

Fightback against cancer. My personal study.

I received a report from a sister that followed these steps and was declared cancer free after 6 months. Ill not mention her, but if she wants to testify, her testimony to the effects of this study are welcome.

## #1 DETOXIFICATION

### GO SLOW

Cleanse the inside of your body and get the bad stuff out. Do these cleanses in order. Steps 2 through 7 can be done all at the same time

1A Colon; Liquid Magnesium can be used for Colon Cleanse. It cost \$1 at Walmart and comes in a few flavors to make it easy to go down. Make sure you stick close by the toilet because this stuff will get things moving. (BTW, magnesium is a mineral your body needs.) Slippery Elm bark or buck throne are herbs that will accomplish the same thing.

1B Urinary tract: Clean water, Parsley, Asparagus, Marshmallow root

1C Kidney / Liver: Turmeric, Burdock root or Milk Thistle supplements will work. There are others you can find if you do just a little checking. Walmart sells a kit for both the colon and the Kidney /liver. Beets are good too. Do not worry if your urine turns blood red. It is only the beets doing their job.

1D Parasite Cleanse: I know this is not fun to think about but sometimes parasites, tape worms and other living organism have their home inside us, They must be expelled out of the body. To accomplish this you can use Black Walnut hulls, Common Cloves, or Wormwood.

## # 2 NUTRITION

White foods, like rice, bread, flour, potatoes, pasta and especially sugar and anything containing gluten are to be avoided. These foods will feed the cancer cells. Red meat and alcohol should be avoided as well. Anything processed or refined that is not natural is probably not real food. If it has chemicals in it that are there to preserve the shelf life of the food. Avoid it.

Things you should eat. Seeds like apricot kernels (investigate how to prepare, and how much to take) raw sunflower seeds, raw pumpkin seeds, flax seed can be ground up fresh and added to yogurt, raw almonds, etc , etc. There are a whole variety of seeds that are proven to be beneficial for good health and boosting the immune system. Investigate for yourself.

Raw fruits and vegetables, commonly referred to as eating the rainbow. All the colorful fruits and veggies. Preferably organic and non –GMO. Either eat these raw or juice a combination of them together. Juicing is known to be a powerful way to lose weight and to get good healthy nutrition into your body. Experiment with your recipes to find something that you like to drink. The goal is to saturate your body with good nutrition so it can repair the immune system to defeat the cancer. Explore the benefits of Essiac Tea as well . It has been touted as a cancer killer.

These foods are based on Gen 1:29

## #3 SUPPLEMENTS

Anti-Oxidants like Vitamin C. If you can get a doctor to administer it through an IV, all the better Vitamin D either in capsule form our naturally from sunlight (But don't over expose yourself to the sun) Turmeric, Ginger and a host of other spices are rich in anti-oxidants. The key to the supplements is to find anti-oxidants. Cancer can not survive in an oxygen rich environment.

Cranberries, blueberries, and blackberries ranked highest among the fruits studied. Apples ran a close second, and dried fruits were also leading contenders. Peaches, mangos, and melons, while scoring lower than berries, still contain plenty of antioxidants as well as other nutrients. Crack and eat the seeds in moderation. Do not discard the best part of the food.

Black seed oil, Flax seed oil, Olive oil are all good fats and your body needs them. Research the best way to get it into your diet unless you are able to swallow a table spoon by itself. Cold pressed virgin oils are the ones you want to use. Avoid heating them if at all possible  
Essential oils like Frankincense, Myhr, Anise, Lavender, Cumin etc. can be put in a diffuser to place the mist into the air of the room you are in for breathing. The oils are inexpensive. Investigate the ones that will work best for your situation. Eat the seeds

#### #4 HAPPY PLACE

Prayer, meditation, deep breathing exercise. Pleasure reading.

Remove yourself from any stressful environments. Find your happy place. Whatever it is that you do in life that makes you happiest, go do it. LOVE, Sing, dance and enjoy life. Don't not let any fear of cancer take a hold of you. Convince yourself that cancer will not win and that you will defeat it

Exercise to get your blood pumping and your heart rate up if you are physically able to do so. Exercise is a good thing.

#### #5 HYDRATION

You cells need plenty of clean water. Drink at least eight - eight ounce glasses of clean water each day in addition to any juicing you may be doing. This also helps the kidneys flushed of any toxins that are being released. If you can get purified water that has all contaminants removed (especially fluoride) all the better.

#### #6 TEMPERATURE

Raising your body temperature imitates your body when it has a fever. Fever is a natural protection mechanism that tells your immune system to attack foreign invaders.

Time spent in a Sauna or soaking in a hot tub or hot bath for 30 to 45 minutes every day will be beneficial.

#### #7 WHAT YOU PUT ON YOR SKIN

Shampoo, Soap, lip stick, Chap stick, lotions, creams, makeup and deodorant, hair coloring (extremely dangerous) should all have natural ingredients or else you should not use them.

Your skin absorbs anything on your skin directly into your blood stream. Most spray on deodorants have Aluminum or titanium oxide (metals your body cannot process) in them. Look for natural replacements like Vitamin C body wash, Aluminum free deodorant, Olive oil soap, Coconut body lotion and cream or other natural based ingredients.

You check the ingredients of everything you put on your skin. If is has man-made chemicals, replace it with something that natural ingredients.

This is key. If you are treating your cancer by doing all the other good things, but are still putting poison in your body through the skin you are defeating the whole purpose of your healing program.

#### #8 CONCLUSION

There are many other things that you can do. You would serve yourself well to investigate on your own to find the confidence in the things that are being suggested to you.

Im not intending to write a book, but just to get you started on a life style change. It will take discipline and determination to make these changes. But you must of you want to survive cancer.