetables. If I didn't also have the dehydrated grass and vegetable juices to add, there would be much more involved, because the juices of green grasses and vegetables are to me, equally, or even more important.

Carrot is what I might call the staple or basic juice. Its color is due to carotene or pro Vitamin A. Carrots do not contain vitamin A as such but the body converts carotene into vitamin A. In choosing carrots, one should pick the darker orange colored ones. The paler they are the less carotene in them. Among vegetables, carrot juice also ranks high in potassium and a little iodide along with generous amounts of the B vitamins and some folic acids. Raw carrot juice has been highly recommended by many as an important addition to an infant's food, because of its easily digested and assimilated.



The raw beet and its juice have some very specific beneficial qualities. This vegetable has long been known for its action in helping regulate the digestive system. Although the amount of vitamins in beets is greatly reduced by cooking, and its enzymes completely lost in the process, for some reason its minerals remain available in a concentrated form. There have been many experiments in Germany and France, which have met with some success in the use of beet juice for the treatment of malignant diseases and for its restorative qualities during convalescence. In some literature, beet juice is also credited as a fine therapy for sexual weakness, kidney stones and gall bladder, as well as for kidney, liver and prostate troubles. It is a good source of potassium and has also been found to have anticarsogenic properties.

Raw cabbage juice is also a good source of potassium and selenium. It is reported to have an “astoundingly” good record for success against gastric ulcer and seems to contain an unknown yet effective anticarsogenic property. It is bitter and far from delicious, yet mixed in relative small quantities with the other more palatable juices; its taste is of little consequence.

Celery, strange as it may seem in a very important medicinal plant. When I first added it to my juice regimen, I did so simply for flavor. It was not until fairly recently that I realized its wonderful attributes. The medicinal virtue of celery was first described by the Greeks Dioscorides and Pliny, and it has since been known for its benefits regarding kidney and gall stones, constipation, menstrual problems, and liver disorders. It is also been greatly appreciated for, and proven to be, an antidote to arthritis and rheumatism, perhaps due in part to its strong diuretic powers. Very beneficially, celery is the most highly alkaline of all natural foods. Of course increased alkalinity as described elsewhere herein, is essential for the prevention and treatment of cancer and nearly all other degenerative diseases. This high level of alkalinity acts as a powerful solvent of the harmful acids, such as oxalic, uric and bulyric acids, which when present in crystal form in the body, cause rheumatic problems. Celery is also beneficial for a number of nerve disorders. It is a good source of sodium and a far better one of potassium as well as some

of the B vitamins and trace minerals. I have read that 8oz of celery juice per day for a period as short as 10 days can significantly lower blood pressure.

We all know that apples are somehow good for us. While most varieties are relatively low in vitamin C, they are good sources of some B vitamins as well as minerals, pectin's, malic acid and tannic acid, all of which are therapeutic to the intestine, liver, blood and helps deal with skin disorders. Many of these health properties are retained even after the apple juice or cider has turned into vinegar, if it has not been pasteurized.

Now some more information on the green vegetable and cereal grass juices, and why I value them so highly. The importance of green juice in any program of healing and improved health cannot be over empathized. The carrots, beets etc. are important and serve admirably in this effort; however "green" has even greater health and healing qualities. "Green" is essential in any diet where healing or long-term health maintenance or improvement is to be obtained. When we think "green", we normally think of spinach or broccoli or kale, etc. Those are excellent highly nutritious vegetables, but again, cooking them takes away many of their benefits and eating them raw also usually fails to provide a very effective intake of benefits for reasons already mentioned. However, home juicing them is not very efficient, and the taste can be difficult to accept, unless they are highly diluted in another juice.

Early on I was blessed to discover the wonders and value of cereal grass juices, primarily wheat and barley. These as well as other grasses such as rye and oats and other green growths such as spirulina and blue green algae have been studied intensely for over 70 years. They are the ultimate powerhouses of nutrients and healing properties.

Researchers claim that the cereal grasses, when grown under the right conditions and harvested at the right time, contain almost every nutrient known to be required by humans, except vitamin D which is made in the skin. These nutrients are combined by nature to provide a uniquely potent food. Cereal grasses and their juices contain all 20 amino acids, chlorophyll, essential fatty acids, and soluble fibers, along with just about all known vitamins and all of the essential minerals as well as a quality of protein

superior to that in any other plant source. Yet there is more! Researchers, experimenting with animals have found that when they were fed each of these components in the same proportions as in the grasses, the response was far less beneficial than when they were fed the grasses. Thus, there seems to be something else inherent in the grasses, which enhances their observed health benefits. For want of another name, they call these “food factors”, because the results could not be correlated with any known nutrient or combination of nutrients.

Much more could be said regarding cereal grasses and their juice, however, suffice it to say, that they are extraordinary in their healing and health benefits, so much so that they should be a very significant part of everyone’s diet. Because they are an integrated part of my diet, I never concern myself about whether or not I’ve had any particular amount of vegetables, greens or otherwise, because I know the combination of juices I take are more than adequate to satisfy every health need that any amount or variety of vegetables could provide. Nevertheless, I do eat considerable amounts of raw vegetable in salads simply because I like them and because they do provide insoluble fibers and other well-known health benefits. For reasons described below, I have recently begun to add liquid minerals to my daily juice. These are actually dissolved minerals, apparently in the same state as a plant would find and assimilate them through its roots, if the minerals were in the soil. I get them from the only source I know which is called Water Oz (1-800-547-2294). I buy 5 gallons at a time of calcium, zinc, magnesium, selenium, sulfur, chromium trace minerals and a number of others. I have supplemented with these for several years, but only recently added them to the juice so that my entire family would be so benefited.

### Minerals and Vitamins

There are many books readily available, which go into considerable details regarding the need for the various minerals and vitamins. It is not my intention to create another one, but instead to provide a basic awareness of some of the facts regarding these essentials, as well as summarize and empathize their importance. Beyond the basics, I hope to also

provide a few subtleties regarding some of the facts regarding a few of them that are not so evident, nor are to be found in the more conventional literature.

Supplementation of minerals and vitamins is, in my opinion an essential part of any regimen intended to restore or maintain good health. There was a time, probably up to somewhere in the early to mid twentieth century, when the typical American diet contained all or nearly all of the minerals needed to maintain good health. But that is no longer true. This is because the soils where crops are grown no longer contain sufficient amounts of the minerals essential to our health. Quite early it was discovered that most vegetation would produce well by being fertilized only by nitrogen, phosphorus and potassium and didn't need all the other minerals which are essential to good human health. Because of the broad definition of what is meant by "organic", I don't believe that one can even trust the consumption of organic foods to necessarily provide all of the minerals we need or in the quantities we need them. Therefore I believe that supplementation is necessary and in most cases even vital if one wants to get well and stay well. With the excessive and even worsening consumption of "junk food," and now food commonly called processed food, not only are most diets deficient in vitamin, mineral, enzyme type of nutrition, but many toxic substances have been added to provide more pleasing tastes, textures, colors, and a shelf life, thereby compounding the potential for seriously debilitating health issues. If you add to these the insecticides, herbicides and pesticides, hormones, and antibiotics found in many food products along with the nutritional destruction and chemicalization caused by pasteurization and microwaving, we have the health equivalent of the "perfect storm" or what one might call a national suicide. Those who continue eating the junk and the other non-foods "foods" found in the middle part of supermarkets will develop major degeneration diseases sooner and more severely than if they are avoided.

There are at least 12 major minerals, which are essential to healing and health. These are needed in significant quantities along with over at least 60 others called "trace minerals" where only very small amounts are needed, but are not necessarily found in the average diet.

Calcium: This is the body's most abundant mineral. While it is the major element in the construction of teeth and bones, every cell in the body also needs it to survive. It is found in numerous foods such as dairy products, various organic vegetables, salmon, and tofu and shellfish. Aluminum based antacids, aspirin, cortisone, chemotherapeutic agents, some antibiotics and channel blockers, all interfere with its absorption. It is important also to know that diets high in phosphorous, such as "soft drinks" initiate results similar to calcium deficiency. The issues associated with its dosage, form, assimilation and utilization are very important and somewhat complex.

The human system cannot put calcium in its proper places in the body unless it is ingested in the proper form, in association and with other essential substances such as magnesium, and vitamins K and D3. The right places are the bones and blood, while the wrong places include, bone spurs and the calcification of blood vessels, joints and soft tissues. Without these complimentary substances, calcium cannot be absorbed properly into the blood stream. The results are many and varied, but always very detrimental to ones health.

It is difficult to discuss the body's calcium needs without addressing the all-important issue of pH, which is the alkalinity / acidity condition within the body. Basically the blood pH must at all times be held extremely close to 7.43. Various afflictions are associated with even very slight deviations from this value. The literature indicates that fatal sickness is assured if the deviation is even less a tenth of a unit. Therefore, the body is programmed to maintain the blood at the necessary pH at all cost. The American diet is very heavily tilted to the acid side, given that meats, carbohydrates, alcohol and soft drinks are all highly acidic. It's the pancreas, which is highly dependant on an alkaline diet, because its major activity is to produce and supply bicarbonate and alkaline digestive enzymes to the upper intestines, as well to provide insulin for regulating blood sugar balance. However, calcium is also alkaline. The bones are mostly calcium. This is the body's major alkalinity back up storage bank. Therefore, as its other alkalinity sources are depleted, or cease to generate enough due to a highly acidic diet, the body has

little choice but to draw out the calcium in its quest for continued life. This is why osteopenia and osteoporosis are such serious and growing problems in our society.

We also have here a serious paradox. It is the parathyroid gland, which is charged with doing what is necessary to keep the blood pH where it needs to be. The slightest decrease in blood calcium levels, when there is not enough assimilated calcium available, stimulates this gland to secrete the hormone, which removes the calcium from the bone. The problem is that this hormone is often less than accurate in its mission and can add too much calcium to the blood. It appears, that much of this excess is immediately secreted by the body through the urine. BUT it is also deposited into the soft tissue and can be a direct cause of calcification of the joints, of cartilage, and plaque in blood vessels as well as bone spurs, obesity, the syndrome X diseases, colon cancer, gingivitis and even Alzheimer's disease. All of this can be the result of an overactive parathyroid mechanism which never need be, if the diet would consist of a better balance of acid / alkaline foods and drinks, and if calcium intake was properly absorbed along with proper amounts of magnesium and vitamin K and D.

How long can the body draw from this skeletal calcium bank? Perhaps for many years, until the bones become as porous and as weak as a sponge, when they break with very little provocation.

Of course, the causes of the afflictions stated above are far more complex than this. However, the calcium paradox is surely a significant factor, but when understood and properly dealt with, there should be a significant reduction in frequency and intensity of many of these diseases and probably other problems.

Did you notice that calcification of the blood vessels is one of the problems associated with improper allocation of calcium? As I said before, when there is a lack of magnesium and vitamins K and D, the calcium tends to go to the wrong places. Calcification of the arteries becomes arteriosclerosis, and in the cells it results in hypertension. As I understand it, neither calcium nor sodium belongs in the cells. It is magnesium and potassium, which belongs for the most part in the cells, and it is calcium

and sodium, which need to be dominating in the liquid surrounding the cells. In the absence of sufficient magnesium, calcium penetrates and calcifies the cell wall. This calcification causes resistance to the natural flow of blood through the cells wall. Therefore, the heart must pump harder to overcome that resistance. This is what hypertension or high blood pressure is about.

If you believe what I've written here is valid, and you are on hypertension drugs, you must be wondering why you must take them to artificially and temporarily dilate the vessels when most likely these drugs have severe side effects which require taking another symptom relieving chemical which has side effects, which leads to more drugs and on and on into more and more chemical dependence and health deterioration. Why? Because it is great business for the drug companies, and most medical doctors who are one way or another, trained by these companies are not sufficiently informed about nutrition to appreciate this and other marvelous natural healing methods. However we all want immediate relief from symptoms. We all tend to believe that when the symptoms are gone, so is the problem. Drugs are effective for quick symptom relief but rarely cure anything. Very few people recognize that there is a difference between symptom relief and a cure. Notice how rarely the word "cure" is used by the medical profession. They treat mostly symptoms, less often the actual problems.

Regarding obesity, there are a number of impressive studies, which demonstrate the benefits of properly increased amounts of calcium intake as a significant factor in weight reduction. Apparently, for those on a low calorie diet, the addition of calcium simply through the daily intake of two cups of plain yogurt caused an accelerated weight loss compared to those on the same diet without the added calcium. High calcium, low calorie diets helped animals lose weight at rates doubled than those given low levels of calcium. Adequate calcium is a signal to fat tissue that the body is well nourished, and no longer needs to store fat, but instead can start burning it off. According to the Natural Institute of Health, calcium intake of up to 2000 mg a day in supplemental form appears safe in most individuals.

Above I mentioned the sodium / potassium relationship at the cell wall when potassium deficiency can lead to the infusion of sodium into the cell. When all is right, the sodium stays in the outside fluid while the potassium serves best inside the cell. This relationship creates a galvanic situation, which causes the flow of electrons through the cell wall. This is electricity, and it is what gives the cell its energy. When the sodium crosses the cell wall, it in effect, “short circuits” the power system.

Magnesium: Apart from the essential relationship of magnesium to calcium as described above, more conventional medical sources also recognize that this is an essential catalyst for food metabolism and release of energy as well as nerve and muscle function, strong bones, healthy blood vessels and proper blood pressure. It also nourishes the brain, aides in sugar metabolism, and RNA/DNA production. It aids in cholesterol synthesis, and the formation of cartilage connective tissues and bones. Migraines are triggered by magnesium deficiency, as are poor hair and nail growth, loss of hearing, and poor muscle/joint coordination. Tranquilizers and several other drugs deplete magnesium. Studies indicate that the majority of the population is magnesium deficient. This isn't difficult to believe when one examines the average American diet and the long list of factors that deplete whatever amounts of magnesium one takes in. For example, caffeine, which is found in many “foods” other than coffee, removes magnesium due to its diuretic tendency. Other diuretics such as “water pills”, asthma medication, heart and blood pressure medication do the same thing. Soft drinks contain phosphates that bind with magnesium preventing its absorption, as does aspartame. Synthetic vitamin D as well as fluoride binds with magnesium preventing utilization. Alcohol and nicotine also disrupt magnesium levels, as do steroids and antibiotics. Tremors and hallucinations typical of alcohol withdrawal tends to disappear when supplemental magnesium is taken. Drugs used to treat asthma, epilepsy and diabetics, as well as cortisone digitoxim and other pharmaceutical drugs also suppress magnesium activity. Given all of this, how could the majority of Americans not be grossly deficient in this important mineral? Aside from its “stand-alone” benefits, it's evident from the “calcium story,” that its deficiency in the system has profound effects on other vital functions where it only serves in what might be called a secondary role. Good food sources are raw, organic, dark green vegetables,



dairy and seafood, avocados, nuts and legumes. Magnesium is heat sensitive; therefore cooking removes it, as does the milling and refining process of grains. Given the essential nature and importance of this mineral, I supplement daily.

Potassium: This is a primary electrolyte, very important in regulating pH as described under the discussion regarding calcium. It works in conjunction with sodium to regulate body water balance and is necessary for heart health and preventing hypertension and stroke. Anyone on blood pressure medicine is vulnerable to potassium deficiency. It is important to muscle function, energy storage, and nerve stability, along with enzyme and hormone production. It helps oxygenate the brain to enhance clear thinking. Good food sources are fresh fruits, especially kiwis, bananas and cantaloupe, potatoes, sea vegetables, fish, poultry, beans, whole grains and many spices such as coriander, parsley, dill etc.

Sodium: This is also a primary electrolyte and important in regulating pH as already noted. Some literature indicates that it is involved in blood pressure issues only where calcium and phosphorous are deficient. Beneficial food sources include celery, seafood, and dairy products. In my personal opinion, it is overly maligned by most conventional doctors and nutritionists. Table salt and salt used in nearly all prepared foods is the chemical sodium chloride, to which a small amount of iodine has been added. No doubt this is of very questionable efficacy, health wise. A good quality sea salt in which are all of the 60 to 80 trace minerals is a far superior source of sodium, very similar to that found in natural truly organic foods. (See section on Iodine)

Most dietary sodium comes in the form of sodium chloride or common “table salt.” Mainstream doctors and naturalists consider it harmful and advise minimal usage. Until “modern” times, prior to the 20<sup>th</sup> century, salt was considered as a foundation of health and one of the most valuable commodities on earth. Why this complete turn around? The answer is that when man messes around, more often than not, there is a price to be paid. Natural salt is a complex crystal containing 84 elements that are vital to life. Common table salt is refined to where essentially all of these “trace” minerals are removed. This

leaves only sodium chloride to which sodium ferro cyanide and green ferric ammonium citrate are added as anti-caking agents. Iodized salt also contains potassium iodide, and sugar to help stabilize the iodine and sodium carbonate to preserve the color of the resulting “salt.” Thus it has become a denatured unnatural chemical compound, which most kindly described as, not good for human consumption. Yet nearly all prepared foods contain the “refined” salt usually absent the added iodine. It may be difficult to believe, but refined salt is a slow poison to the body, while natural salt is an essential nutrient providing the full spectrum of minerals and elements required for good health. Refined salt contributes to high blood pressure, arthritis, kidney and gall bladder stones, gout and greatly increased risk of heart disease and stroke. Studies indicate that natural salt with all of its trace minerals actually can lower blood pressure and improve overall health. For more on salt and a recommendation, see the section on iodine.

### Phosphorus:

This is the second most abundant body mineral. It plays a major role in energy production and activation of B vitamins. It is also a component of RNA / DNA, bones, teeth and cell reproduction. It is needed for blood clotting, normal heart rhythm and kidney function. It is essential for good health that it remains in proper balance with calcium and magnesium. Good sources are eggs, fish, organ meats, dairy products nuts and legumes. Phosphorus, as in phosphoric acid, as in soft drinks, is not a good way to obtain this mineral.

### Zinc:

This mineral is essential for the protection of free radicals damage, the formation of insulin, maintaining immune system strength and reproductive health. It is also a brain food and an essential element in numerous other important physical processes. Good food sources include most shellfish, liver, eggs, mushrooms, pumpkin seeds and wheat germ.

### Iron:

As most people know, this mineral is essential in that it combines with protein and copper to produce hemoglobin to carry oxygen throughout the body. It is surely an essential mineral in that a deficiency results in fatigue, muscle weakness, anemia, reduced immunity and retard wound healing. However excessive iron can be toxic to the liver and pancreas, and can contribute to cancer, heart disease, diabetes, and arthritis. There are many iron rich foods, such as prunes, raisins leafy green, liver, legumes, peas, eggs, fish, and whole grains. I don't and wouldn't supplement iron unless I had clear evidence of a deficiency.

### Selenium:

This is powerful antioxidant. It helps protect the body from free radical damage and heavy metal toxicity. It's also an anti cancer substance, and immune stimulant, helps retain skin elasticity, and in conjunction with vitamin E, helps prevent fat and cholesterol accumulation in the blood. Good food source include sesame, garlic, wheat germ, nuts, mushrooms and many vegetables, if these foods are grown in soils where this mineral is present. Selenium is also found in tuna, kelp, oysters, fish and organic meats. A deficiency can cause liver damage, aging skin, hypothyroidism, and in severe cases, digestive tract cancers. Because the healthy prostate contains large concentration of this mineral it is believed that a deficiency also leads to prostate problems.

### Vitamin E

By now, the importance of this vitamin is well known as well as the fact that it should be on everyone's list of daily supplements. It's a very effective anti-oxidant, it plays an important role in cellular respiration of muscles, especially the heart, and it protects other fat-soluble vitamins from oxidation. It also assists in normalizing blood viscosity and the permeability of the capillary system, among other benefits.

When I was having radiation, I was told not to take it or any anti-oxidants, because it would diminish the effectiveness of the radiation. But I reasoned that no amount of orally administered antioxidant could possibly compromise the effectiveness of this intense concentrated beam of radiation, but it could very likely reduce peripheral

damage of healthy cells and adjacent organs. On this basis I took daily 6 to 12 times the normal recommended amount of vitamin E as well as other antioxidants, and for whatever reason, I suffered none of the side effects, which so frequently accompany radiation. It is my understanding, that today, avoidance of anti-oxidants is no longer required for those undergoing radiation. But other than as an example of a personal experience regarding its effectiveness, this is not the purpose of this paper. It is the subtleties of this vitamin, which are not so well known that I wish to here report. As far as the radiation, I didn't need it, shouldn't have had it, and thank God that He led me to the way to avoid much of its damaging effects.

Most vitamin E sold over the counter is alpha tocopherol. It's either di-tocopherol, which is a cheap synthetic, and very poorly absorbed, or d-alpha tocopherol, which is naturally derived from corn soy or olives. However there is another form of vitamin E called tocotrienol, which is extracted from palm rice bran or barley. This type is not yet very well known, yet research has shown that it can be many times more effective as an antioxidant. It is also known that both tocopherols and tocotrienals exist in multiple forms of isomers, which have been given the designations of alpha, beta, delta, and gamma. There are also other forms designated as epsilon, eta and zeta, of which I've read very little, but probably are also found along with the other isomers in at least trace amounts. Research has determined that these multiple forms, taken together, synergistically produce the most effective benefits. The tocotrienals are somewhat more expensive than the tocopherols but the combination is, I believe, what one should be taking if one is serious about their health. They can be found in the better health food stores and from the Life Extension Foundation. Because vitamin E is fat soluble, it should be taken with meals, or better still with, fish oil or flax seed oil.

Vitamin E in its various forms and amounts is found in cold pressed virgin olive oil, fish, eggs, and nuts, including peanuts. Walnuts are especially good because they also contain omega-3 fatty acids while Brazil nuts are also rich in selenium. Studies have shown that people who munch on nuts at least 5 times a week had roughly half the chance of heart attack and coronary death than those who ate nuts less than once a week. Perhaps it is the

vitamin E content which is responsible for these benefits. However, it's unlikely that most of us get nearly enough from food. Therefore, because of the incredible overload of oxidizing toxic substances we breathe, soak in through the skin and ingest, it is highly beneficial that we supplement our diets with vitamin E if we are to even begin to fend off these assaults to our health. Supplementing vitamin E has shown to be effective in preventing breast cancer, and cataracts, slowing Alzheimer's disease, and strengthening the immune system.

### Essential Fatty Acids (EFA)

The issue of fats in the diet is very much in vogue today, and it's all very confusing. There are saturated fat, unsaturated fats, monosaturated fats, polyunsaturated fats and now, transfats. There are good fats, bad fats, and essential fats. This paper will be limited to some useful information about a couple of essential fats known as fatty acids called gamma linolenic acid (omega-6) and alpha linolenic acid (omega-3). The body requires both omega-6 and omega-3 for proper functioning. The trouble is, the body needs these in a reasonable ratio of one to the other, a ratio not found in hardly any American diet. While the optimum ratio of omega-6 to omega-3 seems to be around 2:1 to 4:1, the American diet contains a ratio closer to 20:1 or higher.

Obviously, if these so called fatty acids are essential, it is not a huge leap to realize that such a severe imbalance in our diet is likely to be a source of some health issues. The reason they are called essential is that they are vital to all cell membrane structure, and the body is incapable of making them. Therefore, it is essential that they be ingested. But this duo can only function properly when they are in the necessary ratio. Among the conditions which these essential fatty acids help prevent or correct, when available in the proper ratio, are high cholesterol levels, stroke prevention, rheumatoid arthritis, heart disease, high blood pressure, multiple sclerosis, cancer and psoriasis. Given such an array of serious conditions, which can be benefited by a proper balance of fatty acids, it is obvious that anyone serious about their health should work toward achieving that balance.

The problem is, we get way too much omega-6 and hardly any omega-3 in our diets. Seed oils from most plants such as, corn, sunflower, peanut etc. are high in omega-6 with little or no omega-3. These oils are the ones used almost exclusively for frying (potatoes, fish, donuts, chicken, etc.) and baking (pastries, breads, cookies, crackers, etc.). Even worse, these oils are first “hydrogenated” that is changed in their molecular structure for various commercial reasons such as to resist becoming rancid, and of course then to become solid rather than liquid, thereby making them more suitable for baking and other uses such as for making margarine, a substance I believe no one should eat. With this change in molecular structure they also become the infamous trans fats, which are even more detrimental as food. There are many reasons to stay away from, or at least considerably reduce the intake of these types of items, that is baked goods, and fried foods, this being only one of them. Others will be discussed elsewhere.

So how can we approach this 3:1 balance when the omega-3 is so scarce in our normal diet? First, most of us eat way too much food in general, and this by itself is detrimental to good health. Second, if we reduce total intake by reducing the high fat, high omega 6 foods referred to above we will have taken a major step toward better health. Third, by eating more of the omega-3 containing foods, we can easily achieve this balance. The richest sources of omega-3 are flax seed chia and ocean salmon. It is also found in mackerel, herring, tuna, sardines, and walnuts. Flax seed and chia are by far the richest concentrated source, being about 41% oil, most of which is omega-3. Salmon is an excellent source, but only wild ocean salmon. Nearly all salmon found today in supermarkets, restaurants and even fish markets are farm raised, even when labeled Atlantic or Alaskan salmon. Health food markets still sell the wild variety, and perhaps some fish markets in coastal areas. But it must be specifically so labeled or asked for. Farm raised salmon is grain fed. Therefore, the fish ingest the insecticides, herbicides and pesticides typically found in commercial grains. They are grown in very crowded, less than sanitary conditions, genetically engineered, often fed hormones to stimulate growth, and fed antibiotics to ward off diseases. While wild salmon meat is quite red, the farm-raised variety is often gray or yellow and so lacking in natural color, that the meat is

dyed to make it look more like salmon. Of course, this meat contains many of the toxic substances it was fed, is known to be deficient in omega-3, and is probably also deficient in other nutrients.

Our bodies need fat, good fat, natural fat. We need some amounts of animal fats and good fats from oils such as extra virgin olive oil and coconut oil. Good fats don't make you fat. Its sugar and other carbohydrates, which cause people to get fat! The liver requires new fatty acids to burn old fat. The really bad fats called trans fats are a major cause of weight gain, inflammation, obesity, diabetes, vascular diseases, and cancer. The fat phobia against all fats is a travesty and a direct cause of many diseases. Essentially, all cookies, pastries, doughnuts, crackers, chips, fried foods, and other junk foods contain trans fats, which are not-so-slow-poison to the body, as are the refined flour and sugar contained herewith.

Some research suggests that the wild salmon, and of course, fish oils, such as cod liver oil, are the best source of omega 3, because they naturally include the beneficial (EPA) eicosapentaenoic acid and (DHA) docosahexaenoic acid fatty acid components.

However, DHA and EPA are also manufactured by the human body from alpha-linolenic acid omega-3 as found in flax seed and other sources. Therefore those components are good but not vital when comparing fish to flax seed.

Because it is normally quite difficult to get enough omega-3 from fish alone, I supplement daily, sometimes with fish oil, but mostly with flax seed oil and chia seed. I faithfully take a daily tablespoon full of flax seed oil and frequently also have a third of a cup of fresh ground chia or flax seed. The oil can be found in the refrigerated area of any health food store. It has a short shelf life even when refrigerated, so it should be used up before its good-until date, which is posted on every bottle. The seed has an indefinite shelf life, however, it should be ground fresh just before consuming, because it too can become rancid quickly once ground. Flax seed must be ground before being consumed in order for the body to be able to extract any of its benefits. A small coffee grinder does

the job very well. Use the ground seed on salad or on cereal. I often use it as a cereal. It has a pleasant mild nutty flavor. I buy only the organic golden yellow variety. The dark brown is easier to find and is o.k., but the golden is the best. Chia has more recently become available. It can be eaten without grinding, but I believe ground chia must be better assimilated. It's a little richer in omega3 and has a more neutral taste.

I take this omega-3 issue very seriously and believe it to be a major factor contributing to my healing and continued good health. There was a doctor in Germany, named, Johanna Budwig, who was nominated seven times for the Noble prize for her work in cancer therapy. She had major success in treating terminal cancer patients using flax seed oil as a cornerstone of her treatment protocol. It was in studying her work many years ago where I first learned of the benefits of flax seed, long before I heard of omega-3. It has been my continued and valued partner in healing and health ever since.

### The Coffee Enema

Of all the things that I have reported to those who ask me to describe "my formula" for healing and health, nothing has been received with more ridicule, repugnance and "turn off" than my reference to the "Coffee Enema!" Yet in terms of what I have done, and what I do and will continue to do to maintain good health, there is nothing I value as being more beneficial and of any greater importance to me than the coffee enemas.

The enema has been known for at least 2000 years to be of therapeutic benefit. It is described in "The Manual of Discipline" comprising one of the books in the Dead Sea Scrolls. The coffee enema was the innovation of a German field nurse during World War I. When the supply of morphine ran out at one location the nurse sought in desperation to find something to help reduce pain for her wounded patients. There was always coffee brewing for the doctors to keep them stimulated for their around the clock work load. So on a whim, she added coffee to her patient's daily cleansing enemas, and surprisingly



found that it very significantly reduced their pain and improved their spirits. These reports later aroused the interest of German researchers, who observed that when used on rats, it stimulated the bile ducts to open. These findings eventually got the attention of Dr. Max Gerson, who was already experimenting with caffeine in his treatment of cancer. Thus was derived one of the two cornerstones of the detoxification therapy for which Dr. Gerson became world famous. The other was vegetable juice. With these as the primary elements of his developing protocol, he helped thousands to be healed of cancer and other degenerative diseases. His daughter, to this day, in her late 80's operates a cancer clinic in Mexico where many who have been given up as terminal have gone and returned healed or with extended lives. One entering the clinic today would be given 8oz. of fresh squeezed vegetable juice each hour for 13 hours per day each day, along with a coffee enema every four hours. In simplest terms, Gerson's premise is that all disease is the result of toxicity and nutrient deficiency. So, eliminate the toxins, and feed the body only the most nutritious, complete, easiest-to- assimilate, and non-toxic food (vegetable juice). These along with other special nutrients and healing agents will cause the body to respond, sometimes miraculously. I have talked with Charlotte Gerson, seen her clinic, and I am living proof (in my opinion) of the efficacy of this protocol as part of an extremely effective healing and health maintaining procedure. Juicing is discussed elsewhere herein under "Juicing". Today, most effective "alternative medicine" protocols include juicing and coffee enemas.

"The liver is the main organ for the regeneration of the body's metabolism for the transformation of food from intake to output", wrote Dr. Gerson. When coffee enema is retained in the colon, the hemorrhoidal blood vessels dilate from exposure to caffeine. This in turn causes the liver's portal veins to dilate as the blood circulates through the system from the colon to the liver. Simultaneously the bile ducts expand with blood and bile flow increases, as the smooth muscles of these organs tend to relax. The blood serum gets detoxificated as this fluid passes through the caffeinated liver. The retained coffee also stimulates the visceral nervous system promoting peristalsis (bowel movement). Beyond this, there is a further effect by the palmitic acid in coffee, as the enzymatic catalyst known as glutathione -S- transference (GST) is increased in the small

intestine by as much as 700%. This has a highly beneficial cleansing effect, because this enzyme quenches free radicals, which leave the liver and gallbladder as bile salts. These are manifest as encapsulated toxins, which flushed out of the rectum and often, appear, for me at least, as dark green pellets the size of small olive pits, very distinguishable from any other excretions.

Why not just drink the coffee, you ask.

Drinking coffee does not in any way cause the described process of toxin removal. In fact it is more likely to add toxins to the system. Ingested coffee also depletes minerals especially calcium, effecting bone health and contributing to osteoporosis. It stresses the adrenal glands, worsening fatigue after the initial stimulatory effect, while causing an imbalance of blood sugar and raising blood pressure. The coffee enema is in a class all by itself as a therapeutic agent. While other agents classed as stimulants of bile flow (choleretics) do increase bile production from the liver, they don't enhance the detoxification by the liver's enzyme system, nor do they ensure passage of the toxic laden bile from the intestines. Bile is normally reabsorbed up to ten times by the body before working its way out of the intestines. Only the coffee enema is known to produce this valuable flushing effect, because it doesn't allow for re-absorption across the gut wall.

The coffee enema is very specifically beneficial in the treatment and reversal of degenerative diseases. Dr. Peter Lechman, an Austrian researcher has written of his findings, which conclude that it demonstrably lowers the quantity of blood serum toxins, literally a cleaning out process from the fluids, which nourish normal cells. That the coffee enema is perfectly safe, even when repeated several times per day, has been well demonstrated. However, because it does deplete potassium, and of course tends to flush out some of the intestinal flora, which are essential, those taking enemas should supplement with potassium and probiotics so as to replenish this mineral as well as their "good" bacteria, which must be present in order to facilitate proper digestion and assimilations of nutrients.

I have taken coffee enemas ever since I first learned of them in 1996. When I had the cancer, I took them daily. Since healed, I take them three times a week 52 weeks a year.

Even when traveling, I carry my enema equipment and organic coffee and do them wherever I am. It is that important to me. The thought of it is obviously offensive, and the last thing anyone would think to do voluntarily. I may even have had a greater aversion to this more than most people because I can remember as a child being forced to take one to relieve constipation. I only had one, because after that I vowed to never suffer it again by never letting myself be constipated, and I never was. But the cancer reordered my priorities.

As weird and offensive as the idea may seem, I can assure you once you have done it a few times, and “get the hang of it” you will actually look forward to it! It needn’t be messy or uncomfortable once you have established a routine. I actually look forward to doing it because the days I do it are usually the best days of my week. I feel inwardly clean, alert, and physically as good as it is possible to feel. I know I have given my body some major assistance in its quest to stay healthy by ridding the toxins it might not otherwise be able to deal with. For anyone interested, I have written a “play by play” description of how to do it. These many years of experience have allowed me to hone the process and offer tips which, if followed can preclude many of the difficulties associated with this seemingly revolting unpleasant effort.

### Probiotics

Probiotics are beneficial bacteria residing naturally in the intestinal tract. They are a major part of the body’s arsenal of weapons that fight invading pathogens. I’ve read that seventy percent of the body’s immune system tissue is located in the lining of the intestines. These bacteria provide a surprising array of functions when they exist in adequate numbers, and are not being overwhelmed by harmful bacteria, virus and fungus. Among their many functions, they produce the enzymes that digest food, produce vitamins, such as biotin, niacin, folic acid and other components of the B-complex family. They impair cancerous substances from forming, may help keep cholesterol normal, help regulate pH, control Candida, that is the yeast organism which causes

infections throughout the body, and finally, they break down dietary fiber producing a fatty acid which helps prevent the formation of colon tumors.

Antibiotics that are so efficient at killing bad bacteria also kill the good ones. These are also compromised by many toxic substances we ingest. To replace them through foods when they have been badly depleted is very difficult. Yogurt, kefir, sauerkraut and similarly fermented food are sources of probiotics. However, at best, they may be too slow and too weak to restore a system severely depleted of this good flora. Commercial yogurts for instance, contain very little if any probiotic culture. If heat is included in their processing, as is often the case, they contain only dead, useless flora. Most are loaded with sugar, which is the favorite food of the bad flora!! The very best products only contain flora measured in millions, while billions are needed. Probiotic supplements contain several billion per capsule. I believe that where sugar is not a significant ingredient, most fermented foods are worth eating especially for their benefits regarding digestion. However, I also believe that daily supplementation is important and supplementation after having taken antibiotics is essential for continuation or restoring good health. These should be used even while antibiotics are being taken if no other reason than they can serve as a “space holders” to thwart the greater take over of resistant pathogens such as candida. Because the antibiotics kill both good and bad intestinal bacteria, but not the Candida, the balance of power between the vulnerable bacteria and the resistant pathogens is destroyed thereby leaving unrestricted opportunity for this very harmful, fungal culture to proliferate and dominate where previously it may have been held in check. I supplement daily and double up on the days I have a coffee enema. Probiotic supplements are inexpensive and can be found in any health food store. Seek out a good brand from the refrigerated section and keep them in a refrigerator.

#### D.H.E.A. (dehydroepiandrosterane)

This is an anabolic hormone, which the body produces, in great quantity until about age thirty. From there on its production declines steadily until about age seventy, when most people produce only 15 to 20 percent of what they did in their “prime”. It has been

observed that no other biochemical in the human body declines as rapidly or with such catastrophic consequences. Bringing back the DHEA levels through supplementation is like amplifying the body's most powerful longevity signal, and it can be done safely at any age.

I say safely with one bit of reservation and caution for those who have or are prone to having breast or prostate cancer because of its capacity for increasing the levels of testosterone and estrogen. If that is a concern, there is a form of DHEA that is not converted into either of these hormones. It is called 7-Keto DHEA. Research indicates that when a sufficient amount of DHEA is provided to the system it can help.

1. Increase bone density
2. Improve glucose tolerances
3. Enhance feelings of well being (reduce depression)
4. Decrease body fat
5. Increase muscle mass
6. Raise growth hormone levels
7. Produce dramatic improvements in immunity
8. Improve learning ability and memory
9. Influence over 150 metabolic functions
10. Protect against cancer as well as Alzheimer's and other forms of brain degeneration.

DHEA supplementation is said to produce no deleterious side effects, unless one severely overdose on it. I take 100mg per day. It's best, if you choose to supplement, that you research the correct dosage for your body weight, sex, age, and etc.

As with everything, there are detractors with dire prediction regarding the use of this substance. It is strange how these can be justified when, since 1997, there have been over eight hundred new studies regarding the use of the DHEA and not a single one has validated any of these dire predictions.

**IODINE:**

Iodine has been called a universal nutrient because it is important for normal function of the whole body not just the thyroid gland. It is antibacterial antiviral and anti-parasitic. Although it is known primarily as an essential mineral for maintaining a healthy thyroid, it is also found in large concentration in healthy breasts and in the prostate. Studies indicate that it is essential for the proper growth of children especially of the brain, and that it is effective not only for thyroid disorder but also in the treatment of some cancers as well as migraine headaches, mental retardation, diabetes, obesity, Parkinson's disease, hypertension, cardiac arhythmia and numerous other afflictions which plague much of the population. This is because nearly everyone suffers from an iodine deficiency. The World Health Organizations has recognized that iodine deficiency is the world's greatest single cause of preventable mental retardation, and that 72% of the world's population is affected by an iodine deficiency disorder. Why?? Why didn't you know this before if the World's Health Organization has long ago reported it? You figure it out. One clue. Iodine supplementation is very low cost, while treatment of the myriad of diseases its deficiency causes, is extremely costly and therefore very profitable to numerous interests.

Iodine, which until 70 or 80 years ago was abundant in the soil, is no longer there and therefore it isn't found naturally in the food products we eat. The primary food source of iodine today is in kelp and some seafood, but not many Americans eat enough of these to be adequately supplied. Sardines seem to be the safest fish source of iodine as well as Omega 3 oils, because, having such a short life they do not get severely contaminated with mercury.

The recommended daily allowance (RDA) for iodine is 150 micrograms per day. As with all of the RDA amounts as established by the Food and Nutrition Board of Nutritional Academy of Sciences, this is not enough to keep one healthy, but only enough to prevent goiters. The same is true of the RDA for vitamin D, only enough to prevent rickets, and for vitamin C, only enough to prevent scurvy, etc. No one can be healthy if their intake of vitamins and minerals are limited to the RDA. Hypothyroidism or low thyroid function, which often seems to be caused by an iodine deficiency, affects some

40% of the population. It seems to be in essence, a hidden disease, given that few doctors test for it as a suspected cause of many of today's many illnesses. Signs and symptoms of hypothyroidism include: cold hands, and feet, constipation, cold intolerance, depression, brittle nails, dry skin, weight gain, elevated cholesterol, muscle cramps, inability to concentrate, infertility, hypertension, poor memory, and prostatitis, to name but a few of its manifestations. When hypothyroidism is actually diagnosed, the conventional "remedy" is the taking of a synthetic hormone, which tends to destroy what little thyroid function one may have left, and actually increases the need for iodine. A deficiency of iodine in the first place may even be the actual cause of many so-called thyroid problems.

In addition to the benefits provided for the thyroid gland and its function, when the body is given adequate amounts of iodine, this mineral has also been shown to be a whole body detoxifier, being responsible for the removal of bromide, fluoride and even toxic metals such as lead, aluminum, cadmium and mercury.

There is evidence that iodine also promotes proper stomach acidity. The very many people who exhibit impaired production of stomach acidity maybe in fact simply iodine deficient. Human organs such as the stomach and the salivary glands need iodine but cannot absorb it until blood levels reach high enough values. Iodine is also involved as a catalyst in the metabolism of calcium, phosphorus and starches.

In the 1960's the risk of breast cancer appears to have been 1 in 20. About that time, iodine began to be replaced by bromide in bread making. It has been noted that in twenty years the increase of breast cancer increased to 1 in 8 and has continued to increase at the rate of 1% per year. It's been found that women living in Japan consumed a daily average of 13.8 mg of iodine, 100 times the RDA, and they experience the lowest risk of breast and ovarian and uterine cancers found in any of the developed countries.

The therapeutic benefit of iodine has been known since as far back as 1829, when a French physician Jean Lugol used iodine for treatment of infectious diseases. He

developed what has since been called Lugol solution, which is a liquid providing 12.5mg of elemental iodine per unit amount. This inorganic form of iodine as a supplement is reported to be extremely safe and without side effects. There appears to be little or no danger of over dosing within a reasonable range of dosage, because amounts in excess of what the body needs are readily eliminated through the kidneys and colon.

Early in the 1900's the incidences of goiters began to grow. This was after sea salt was replaced by the chemical sodium chloride as a food additive. Industries needed this chemical so natural salt was "purified," that is stripped of its natural array of approximately 80 minerals which are called "trace minerals" and which are known to be essential for good health. This pure chemical to which was added a few other chemicals, which kept it resistant to moisture absorption, became what we call "table salt". The goiter problem was solved by adding back a small amount of iodine. However, today everyone is told to limit salt because it is claimed to cause hypertension. Based on my search of available literature on the subject, that which I choose to believe indicates that salt contributes to hypertension in only a small portion of the population, that which is very sensitive to salt. I am not one of them and I eat a comparably large amount of salt. However, where I have control of the matter, that is cooking and at the table, I always use Celtic salt, a very pure sea salt, which is full of the necessary trace minerals the body needs for good health. However, it is my belief, that this alone does not supply me with sufficient amounts of the major minerals such as iodine. Therefore, I supplement with a tablet form of Lugol solution called, Iodoral, a high potency iodine / potassium iodide product containing 12.5mg of iodine per tablet of which I take one per day.

Dr. Kurt Donsbach of Chula Vista, CA and others have suggested a simple way to test for an iodine deficiency. Paint a silver dollar size spot on you abdomen immediately after you shower. This would be the dark liquid iodine available in any pharmacy. If the spot is gone in 24 hours, you are iodine deficient. If not, your not!

### CoQ10



There are some very knowledgeable doctors of “healing” medicine, which is the so-called alternative medicine, who view the discovery of this enzymatic protein as one of the top three discoveries of the 20<sup>th</sup> century. It has been said that it is one of the most researched of all the supplements available today. It was discovered and isolated in 1957 and found to be a component of every healthy human cell. It was later synthesized by Merk and Co., but because, as a natural substance it could not be patented, Merk was not interested in the discovery. Contrary to what seems to be the policy regarding other such discoveries, that is to bury them so as to prevent their potentially competitive use, Merk sold the proprietary information to a Japanese company, which has been making the entire worlds supply for the past 40 years. It was originally called ubiquitone because it was so ubiquitous and important to all bodily functions.

The earliest interest in CoQ10 had to do with its incredibility beneficial effects on cardiovascular ailments, primarily congestive heart failure and angina pain. These benefits have been published in innumerable journals, but apparently not where most pharmaceutically company trained doctors dare, or choose, to venture.

This may not as true today as it was 11 years ago, because, during the interim quite a few of the healing and health benefits of this substance as well as other supplements have “leaked out” from what was then, and still is to a large degree, the suppressed “underworld” of genuine healing products. An example of this point regarding CoQ10 in particular, there was a man I knew about 5 years ago when he was suffering from congestive heart failure. I told him about this substance and its great history of effectiveness in dealing with his specific problem. None of the doctor prescribed chemicals were doing any good, but were instead increasing his suffering through their side effects. I gave him a bottle to try. At his apartment complex, he asked a neighbor who was a medical doctor, what he thought of CoQ10. He had never heard of it. Then he asked his own cardiologist. He also had never heard of it! So he gave me back the bottle and told me that he wasn’t going to take anything that no one had heard of. No amount of evidence or persuasion had any effect on his decision. He died of congestive

heart failure a short time later. Today, much of the "establishment" the jumped on the Co Q10 band wagon, as if it was something new in the treatment of heart disease.

But CoQ10 provides many other benefits as well. Studies have indicated that high dosage (1200 mg) can in some cases arrest, and in many others, substantially delay the progression of Parkinson's disease. In studies with mice, CoQ10 produced resistance to stress, substantially lengthened lifespan, produced greater energy, as well as mental activity, and in every instance, dramatically improved the thicknesses of their coats. Other studies have shown CoQ10 to be quite beneficial in the treatment of cancer.

When I had the cancer I took 400mg/day. Now I continue to take 100mg/day. Because it is oil soluble, one should take the gel cap supplements, which also contain oil. Otherwise, one should take it with vitamin E, flax or fish oil. Other oils will do but these should be on every list of daily supplement anyway. There have been major improvements in the way CoQ10 is prepared in terms of its ability to be assimilated. Life Extension Foundation has I believe the best, or one of the best of these products.

### Vitamin D

It has been argued by knowledgeable medical authorities that vitamin D is probably the most important hormone in the entire body. It has been shown to have a significant influence on every aspect of physiology. An article in the American Journal of Public Health Dec 27, 2005 issue reported that a review of all literature regarding vitamin D and cancer concluded that up to 50% of all cancers could possibly be prevented by adequate amounts of this nutrient. There are clinical studies, which strongly link vitamin D deficiency with breast, colon, and prostate and skin cancer. Its deficiency is also a significant factor in osteoporosis, Type 1 diabetes, obesity, lupus, Graves's disease, hypertension, cardiovascular disease, blood clotting abnormalities, thyroid dysfunction, rickets, immune suppression, kidney and liver disease, chronic fatigue, and a host of other afflictions. Because it is so ubiquitous in its presence regarding essentially all body functions, if one is not feeling well, the problem is no doubt somewhat related to a deficiency.

The very best source of vitamin D is through sunshine. Its manufacture of vitamin D starts in the skin through the action of ultraviolet light from the sun striking a pre-cholesterol molecule. This converts the cholesterol molecule, which is now a provitamin D that is modified in the liver and kidney to produce the actual vitamin D3. That is also called calcitrol. The effective light waves do not significantly penetrate glass so sunlight passing through windows is ineffective. Only skin exposed directly to the sun provides any benefits. However, even sun exposure is of little value unless the sun is high in the sky and shines directly on bare skin. It has been observed that it is impossible for anyone living north of Florida is get sufficient vitamin D from sunshine on a year-around basis. The further north one goes there are fewer months of the year when it is possible to get enough sun.

The prevailing “wisdom” as propagated by dermatologists and much of the popular relevant literature suggests staying out of the sun or applying sunblock. This, of course is the result of a fear of skin cancer. From everything that I have learned, this is extremely faulty advice. Of course as with all things, various degrees of moderation are always appropriate. There are very light skinned people who can be harmed by the same amount of sun exposure that others can easily tolerate. Darker skinned people not only tolerate, but also need much more sun exposure in order to obtain enough vitamin D. Regarding skin cancer, the evidence is that this is related to those who get sunburned, and to those who are already vitamin D deficient. It has also been noted that melanoma, the deadly type of skin cancer, is most common on the backs of men and the inner thighs of women, and not on the backs of hands and the face where most exposure occurs. There have been studies, which show that the more sun exposure, up to a reasonable amount, actually decreases the risk of melanoma. This is most likely because the vitamin is strongly associated with cancer prevention. Regarding the various “sunblocks” on the market, an examination of the ingredients reveals that they all, or nearly all, contain carcinogens. Given the “two way” porosity of the skin, it is not a quantum leap to conclude that these toxins can and probably do, enter the body causing something we would rather not have.

In this same vain, one should be very aware of what other substances the skin is exposed to both deliberately and inadvertently. Cause and effect in this area doesn't seem to have been researched too seriously at least, I haven't found much. However, the two-way skin porosity has not gone unnoticed by those who apply the principal in order to send substances quickly into the blood stream. Skin patches providing infusion of nitroglycerin for treatment angina pain are widely used, as are nicotine patches, birth control patches, sleep assistance patches, etc. Water filtration system manufactures advertising claims that showering with chlorinated water causes an intake of chlorine the equivalent of drinking 8 glasses of tap water. How accurate this claims maybe, I don't know, but the point is surely valid, given the ability of skin to absorb much of that to which it is exposed. The use of deodorants, antiperspirants, soaps, detergents, cosmetics, etc. can be major sources of seriously debilitating toxins, especially aluminum. These may accumulate in the body for many years before they cause cancer or other serious ailment, where the delay between cause and effect is so great that the connection is never recognized.

Back to vitamin D. It is the opinion of a growing number of competent health professional that everyone should supplement with vitamin D3 capsules at least 9 months of the year, or all year long if one does not get much summer-time sun. The evidence indicates that it is next to impossible to overdose on it. I have a full spectrum light source that I use while reading or writing and often when I eat. I get as much sun exposure as possible in spring and fall seasons, and as much as I consider prudent in the summer months. When I seek the mid-day summer sun I expose myself to it no more than 15 minutes, "on each side" initially and extend the time gradually through out the warm season. I never use anything like sun block and never allow my skin to burn. That way I only tan and do not even peel. I also take 3000 to 4000 IU of vitamin D3 daily during the fall and winter and spring months. Looking back, to B.C. (before cancer), I lived as most people do, receiving little beneficial sunshine and taking no vitamin D supplements. Based on what I have learned, I believe that this may have been a very significant contributing cause of my affliction. Also having learned of its anti-cancer benefits over

ten years before it even began to be popularized, it's evident to me that my heavy application of its benefits was a strong contribution to my recovery.

### Water

This is not about how much water one ought to drink, but about the quality of water one should use both internally and externally. All water is not the same and very little we drink or clean ourselves with is fit for those uses from a health perspective. This has been true for quite some time, but the situation continues to grow worse, not better. Do you doubt that, or believe you have the situation under control regarding your own health? In either case please read on.

It is fairly commonly known that municipal tap water is more often than not far less than pure and healthy to drink. Many comfort themselves by drinking only bottled water and attaching a filter on the showerhead. Do these do any good or enough good to preclude the resulting water from being a health problem? I say the answer is a conditional no. The quality improvements in bottled water depend on many variables regarding its source, its treatment, it's handling and in what type of container it is transported. Of course the quality of the shower water depends on the quality and maintenance of the filter in use. What follows here regarding water is lengthy and probably boring, however, I pray you will read it all because you may learn enough about "why" as well as "how" to become seriously motivated to deal with this as a most significant factor in any quest for good health.

Essentially all municipal water is treated before it leaves its source. The treatment process varies depending on what is in the water that needs to be "treated". The presence of bacteria has been the contaminate of greatest concern and therefore the focus of most serious treatment. While other antibacterial means exist, chlorine is by far the universal treatment. It is a very powerful oxidizing agent, which is why it is so effective in killing bacteria and in neutralizing several unwanted chemical compounds commonly found in water supplies. For this treatment, sufficient chlorine is added to kill all bacteria. But also there often are some chemical compounds in the water that reacts with the chlorine

reducing the amount available to deal with the bacteria. This is called the chemical oxygen demand (COD). The amount needed to kill all bacteria is called biological oxygen demand (BOD). In the treatment the chlorine continues to be added as long as these “demands” exist, that is until the oxidation process has been completed, which is when there remains a free chlorine residual. That means that all bacteria are presumed dead and chemical reactions with the chlorine have ceased. Water leaves the treatment plant with a chlorine residual to help assure that it remains free of any live bacteria by the time it reaches its point of use. When one smells the chlorine in the shower or in a glass of water, it is the residual chlorine. This is volatile and therefore will remove itself if the water is allowed to remain in an open container for a while.

Many believe that that is the end of the problem with chlorine, but it isn't. The BOD by definition left a number of chloride-organic- compounds in the water that are toxic and can cause cancer. They go by names such as trihalomethanes, haloacetates, chloroform, and dichloroacetic acid. The oxidation by the chlorine of the bacteria in the water can also leave other toxic organic compounds as well. Various studies have found that several of these residues are associated with various types of cancer, particularly colon, liver, kidney and bladder cancers. There are also synergistic and additive effects that cause weak carcinogens to become powerful cancer causing combinations.

Another source of water treatment that causes serious water toxicity occurs when the source water is not sparkling clear due to the colloidal suspension of clay-type substances. The “ideal” additive to this water that “clears it up” is alum, or aluminum sulphate. When applied in powder form and mixed with water, it causes a flocculation to occur that is the colloids quickly combine with the alum and the resulting floc is removed, leaving cosmetically clear water. However, now there is an aluminum residue in the water that is sent out for consumption. We all know what aluminum can do to the brain, and other bodily functions.

An interesting thing happened in Cornwall England on July 6, 1988. Twenty-two tons of aluminum sulphate was accidentally dumped into a water treatment tank. For five days

people were told that the water was safe to drink. However, people soon began experiencing nausea, vomiting, skin rashes and mouth ulcerations. Then they noticed blue or brown coloration of their hair, fingernails and skin. An autopsy on one of these people found high levels of aluminum in her brain and bones. The woman died from severe sporadic amyloid angiopathy similar to that seen with Alzheimer's disease. It is well known that aluminum in water is associated with Alzheimer's especially in the presence of fluorine another highly dangerous element. Fluoroaluminum causes chronic brain inflammations and other severe mental disorders.

As if all of this isn't bad enough, there are many as seventy chemical residues not entirely removed by conventional treatment that have been found to exist in human fat cells waiting for their chance to participate in causing many kinds of serious ailments. Herbicides, pesticides, fungicides, insecticides, industrial solvents, vinyl chloride, dioxin, and benzene, are but a few of these that have now spread to every part of the earth through wind and rain, even into Polar Regions. These are in fact, for the most part, not removed by conventional treatment.

So you think you have solved the problem by drinking only bottled water? That is not necessarily so for several reasons having to do with source, treatment, container type and delivery conditions. Much of the bottled water is plain tap water that has been filtered. This is not necessarily bad because most water companies use reverse osmosis ionization, distillation, carbon filtration, silver impregnated filters etc. None are perfect but all cause improvements in quality. Reverse osmosis even removes fluoride, but the fluoride burns the filters, requiring them to be replaced frequently. The silver impregnated filters kill and remove bacteria, viruses and fungus. Distillation is probably the best process because it can remove everything and also produce a neutral pH. However, volatile chemicals can recondense in the recovered water unless these gases are removed by filtration before they can return to the water. Essential minerals such as calcium and magnesium should be added back to avoid deficiencies.

From this it is evident that essentially all bottled water is superior in quality to most tap water when bottled. However, what happens to it than can severely negate much of the benefit. Both hard and soft plastics bottles can leach high levels of toxic chemicals in to the water before it is consumed. The longer it's in the bottle, and particularly when the bottle is exposed to sunshine or heat, the more of this leaching occurs. It's difficult to know how long the water has been in a warehouse, on a train or a truck, and how hot it may have gotten. The best thing to do, if possible, is to have a reverse osmosis filter system or a good distillation device at home for your drinking water needs and use glass containers if feasible. Carry your own treated water when away from home where possible, or buy water in glass bottles. Some spring waters come in glass bottles and should be superior, in quality though more expensive than water in plastic bottles.

### Stomach Acid

Eating a well-balanced nutritious diet, taking all the needed vitamins minerals and other supplements will not keep you healthy if they cannot be properly digested and assimilated. While digestion begins when digestion enzymes in the saliva begin the action during the chewing, the heavy work is in the stomach by the body-produced hydrochloric acid. As we age, the acid production tends to diminish, with poor digestion and assimilation the inevitably results. This of course influences the health of the entire body and can lead to diseases, the causes of which seldom seem to be identified as related to this problem.

Low or weak stomach acid leads to alterations in the intestinal micro flora due to the changes in pH. This leads to a reduction of "good" flora and an overgrowth the "bad" flora, much like what happens where antibiotics are taken. Increased risks of infections occur as well, because the stomach acid is a very effective first line of defense against the invasion of bacteria that may be ingested. Studies have indicated that low stomach acid can be linked to hip fracture, pneumonia, macular degeneration, and a number of other ailments that are often simply accepted as age related. Because low stomach acid causes inadequate digestion, especially of meat and other slower digesting foods. Those foods that reach the lower end of the stomach tend to remain there longer than they should.



This results in putrefication and the generation of other kinds of acids as well as toxins. Eventually this mass passes into the upper intestine where the digestion should be completed and where assimilation of nutrients begun. However, with the stomach having failed to do its portion of the job, the intestine becomes burdened with tasks that it is not equipped to deal with. The result is the assimilation of toxic substances, greatly diminished assimilation of beneficial nutrients, and destruction of beneficial flora along the whole intestinal track. This also causes irritation of the entire colon as the residual poisons work their way out. Constipation and diarrhea are sometimes the immediately noticeable effects of this type of digestive failure, but an ever-diminishing level of health is the inevitable long-term result.

Another seemingly illogical result of low stomach acid is acid reflux, or heartburn. What happens most of the time seems to be the back up of the acids generated by the undigested foods, and not necessarily the natural stomach acids. If stomach acids are low and studies show that most people over 50 suffer from reduced stomach acid production, then supplementation is necessary. The older one gets, the more important this becomes. The stomach's natural acid is hydrochloric acid. HCL tablets are inexpensive and available in health food stores. One tablet with each meal is generally adequate. However it's better to consult a naturalopath who can test and suggest the proper amount. Asking a conventional medical doctor in most cases will probably be counter productive. If the medical profession knew these things, they wouldn't recommend the taking antacids. Antacids and even medications that totally shut off stomach acid production are classic examples how modern medicine is dedicated to treating only symptoms and ignoring the cause. Of course antacids give instant relief, because they neutralize all acids in the stomach. The price tag for that relief is extremely high and the full price will eventually be paid through an overall reduction of good health, the development of other ailments, caused by a worsening of digestion, and of course the purchase of drugs to deal with these other ailment symptoms, which will only deal with the new symptoms and not the problems. This again leads to more drugs and lower quality of health. It is but one of the many health-depleting syndromes the drug industry has promoted. The classic of these is the blood pressure one. Those who are on high blood pressure medication should

know this one quite well. The drugs that treat the symptom called high blood pressure inevitably require another drug to treat its side effects, which lead to new side effects etc. Yet none of the drugs treat the problem, only the symptoms.

I take HCL with meals along with digestive enzymes that are also essential for proper digestion. The body also fails to make these in sufficient amounts, as we grow older. When I have eaten too late or too much for dinner, I will sometimes get acid reflux during the night. This is caused by acid flowing up the esophagus, which is not acid resistant as is the stomach lining. When this happens, I take just one large bite of an apple and chew it up thoroughly and swallow. This seems to provide a coating that protects from the acid burning. Usually that does it for the night. There are products available that probably provide more positive and longer lasting protection, which one might try. Life extension Foundation carries such an item.

### Epilogue

No doubt, if you have read all of the above, you have noticed evidences of cynicism, strong disagreement, distrust and even disgust regarding that portion of the medical establishment, which deals with cancer and many other degenerative diseases. It is primarily the pharmaceutical companies, the A.M.A. and the F. D.A. whom I believe, and overwhelming evidence indicates, are an incestial empire of overlapping directorships whose primary purpose is generating and protecting positions and profits no matter what the cost to public health. Regardless of all of the propaganda to the contrary, those in need of medical treatment are nothing more than pawns, guinea pigs and profit centers to this triumvirate. In fact, as incredibly absurd it may seem, curing and healing are enemy concepts to this conscienceless alliance, as numerous examples are easily found attesting to their nefarious activities to stifle any possible cures. Treatment is where the money is. Any widely accepted modality, which could heal, would cause disastrous effects to this monolith. Just imagine what devastating affects a real cure for, just say, cancer would cause to this trillion of dollar industry that has been built around research, manufacturing,

advertising, delivery and application of the various apparatuses and chemicals, which are used to treat cancer.

Based on what I have learned during these many years of serious research, and what I am still discovering, cures are never going to happen within the present economic and political structure of this industry! How many times is the public going to be duped into believing that a cure is right around the corner? If the history of the last 30 years of this “war on cancer” is any indication, it will be as many times they choose to repeat the lie. And it is repeated whenever some private and public funding campaign for “research” is underway. How many times have you heard about some “very promising breakthrough” which should be available in 4 to 5 years? Of course this breakthrough never happens, but surely the next one will. And so the game is successfully played over and over again. Why am I so cynical distrustful and disgusted?

Besides my own case, and all these years of intensive interest and study of these matters, I have, for several years, attended numerous cancer support groups for men with diagnosed prostate cancer in various stages of progression. Additionally I get many calls from people afflicted with various ailments who have heard my story and who have become very disillusioned with the results of what conventional medicine has done for, or to them. Their stories are heart breaking. Their confidence in their treatments is gone, and many are grasping at straws, seeking to learn about whatever it is I can suggest, which may help them. As previously noted, mine also was a highly advanced cancer, but because the doctors were willing to admit that they could do nothing to extend my life, I escaped from what were the “state of the art” treatments. I was able to escape into the “underground” world of healing therapies, a world in which healing doctors risk jail for daring to treat by any effective means other than “cut, burn and poison” protocols. Future generations will view these as having been primitive, impotent and barbaric.

I got into these support groups for the sole purpose of telling my story and what I have learned. It has been an attempt to bring real hope and actual improvement to their shattered lives. I see men emasculated by estrogen infusions which have taken away

their manhood, and leaving them vulnerable to other diseases. I've seen some who have been burned by radiation with side effects such as destroyed bladder, colon, and lymph systems, as well as other serious, and sometimes deadly results. I see men who were poisoned by chemicals which accomplish little or nothing to prolong their lives, but did incredible damage to the quality of their lives as well as having destroyed, or severely damaged their immune systems, and brought about other severely debilitating and often terminal afflictions. I see men, whose lives have been prolonged, but their bladder is a bag hanging from one hip and their synthetic colon attached to the other hip, after cancer and/or its treatment has destroyed their natural ones. Because of these and other effects, many may be alive but hardly living. Also, it seems more often than not, that after "treatments" the cancer returns with a vengeance into an even more aggressive destroying form resulting in more radical "treatments" which seldom extend life, but simply cause greater suffering before death. At these groups I hear repeatedly from nearly every participant some scathing or heartbreaking story of medical incompetence, mistaken medical records wrong prescriptions, conflicting medical opinions, wrong diagnoses, unconscionably short superficial examinations etc, etc. Yet it seems that 9 out of 10 still cling desperately to a faith and hope in the conventional medical system. That faith is in the myth that somehow they are getting if not the best, probably the only beneficial help available. The other hope that "keeps them going" is based on that almost criminal myth that one day, before it is too late, that cure promised for the past 30 years will save them. As they have waited with that hope which never comes, many have died whom I believe needn't have nearly as soon, had they only taken heed and followed even the simplest and most basic of the available alternative modalities for healing.

I find that most seem interested in the so-called "alternative" therapies, which I espouse and recognize their possible efficiency. BUT! There are many variations to the but. However, they generally boil down to four categories, which can be summarized as follows:

- a. "I never heard of it before." I've not seen it on T.V. My friends and my doctor say its "quackery" I asked my doctor, and he never heard of it. ( see

story in CoQ10) I won't take anything my doctor doesn't tell me to."

That is potentially good advice, if the doctor has researched the product and knows it will conflict with a particular medication of which you haven't yet learned to rid yourself.

- b. Too much difficulty and pain for an uncertain gain. "Change of diet? Coffee enema? Juicing? All those supplements? Different lifestyle? Give up my cocktails or coffee and doughnuts! Not on your life! I'm going to enjoy my life while I can. It is the doctor's job to heal me, not mine! He never said a word about all this stuff, nor did he ever, ever, ever hint that I should give up the things I like."
- c. Desperate rationalizations to avoid personal responsibility. "We are all different, what worked for you won't necessarily work for me. Besides, it's too difficult and too complicated and I am doing ok. as is. I'm better off taking my chances with the doctor."
- d. Refusal to re-order priorities and thereby break from the system. "Gee, I would like to do those things, but I can't. I think they probably work. But I can't afford it. My insurance won't pay for anything that isn't conventional treatments. I'm sure not going to tighten my budget that much or use my savings for these things."

What I've written regarding the purely-profit-motivated pharmaceutical industry, the failure medical establishment, and the duped doctors may seem to be an exaggeration of facts, but I assure you it represents only the tip of a death dealing iceberg which is crushing million of lives that could be saved if only healing was its true goal, alternative treatment modalities were not criminalized, and truthfulness, could have prevailed. One small example of the problem was recently evidenced by an article in the Journal of American Medical Associations (JAMA), dated January 25, 2006. It sited the severe conflict of interest (which has been going on for many years) between the pharmaceutical industry and individual doctors as well as the medical schools. This will not be easy to remedy for either group because 90% of the 21 billion dollars marketing budget of big

pharmaceuticals is reported to be aimed at doctors, doctoral students and the medical schools. It is difficult to believe that this incredibly large amount of bribery wouldn't have a major influence on the recipients, and how they respond in terms of their preferences for, and prescribing of, certain pharmaceutical products. Isn't it reasonable to wonder just how well the patient's interests are served under this industry-medical relationship? I see this not so much as a competitive battle between drug companies and their particular patented chemicals, as it is an all pervasive FDA enforced program to keep medical education and practice wholly under the control of the pharmaceutical industry at the exclusion of any alternative medical systems which could meaningfully diminish its dominance and profitability. The FDA has long since ceased being, if it ever was, an agency safeguarding public health, and has become an enforcement arm of the industry aimed at insured that "cures" never threaten the profit structure of this "treatment industry."

In recent years there have been relatively small inroads in terms of diet supplements, and life style, but it has been mostly in the area of sickness prevention. However where really effective alternative treatments or healing are concerned, the establishment forces dare not and still do not allow it.

Aside from the above, I have not chosen to make much of the case for what I have alleged regarding the collusion among the pharmaceutical industry, the FDA and the AMA along with the medical departments and medically orientated scientific laboratories at the expense of public health. To prove the point would be long and out of context with the purpose of this paper. The proof is easily available from many sources if anyone wants to see it.

A few of the resources available that do address the issues are as follows:

Books:

*OPTIONS: The Alternative Cancer Therapy Book, by Richard Walters*

*The Cancer Industry, By Ralph W. Moss PhD*

*Forbidden Medicine, By Ellen Brown*

WORK IN PROGRESS...

Oct. 2003  
Updated: January 2006  
May 2008

*World without Cancer, By G. Edward Griffin*  
*(More sources to be added)*

Note:

This continues to be “work in progress”. There is much much more to report on from the world of “curing” afflictions ,and improving health, God willing, additions to this report will continue in the near future. The many requests for this type of information have prompted me to offer this as is.