

DEFEATING CANCER AND NATURALLY PROTOCOL
(and other illnesses)

The information in this document has been put together from over 2,000 hours research, over 15 months. With information from people who have cured their cancer that has been added to the protocol as well as research and the latest worldwide information.

The information in this document includes-how to use cannabis oil (C oil), the various methods to take it, how to introduce other supplements (if needed) gradually in and which supplements are best and the importance of and how to adjust your diet to clear the cancer, including recipes and info on other natural curing cancer methods.

It also contains information on how to use the oil for non cancerous illness.

PLEASE READ ALL THE INFORMATION.
 KEEP THIS DOCUMENT VERY SAFE AND DO NOT LOSE IT.
 REFER TO IT CONSTANTLY AND ANY TIME YOU HAVE A QUESTION

LOOK HERE FIRST AS OFTEN THE ANSWER WILL BE HERE. IT SAVES A LOT OF TIME FOR OTHERS WHO HAVE TAKEN A LOT OF TIME TO PUT ALL THE ANSWERS TOGETHER IF YOU CAN USE IT- IT IS VERY MUCH APPRECIATED.
 thanks

Before we begin:

*****PLEASE READ*****

**YOU ARE SOLELY RESPONSIBLE FOR YOUR HEALTH.
 RESEARCH EVERY SINGLE SUPPLEMENT, HERB,
 PROTOCOL, ETC. BEFORE INGESTING IT.**

**YOU ARE FULLY RESPONSIBLE FOR HOW YOU
 CHOOSE TO USE THE INFORMATION ENCLOSED.
 THOSE WHO CREATED THIS PROTOCOL ARE NOT
 RESPONSIBLE FOR ANY MIS-USE,
 MISUNDERSTANDINGS OR MISTAKES THAT ARE
 MADE BY THOSE WHO DECIDE TO USE IT.
 THIS LIST DOES NOT REPLACE MEDICAL HELP OR
 YOUR DOCTOR'S ADVICE. THESE ARE SUGGESTIONS
 ONLY AND CERTAINLY NOT A COMPLETE LIST OF
 WHAT TREATMENTS, HERBS, ETC. MIGHT ALSO BE**

AVAILABLE AND EFFECTIVE FOR TREATING CANCER AND OTHER DEGENERATIVE DISEASES.

Nb. Any link addresses in this protocol can be copy and pasted and watched on YouTube or read in Google – just copy and paste into your address bar on your computer or phone or I-pad etc and view.

Cancer occurs not due to just one thing. Several factors have to occur in order for cancer to develop and to clear this naturally, it is best to address all these areas- this includes the illness on a physical, mental emotional and spiritual level.

Our bodies are always producing pre-cancerous cells, every day. But it is our immune system that protects and kills these constantly, keeping our body balanced always. It is only when several events occur, our immune system being run down being an important one, along with a deficiency in the correct micro-nutrients in the body (ie vitamins etc) as well as an emotional disturbance to the body's energy system (ie a trauma in life of some sort or a build up of smaller events that the body stores emotionally) ... that eventually leads to cancer.

By correcting some or all of these with natural methods we can bring the body back into balance and restore it back to its healthy state, even in cases where the western medical profession would have given up! The planet contains all it needs to heal naturally. Logically to sustain life, nature provides a cure for everything!

The way the oil works is that it looks to normalise the body back to its natural state and it runs along the cannabanoid system which runs through every organ of the body, including the brain. THC is the fuel that runs along this cannabanoid pathway healing as it goes along, along with over 400 other cannabanoids which balance out other things in the body including sleep, weight, appetite, mood etc.

The things you will need to cure cancer...

An open mind.

A strength to speak your truth and not to be bullied by doctors and their methods.

This protocol.

And I find a sense of humour heals a lot of things too :)

Other illnesses:

Altering the diet and taking cannabis oil has not only seen to work for cancer but pretty much all other illnesses. The protocol for other illnesses would be similar but not as intense. Very small doses (ie between a ½ -4 rice grains) are often seen to clear most non cancerous illnesses. This will be explained later in the relevant section.

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93-Taking control – My journey of alternative healing by Alyssia Sade

93-Healing foods- Eat your way to a Healthier Life by Neal's Yard

93-The Rainbow Diet – by Chris Woolhams

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Just before you read all the info please note

remember...

No one has ever died from taking cannabis

It's impossible to overdose on cannabis oil (you would need to eat 1200g in 15mins!)

It is a plant, the most healing plant on the planet, when taken in the oil form.

It works in very simple terms by making abnormal cells normal again due to the many healing compounds it has in it called cannabinoids.

It has been used as a medicinal plant for over 3000 years at least!

Notebook

I suggest you get a notebook and pen and make notes of what resonates with you and what you want to use from all the information in the protocol as you go through it to form your own protocol specific to you.

*Do read it several times, all the information you could possibly want is in here
Over 5000 hours research and information including protocol info from patients who have been cured.*

Diary

Also keep a diary of every day and your progress, include in this your eating, sleeping, mood, weight, diet, symptoms changes/improvements etc

It will help you chart what's happening and what to do every step of the way.

PURE-BUD INFO

How do I know it's genuine?

If you have some cannabis oil now you are probably wondering how much do I take and how? (unless stated, assume we are talking about using it to clear cancer).

***Its best to always make your own oil**, but if you can't, then the first thing to do is to make sure you have a reliable source and then notice if it's pure bud only that is used or Pure bud and the whole plant mixed.

If pure bud on its own is used it will look golden honey on a rizzler

If whole plant and pure bud is used it will look a greeny black colour on a fizzled

In the syringe tube he oil should look black and be quite thick usually

It usually comes in a 5g or 2.5g syringe

Using pure bud only is the Rick Simpson method

Using the whole plant is known as the Entourage effect (showing great results)

Pure bud will also be a lot thicker to press out from the tube as the chlorophyll in the whole plant may make it a bit more liquid and runnier at times.

Your method of preference is up to you and what you have at your disposal

Both are good.

(this is due to some chlorophyll still being present. This does no harm but is hard to extract fully at the end of a process using wholeplant and purebud mixed but it has its own health benefits in itself and is fine).

At the end of the day THC is THC and this is what you want ultimately. A high THC %.

Usually the oil will make you initially have high effects, it can be a sign that the oil is strong, the stronger the effect. But if high levels of CBD are present then this can counter act a high effect whilst, still having a high thc oil.

ALWAYS GET YOUR OIL TESTED WHERE POSSIBLE SO YOU KNOW THE THC %

NB

ALWAYS STORE YOUR OIL IN A COOL DARK PLACE ie FRIDGE.

Pure bud is thought to have the highest thc concentration, but the whole plant including the roots stems and close leaves, collectively known as the trim, has thc in

the whole plant and this has also seen to produce great results and high THC % as well.

Using the whole plant has huge benefits as all the plant contains cannabanoids.

Ideally pure bud would be the best and whole plant with pure bud the next best.

The advantage of using whole plant is that more cannabanoids come into play. A plant can have over 400 cannabanoids- all doing different jobs such as regulating eating and sleeping patterns as well as pain, analgesic and mood.
A tube of both would be very ideal.

Always test your oil that you have. Anything over 50% THC is classed as high, though personally I would only use oil with a minimum of 60% or more THC to treat cancer.

Usually an oil that is high in THC will give you a high effect, but this isn't always the case as another cannabanoid called CBD, if present in high enough levels will counteract the high effect of THC. This would be the perfect ratio for oil – a high thc% with a high CBD %, making it easier to take higher doses of the oil, faster.
So always get a testing kit and test your oil where possible.

Don't worry about the names of different strains of cannabis. They don't really mean a lot except as a way of classifying them for people that use different ones. Ie some of the names include: purple haze, blue cheese, critical mass, white widow, shark attack etc-

It's the THC % that is most important.

The important things to clear cancer are :

- Taking the oil
- Changing your diet
- Taking the correct water.
- Including other anti-cancerous protocols. **Ie Apricot kernels, Tumeric etc**
- Energy healing therapies (reiki, eft, Pranic healing).

ALWAYS KEEP A DIARY OF THE AMOUNT OF OIL YOU ARE ON AND THE DAY YOU ARE TAKING IT AND ALSO, THE SYMPTOMS, HOW INTENSE ARE THE SYMPTOMS OUT OF 10 AND WHATS IMPROVED OR NOT.(I.e. **eating sleeping toilet, pain, mood, weight and other symptoms).**

STARTING YOUR PROTOCOL

For those who start the oil, this a good base to start: (use this summary as an initial guide and then read and add to as you read the rest of the protocol

To defeat cancer, we want to throw everything anti-cancerous at it. That includes the diet and the supplements, as well as the oil. The odds are then massively stacked in your favour.

What you need

- Oil
- Alkaline vegan diet -raw juice organic veg and low sugar fruit
- Supplements
- Correct water –Alkaline water machine (best - kangen water machine is advised)
- probiotics

INGEST

-Start on a pin prick end of a cocktail stick amount a night two hours before bed
Building up the first week to a rice grain within the first 7days.

-UNDER THE TONGUE let it dissolve. (5mins or so this may take)

(Then see protocol for building up dosage.)

-(**ingesting via swallowing is ok but you lose 60-70% of meds in the stomach acid of digestion process in stomach via that route**).

-You can also rub it into the gums as well with a clean finger

Within the first 2- 3 weeks you can also doing the oil via suppository method.

VAPE AND SUPPOSITORIES

Look to vape the oil and do suppositories of the oil within the first 2 to 3 weeks of starting

(See section on HOW TO VAPE THE OIL) and (HOW TO DO SUPPOSITORY).

(I would suggest All cancers should do all 3 of these methods built up gradually ie begin with ingesting, introduce suppositories and then vaping for example).

SUPPLEMENTS

An initial look at what you may need :

-Liposomal vit c

(80% vit c absorption by lipo c in body compared to 20% by vit c tablet)

-Vit d3

-Vit d

-Selenium

-Magnesium

-Vit b12 complex

-Resveratrol

-Milk thistle (assist liver)

-L-glutathione (assist liver)

-Apricot kernels (build up to minimum of 50 plus a day of kernels spread through day intake).

-Zinc

-Serrapeptase (enzyme that can prevent nausea)

*Probiotics (btmutionist acidophilus 4 billion bacteria are good ones)

--Tumeric tablets or tumeric powder alpro - almond or coconut milk drink (see protocol)

KANGEN WATER MACHINE

-Cancer can't exist in an alkaline environment or oxygenated or ionized body system. Kangen does all this for all illness including cancer boosting immune system in it's process massively :

See links

-

Killing Cancer With Kangen Water;

https://www.youtube.com/watch?v=jdUHnpx_Q_w

Your body is 85% made up of water. Every cell in your body needs the best water to function at its best rate.

Kangen water is used in hospitals all over **usa and japan** .

It **alkalines the water** to **9.5pH**.

Many testimonials on 'you tube' of kangen water it clearing cancer as well as other illnesses including asthma, skin conditions, parkinsons, diabetes, ms, fatigue, lung conditions, liver problems and many more.

See page for more links, information and testimonials to the power of kangen water.

HOW TO TAKE THE OIL

The oil can be taken one of 3 ways and depending on your prognosis determines which method you choose first and whether or not you combine others.

The 3 main ways of taking the oil are :-

Ingestion

Suppository

Vaping the oil (using a vape pen)

A short cancer prognosis:

If you have been given a short prognosis ie **3 months or less**, It is advised to get to higher doses of the oil as quick as possible and this can be done by using the triple method of using all the 3 mainways above is advised.

The Triple Method –

- 1)Ingest the oil under tongue (known as the sub-lingual root).
- 2)Buy suppositories and mix with cacao butter or cocoa butter and cannabis oil and insert anally twice a day or more.
- 3) buy a vape pen and combine 1 rice grain of oil to 5 rice grains of extra virgin olive oil.

The diet should also be followed as best as possible, except in severe starvation cases and times when its difficult to eat anything. At these times some leeway can be afforded.

QUESTION

Q. what if I have days or a couple of weeks prognosis?

A. In this situation you just have to load up as fast as you can, Even looking at getting past a Gram a day and use suppositories and vaping right away within the first couple of days as well as ingesting under the tongue, to get to high doses quickly as possible.

A longer prognosis:

5 to 6 months or greater

If this is your prognosis time, you have much more time to adjust to the oil and so can go slower if you wish.

Taking the oil **(As recommended by Rick Simpson)**

Your Aim is to take over the course of 90 days...**60 Grams of Oil** (Rick Simpson says after 90 days (3months) and 60 grams is consumed the cancer will be gone in a lot of cases.

(in cases of **chemo** being taken at same time or already undergone, you may need more, everyone is different as the oil may need to repair the damage done by chemo as well as killing the cancer etc.).

Equally the cancer can be gone in a shorter dosage time. Everyone is different, but stick to the 60Gram over 90 days formula that Rick Simpson recommends.

It has been seen some terminal patients being cured on $\frac{1}{4}$ of a gram (4 rice grains a day of the oil)

Others its taken more . As you take the oil and see symptoms improve you will find the level that's right for you.

For some it maybe 4 rice grains a day

For others 8 rice grains

Some may need the full 16 rice grains a day (1 gram)

And in some severe cases it's been known for people to take 1.5 to 3 grams of oil a day to clear the cancer)

The oil can clear cancer at lower doses and higher doses but you need to find your dose! If unsure during the process of taking it, aim for the higher dose.

Taking the oil beyond 3 months

After taking the oil for 3 months the receptors where the oil is absorbed become full or saturated. So a short break off the oil is required for these to reset.

This can be done by taking plenty of Mangos and also green teas for 3 to 5 days.

Then continue as before.

Take the oil at your high dosage until the cancer is cured.

MAINTENANCE DOSE – *once cured take a rice grain a day for life as a preventative.*

If it's constantly in your system you are always protected.

How to handle the high effect

QUESTION

Q. I can't get up to higher doses because the stoned/high effects are too much for me to handle?

A. Buy CITICOLINE by Jarrow from Amazon (around £15) – taken 30 min before the oil it prevents the high 80% of the time and also if a high effect occurs it can be taken immediately to bring the effect down.
It is a brain nutrient supplement.
Take one or two tablets before oil (up to 12 in a 24 hr period as required every 2 hrs).

Order this early as can take two or three weeks to arrive from USA via Amazon.

What I have seen recently is that some people can't manage to get up to a gram a day, because the high effects are not tolerable for themselves, yet the cancer still goes! Always TRY TO GET UP TO THE HIGHER DOSES it is advised.

Ideally try to get up to 1 gram a day or more if required. But if you can't, keep increasing it at a level you can tolerate until you see symptoms improving and then stay at this level. Listen to your instinct too.

Measurements

-We usually measure the oil dosages in rice grains (start on less than a quarter of a rice grain)! Its strong stuff!! (I usually say **a rice grain** is around $\frac{1}{2}$ (half) a cm long). **Ideally weigh the oil out using mini electronic weighing machine for accuracy.**

Each 5ml syringe has 5 Grams of Oil in it
16-20 rice grains = roughly 1 Gram of Oil

How to take the oil via ingestion

There are numerous ways you can take the oil when ingesting :

End of a cocktail stick
End of a silver fork
Your finger (clean)- rub into gums.
on a piece of cracker etc.

Generally:

-You start on literally the end of a cocktail stick amount (a pinprick amount) for the first few days (2 hours before bed).
by the end of the first week you should build up to taking about a rice grain a day (you can also use the end of a silver fork to measure it out on and take).

After this, As advised by Rick Simpson... double the dose every 4 days until you reach 16-20 rice grains (1Gram) a day... (by this point you are then at a gram a day)

But at this point the pace you go at is variable and depends on how well you can tolerate the oil as well as the improvements you are seeing at certain dosage levels, for instance if you are improving a lot at 6 rice grains a day you may want to stay at that level. Everyone is different. I would personally see how you are going on a week to week basis recording everything in a diary as you go along.

What to do when at 1 gram a day?

1 gram a day....at this dose- you can remain at this level once you are there. (some more aggressive cancers may require more, you wont know until you are there and see how you feel symptom wise).

Sometimes it may be hard to get up to that level and you might find it hard to double it every 4 days so, if you have the time on your side, go at your pace, that you can manage. Increase it where you can.

But if you can manage to get up to 1 gram a day by the first month fantastic! If not, its not a bad thing, do your best. You can go higher than this dose if you are able to or need to because of time. Ie I read someone once got up to 4 grams a day but this is extreme and very rare. Aim to get up to the 1g a day marker (finance permitting).

PLEASE NOTE: CANNABIS OIL ...YOU CANNOT OVERDOSE ON IT.

(Some people are known to get up to 3 or 4 grams a day in serious cases of cancer where they don't have much time.)

Cannabis oil and blood pressure

Lowers blood pressure slightly:

The only time you need to be aware of the oil is if you have **low blood pressure** as the oil can naturally lower it slightly. In these cases of already having low blood pressure, buy a blood pressure monitor from BOOTS and monitor it 3 times a day as a low blood pressure can make you feel dizzy, lightheaded or lose conciousness for a minute. Etc

Additional:

Cannabis oil can Thin the blood too:

***Update: I have also read that the oil can thin the blood slightly so please check with regards to being on blood thinners, warfarin etc**

Times to take the oil

TAKE THE OIL TWO HOURS BEFORE BED SO YOU EFFECTIVELY SLEEP THROUGH THE CURE.

***AS YOU GET TO HIGHER DOSES (i.e. 8,10,16 rice grains) SPLIT THEM UP IN DAY AND NIGHT. SPREAD THE DOSAGE EVENLY THROUGH THE DAY AND WITH THE BIGGEST DOSE AT NIGHT!**

For example :

2 rg (rice grains) 10AM

3 rg 12pm

3 rg 3pm

2 rg 6pm

6 rg 9pm

UPDATE: I feel logically the body can only absorb so much oil in an hour, so for this reason spread out through the day the oil when up to higher doses and if you are doing vaping and suppositories, do these at different times through the day so the most oil that can be absorbed by the body IS being absorbed by the body and nothing is wasted.

TAKE COCONUT OIL (Raw virgin) 20 mins before the oil!

Coconut oil has over 350 benefits in itself, but taking One teaspoon or tablespoon of coconut oil 20 mins before you take the C oil...makes the c oil absorb better so more is taken up at the cell sites. I.e more c oil absorbed to kill cancer.

Dosages

For a typical patient with time, here is the first 4 weeks:

First week is about getting used to the oil and building up by the end of the week, to a rice grain. After this, attempt to double the dose every 4 days. See below

Rg= Rice grain **16rg = 1 gram**

Wk1 - day1= tiny pinprick end of needle /cocktail stick amount.

Day2= tiny pinprick end of needle /cocktail stick amount.

Day 3= ¼ Rg

DaY 4= ¼ Rg

Day 5= ½ Rg

Day 6= ½ Rg

Day 7 = 1 Rg

If you can handle the oil better, feel free to go to a higher amount quicker, but doing it this way allows your body to get used to and tolerate the oil faster so as to avoid and handle any high effects at larger doses.

After week 1 look to double the dose every 4 days i.e.

Week 2 = Day 8,9,10,11 is 2 Rg

Day 12,13,14,15 = 4 Rg

Week 3= Day 16 = 8 Rg

Day 17 = 8 Rg etc

Day 18= 8 rg ; Day 19= 8rg ; Day 20= 8rg ; Day 21 = 16rg(1 Gram) etc

You may be able to go at this rate, you may find it hard initially. If you have time, go at your own pace and use the first month to get used to and tolerate the oil. Even getting up to 6-10 rice grains after a month is good going.

Do what you can manage as long as the situation allows enough time. (ie more than a 4-8 weeks).

If you can't double the dose every 4 days (if its too strong to handle) go at the amount you can handle, your body will tolerate the oil the more it's in your system and then you will manage it eventually.

Rick Simpson advises to get to a gram a day (16 rice grains) and stay at that level

Some people find their result at less i.e. ½ a gram a day. I have also read of some rare cases where some people have needed to get to 3 or 4 grams a day (but those are unusual cases). –generally monitor the progress. You will know your at the right dose as symptoms will improve, go and you remain feeling good, but if you can afford it and tolerate the oil then get up to a gram a day is best.

NON CANCEROUS ILLNESSES

FOR NON CANCEROUS ILLNESSES YOU MUST FIND YOUR OWN DOSAGE LEVEL WHICH IS USUALLY QUITE LOW (ie a few rice grains), DO NOT FOLLOW THE EXAMPLE ABOVE IN THOSE CASES

ie Asthma, Diabetes, depression, Parkinson's, IBS, Skin conditions, MS, Fibromyalgia etc).

It's usually found that usually a few rice grains is enough to build up to, to see the condition start to improve and heal.

The idea here is to start on a pinprick amount and edge up slowly, noting your symptoms from the start and keep edging up every 2 days until you reach the rice grain dose level that works for you for your specific non cancerous illness

Again start on a small amount (pointed end of a cocktail stick) and increase slowly by 1/4 of a rice grain every couple of days or at a pace you can handle until you notice a difference then stay at that dose. Increase slowly as you feel the need. There is no major rush to get to the level you require for a non cancerous illness generally speaking.

find a level that works for you and stay at that level(ie if your pain or symptoms go or lessen sufficiently). Keep increasing slowly and gradually until you become symptom free.

By the end of the first week you could be at 1 rice grain a day.

Most people see non cancerous illnesses improve and find their 'magic point' somewhere **between ½ a rice grain and 4 rice grains a day (each illness and person is different so judge for yourself what dosage level works best).**

There is no protocol for how much is needed for other illnesses so edge up slowly and when you hit that magic point, stay at it, until you feel you need to go higher. You may not need to.

It is great for virtually any illness or condition but Some of the many illnesses cannabis also treats include:

MS, Diabetes, ME, COPD, Arthritis, Parkinson's disease, Asthma, skin conditions and many more.

THE SUPPOSITORY METHOD-

This method involves mixing cacao butter (unrefined cocoa butter) with cannabis oil and making it into a cone shape mould and sliding it in anally.

Mixing the cannabis oil with cacao butter or cocoa butter and putting it in a chocolate mould (suppository) is found to be very effective as massively more oil is absorbed as the acid in the stomach is bypassed. – Its good for all cancers (but Its especially good for Lung cancer, we aren't sure why?). Slide it in using cocoa butter.

Usually pushing it in by one inch is sufficient for it to be taken up into the body.

NB- HOW SUPPOSITORY METHOD CAN HELP SOMEONE WHO'S LOST WEIGHT AND CANT EAT DUE TO NAUSEA FROM TAKING HIGH DOSES OF OIL.

At higher doses (5-7 grains plus etc) some people can find the oil makes them feel **nauseous** (at higher doses)so they find it hard to eat, for this reason suppositories can be a great way of taking the oil, as there is little to no high feeling by using this method. Higher doses can be done this way and so less needs to be ingested.

ADVANTAGE- 90% of people don't experience any high from this method!!

HOW TO MAKE OIL SUPPOSITORIES

Ok so here it is... The Recipe for making the Oil suppositories,

.....

Step 1. Weigh 7 grams of CACAO butter.

Step 2. Melt the Cacao butter in a Bay Marie using a small bowl and a larger bowl. Place the small bowl inside the larger bowl, place the 7 grams of cocoa butter in the small bowl and pour boiling water into the larger bowl being careful not to get water into the small bowl containing the butter.

Step 3. Swirl around until all the butter is melted.

Step 4. Warm the Oil over a stream of steam from the kettle.

Step 5. Replace the hot water in the large bowl with fresh boiling water.

Step 6. Squeeze 1 ml (1 gram) of the Oil into the melted butter and mix thoroughly. (mix for about 5 mins with a cocktail stirrer)

Step 7. Draw the warm mixture into an oral syringe.

Step 8. Squeeze 1 ml of the mixture into 8 of the cones.

Step 9. Leave to cool at room temperature.

Store the moulds in a cool dark place, they don't need to be refrigerated as this will make them to cold and will slow down the absorption rate.

Each mould using this method will contain 1/8th of a gram of Oil.
Use 1 suppository in the morning and 1 before bed.

Additional suppository info

After a couple of weeks using them you may find that the absorption isn't as effective and you can smell the oil after a bowel movement..

Don't worry this is normal due to the receptors getting clogged. Simply refrain from using them for 2-3 days and the receptors will unclog.

Using 3000mg a day **Milk thistle** tablets (available on Amazon) will assist in keeping the liver clear, which is where dead cells get directed to for exit from the body.

Also...

the supplement **L-glutathione** by solgar (known as the master antioxidant) assists the liver in this detox process and so the two together work well.

Cacao butter is purer and unrefined, cocoa butter is like a cheaper version. Both are ok but Cacao butter is preferred.

We use two rice grains a day as the body has a maximum absorption rate. So one 5g tube should last your about 3 weeks. Any more than this and the body most likely wont be able to absorb it, but more research on that fact still needs to be done.

VAPING THE OIL

VAPE- Get a vape pen (e cig type of thing), ideally with a large bulb head if possible and a rod down the middle (essential! So as one without makes the oil stick to the sides) and Vape the oil.

(Very good for most cancers but especially for lung cancer as gets the oil right into the lungs)

2 or 3 puffs a day should be enough to begin. Build up at your own pace to what works for you gradually and stay at a level right for you.

Try to get a wide bulb as the oil has to slide in and can be tricky in a narrow one. A pancreatic cancer patient I'm working with Tony has seen his tumour reduce by 50% and the other one and the cancer cell count is registering undetectable now - totally by vaping as he ingests very little as doesn't like the high effects etc

Q. VAPE INFO-mixing and dosage?

1) Mix the cannabis oil with either **Extra Virgin OLIVE OIL** or the vape oil with no nicotine one from the shops.

Personally I would go with the olive oil (a patient who vaped for over a year has done this for 12 months now and it's been fine and shown to work)

Q.WHICH VAPE PEN TO USE?

A. Any one with a metal rod in the middle (as opposed to a filament at sides which oil would get stuck to).

Dosage -

mix 1 rice grain of c oil to 5 rice grains of olive oil. Then add to vape pen

Start with two puffs a day and judge accordingly what works for you and what you can handle.

Q. WHERE TO BUY A VAPE PEN?

(3 examples).

Amazon.co.uk

is a good place to get them. I have found these two on there :

1) blue electronic e-shisha

£5

https://www.amazon.co.uk/gp/aw/d/B00I7CFSTG/ref=mp_s_a_1_1...

NB. A great price and good reviews generally and looks like it does the job

2) Bluegrass naturals fruit punch terpenoid E-mist with hemp CBD vape pen value kit

£83

https://www.amazon.co.uk/gp/aw/d/B00S5UVI12/ref=mp_s_a_1_1...

NB. More expensive but if you want the best this looks like it and has the CBD hemp with it? Not sure if that's real CBD hemp ?? Nice vape pen though

(Look on amazon for other options too, but get one with metal rod down the middle)

Also tried, tested and recommended:

3) Ebay £30

A good vape pen recommended that's £30 eBay from a patient:

“I got my vape pen from eBay it's a kangatech evod vv 4.8 variable voltage

Oh & yeh, it good for vaping x”

“yes battery's good but the battery is separate to the top section with the rod piece in the middle their called T3S 3ml atomiser order separate to battery”

ebay atomiser item – type these codes with the make into ebay and it will come up:

Vape pen: kangatech evod vv 4.8 variable

Vape pen number - 331478063585

and

battery is - 271743135068

Mix Cannabis oil (because it can be sticky and thick) with olive oil and vape!

Do all 3 (Triple method) if possible for maximum effect- depending on your particular cancer.

NB. Vaping is a personal choice. Most important is ingestion and then suppository. Vaping is optional , though for some cancers ie lung cancer, its very important.

Please note:

I personally would do all 3 for most cancers. Some cancers will be more effective than others but all 3 methods covers all possibilities! I would always definitely do ingestion and suppositories.

Vaping is optional but seen to be extremely effective in some cases

Ie Tony, a pancreatic terminal cancer patient with 12 month prognosis who ingested small amounts of oil (3 rg/day), but vaped every day saw his cancer shrink by 50% Currently it is now benign and non cancerous!

Do one two or all 3 methods:

The more ways in the better I think but certainly ingesting and vaping go well together and suppositories can be a way of getting to higher doses, as its proved that it is absorbed a lot via this method.

EFFECTS YOU MAY FEEL TAKING THE OIL INITALLY

First of all, some people don't feel any effects at all, other than sleeping great, others feel more. Know that all effects from taking the oil wear off (the longer you take the oil the more your body will get used to it and these effects will go).

If you have an uncomfortable high effect for example, it will pass, ride the wave.

Usually after about 6 weeks on average, most people can handle a gram a day from loading up on it in the way we have explained.

I.e. Like drinking alcohol, you develop a tolerance to a certain level and then you can have more etc

As the oil contains **THC** (which is one of the main cannabinoids that kills cancer) you can also get some effects which are harmless but sometimes hard to tolerate, these include:

Sleeping a lot (most common)

Feeling High (spaced out feeling)

Tired

Feel creative (senses sharpened ie music is heightened)

Relaxed

Pulling a whitey (panic/paranoia)

Room spinning/wavy

Groggy feeling

Feeling tired

Increased/Decreased appetite

Vomiting (if you take too much too soon sometimes)

Paranoia

Anxiousness

Giggly

Feeling loved up

Laughing

Its advised not to drive on the oil until these feelings (the ones that impair driving anyway), if you get any of them, settle down.

The effects usually pass within hours to days, everyone is different. Don't panic.

I have read the best way to handle any high effects if those are experienced is to just go with it, try to enjoy it, know what is happening and know it is normal and will pass.

Trying to fight it will just make you more anxious and it always passes. If you have a high effect and having trouble handling it, just stay at that dose or slightly less for a few days until the body has adjusted fully. If you are looking after someone, reassure them when its happening that its normal and will pass etc

THC AND OTHER CANNABINOIDS

The oil contains cannabinoids, many of them. These are what do the magic! THC being the most well known one that kills cancer. Others include CBD which prevents cancer growing.

There are many cannabinoids in each strain of plant, with different ratios and different levels. Each oil strain is different in that respect.

Some cannabinoids in the oil are natural painkillers so you may find you can lower or come off pain medication (i.e. morphine) as you get more oil into your body. So please monitor this and if you find the pain easing try lowering your morphine or painkiller meds slightly as you have more oil etc.

Be the judge of this yourself and always monitor what's happening. The oil is looking to restore the body back to normal

Some of the main cannabinoids and some of their main effects:

THC – (psychoactive component) kills cancer/ stimulates appetite

CBD- stops cancer growing/reduces vomiting/nausea/ lowers seizures

THCv – Reduces appetite/ lowers seizures/promotes bone growth

CBC- Pain relief/stops cancer cell growth/reduces inflammation/

CBG- kills or slows bacteria growth/stops tumour growth/ anti inflammatory

CBN- Aids sleep/reduces spasms/ causes drowsiness.

The terpenes in the oil also have medicinal value (for more info people google uses of terpenes in cannabinoids)

There are over 450 cannabinoids in the whole plant. All beneficial. All powerful in a positive way.

HERX EFFECT

As the cancer breaks down, the dead cancer cells have to be processed by the liver and kidneys. As more gets broken down (ie as the oil does its job) you can get what's known as the Herx effect happening, named after the german scientist Herxheimer, who discovered it.

This detoxing process lasts usually a few days and symptoms can get worse as the liver is doing its job.(It's a bit like a big traffic jam.)

It usually **lasts for around 1-4 days** but in rare cases can last for two weeks.

Some of the herx symptoms include:

Headache, fatigue, nausea, chills, fever, sweating, swollen glands, vomiting diarrhea, muscle cramps, increased heart rate, cold feeling in extremities, rashes, acne, itchiness etc.

These are nothing to worry about and should pass within a few days. It's the body's way of expelling the toxins out. So as you breakdown more of the cancer with the oil, this may occur and its something to watch out for.

A supplement called **milk thistle (3000mg/day)** can assist the liver in processing the toxins (dead cancer cells).

L-glutathione also assists in processing the liver toxins. These two are both strongly recommended.

Coffee enemas (Very important!)

Using coffee enemas daily can greatly reduce any herx effects from occurring and keep on top of dead cancer cells and toxins building up in the liver and body.

If there is a pile up of dead cancer cells, the herx effect can occur.

Coffee enemas also reduce pain significantly- they were often used in ww2 when morphine shortages occurred and soldiers reported not being in much pain after the enema compared to being in a lot of pain before. USE DAILY!

If the cancer cell breakdown is occurring too quickly, **coffee enemas** can also be used to alleviate pain and rid toxins from the system. (shown to be very effective!)

see you tube to learn how to do this or the book defeat cancer now.*IMPORTANT

How to do coffee enemas LINK:

<https://www.youtube.com/watch?v=RP573GOWck0>

Also: See the book defeat cancer now by Tamara St John or google for info on how to do coffee enemas.

Something called **liquid Bentonite clay** can alleviate the toxic load on the body. It helps to bind and move them out of the body.

The herx effect is also known as the healing crisis. If its severe you may want to slow it down a bit so as not to release too many toxins at once.

Its been seen often that when taking the oil, pain can occur in the area of the tumour, usually a different type of mine to that of tumour pain when first diagnosed and can be uncomfortable but is a sign of the cancer breaking down and may come and go or pass within a few days.

SEE END OF PROTOCOL FOR WAYS TO DETOX LIVER (p90)

Ways to slow down the Herx effect

Drink more water

Dry heat saunas

Infrared saunas

Exercise

Rest

Take 3000mg Vit C daily.

Use L glutathione and Milk Thistle daily.

If the symptoms from the Herx above are Extreme and are occurring for an extended period of time, it means the cancer cells is being broken down too quickly, faster than the liver can process them.

Make sure you are taking the milk thistle and L glutathione. To assist the liver.

If the herx effect (also known as the healing crisis) goes on for a long period of time i.e. weeks, it can be serious so monitor the Herx when it happens- You want the Herx to happen, it's a good sign things are clearing but we want to do our best to control and moderate it. on average will last 1-4 days usually.

When the Herx occurs, we want to slow and control its release so the liver and kidneys aren't under too much strain using the methods and supplements above.

DIET – Create an alkaline environment

SWITCH TO A VEGAN DIET:

The diet is as important as the oil. This diet alkalines the body. Cancer can't exist in an alkaline environment. Within days of changing your diet symptoms will start to improve. The idea is to starve the cancer of its main food source-**sugar**.

Sugar feeds cancer. This was actually proven in 1931 by Otto Warburg (Google- Warburg proves sugar feeds cancer)!

***I can't stress enough how important changing your diet and switching to a vegan diet is, in order to defeat cancer successfully. It goes hand in hand with the oil and is as important as the oil!**

The diet is everything. It will provide your body with strength and your immune system with what it needs to heal and be strong and it is a strong immune system that kills everything and protects from everything.

STEAM YOUR FOOD

When following The alkaline diet, its best to eat your food in the least disruptional way .

Cancer occurs as well from cell nutritional deficiency, so as well as alkalining the body, eating veg and low sugar fruit provides the body with a great source of natural nutrition which is vital to strengthen the immune system and this is ultimately what will kill the cancer as well as repair other illnesses...whatever reason the oil is being taken for.

When you fry or boil food you destroy a lot of the nutrition in the food. By steaming the food it retains it all and thus when you eat it, your body and the cells that need it get the vital nutrition and vitamins in the food.

Frying food also makes it acidic in the body and we are looking to alkaline the body as much as possible so STEAMING is the best way of cooking your food.

WHERE CAN I BUY A STEAMER?

Amazon sell a great Morphy Richards steamer for £30

Copy and paste this link into the address bar or on google and it will come up with the steamer:

http://www.amazon.co.uk/gp/product/B000BTOVBE?keywords=small%20steamers&qid=1426382258&ref=src_1_9&sr=8-9

I also recommend this Steaming recipes book £5

https://www.amazon.co.uk/Steaming-Annette-Yates/dp/0716022028/ref=pd_bxgy_kh_img_y

WHAT NOT TO EAT (BAD):

These will all make the body acidic and cancer feeds off an acidic/sugar environment.

-Processed food (take-aways, microwave meals etc)

-Avoid Tap water and most bottled water and (has contaminated plastic) – **Any bottles labelled**, usually on the base, with the letters PET or PETE should be avoided as these release harmful chemicals from the plastic into the water over time and as most of these bottles on the shelves in supermarkets have been sitting there in the warehouses for 6 months sometimes before they reach the shelves, the decay process is probably taking place in a lot of them already. Use a water machine instead

*also avoid cheap water filters – the water isn't filtered very well and is acidic 5-6pH when we have tested it. **A proper water machine is required.** I.e. Kangen

-Table Salt!(switch to pink Himalayan salt)- contains 84 essential minerals.

-Sweets

-all bread, pasta, rice

alcohol (though ½ a glass red wine a night is ok if alcohol is really desired as it contains resveratrol which kills cancer).

The idea is to switch gradually away from processed foods to a more vegan diet.

Take aways

Processed foods

Alcohol/soft drinks.

Sugary cereals

Coffee-caffeine

Tea (except green teas etc of course)

Chocolate

Milk – cows

Cheese

All Dairy – butter etc.

Pasta(flours) – Noodles, macaroni, wheat flour, white flour, pastries.

Potatoes

Sugar...white and brown.

Beef chicken (except organic chicken).

Nothing in packets!

Tinned food generally

Also:

No fluoride (Euythamol toothpaste is a good substitute)

No sugar

No aspartame

No red and blue dye

No "artificial" colours or flavours

No processed foods

No toxic deodorants (use the 'crystal stone' options that allow perspiration but gets rid of odor naturally)

No acid forming foods or drinks (coffee, black tea, etc.)

No microwaves

No Milk (Only oat milk/almond milk or alpro milk for example)

No overcooking of foods or beverages

No non-organic fruits or vegetables

No factory farmed meats. ONLY organic, and grass fed whenever possible.

No inorganic, non-free range eggs. ONLY organic free range eggs

No hormone filled chicken. ONLY organic, non-hormone chicken that's allowed to roam freely

NO table salt- ONLY *non-iodized* salt. " Avoid Table salt" USE : **Himalayan Pink crystal salt**

-Avoid red meat (which contains antibiotics, all sorts of terrible stuff due to what the animals are fed, usually hormone injected chemicals and red meat also makes the body acidic, thus feeding cancer).

The only real safe meats to eat are **Organic chicken or Organic turkey** and eat those in balance. **(a handful on a plate, two times a week is ok alongside steamed veg and gravy for example)**- dividing your plat up into quarters is a good way to portion it out in a meal.

MILK -Why cows milk is bad for cancer and other illnesses

Cows milk is very bad for cancer and will feed it as well as damage the body as its often processed and has other chemicals and antibiotics that were fed to the cow, that then go down into your body as you drink it and will breed illness.

Good milk Alternatives:

-Alpro almond milk

-Apro coconut milk

-Oat milk

WHAT YOU CAN EAT (GOOD)

Good things to eat generally: (Alkalising foods)

Chicken (organic) in moderation

Salmon (fresh water fish)

Eggs (Organic only!)

Turkey (Organic) in moderation

Tumeric (Curcumin) with piperine (black pepper)-(v anticancerous but we are unsure as to if it makes the oil work less well)

Pineapple (a fresh pineapple weekly is perfect)

Juiced beetroot

Cucumber (diuretic)

Porridge with manuka

Raw juicing veg

Chicken breast (organic)

Broccoli

Tomatoes

Bell green peppers

Radishes

Parsnips

Buckwheat (high in protein)

Cauliflower

Pomegranate.- super food.

Kale and Chard – Vegetables

Raw onion

Ginger

Garlic

Beetroot

Vegetable curry (tumeric)

Boiled or fried Egg (remove most of the yolks)

Certain Indian food – Saag (spinach)/Daal (lentils)/ fish eat all in moderation.

Vegetables

Lentils

Porridge with Manuka honey (for Breakfast) –it's a slow release complex carb so this gives more energy and less likely to start craving sugar and snacking on bad food).

Raw Broccoli

Raw Veg juicing

Raw Fruit juicing (**low and medium sugar fruits**)

Some fruits are high in natural sugars (bananas) so we don't want to be feeding the cancer with lots of those, so pick and choose the best fruits for you.

Fish (see next page). – I would not consume more than two servings of any fish per week

FISH THAT IS GOOD TO EAT:**Here are some suggestions to name but a few...Good Fish**

(Wild pacific salmon, sardines, anchovies, albacore tuna, whitefish, clams, herring)

*Unsure about prawns (shrimp) ? Certainly stay away from any Shrimp from China or Japan or surrounding area.

(Though check fish is not from Japan or surrounding areas- contaminated-radiation etc).

EGGS – RAW/BOILED:

The benefits and nutrients in a whole egg are immense. It is important to make sure the egg is certified organic.

A few a week are ok.

Eggs that are unrefridgerated are better as ones in the fridge weakens their nutritional value.

The more you tamper with an egg by cooking or beating it, the more you breakdown its nutritional value. That's why raw is best

Some is better than none, so if you prefer boiled that is fine, all it means is some nutritional value will be lost but it isn't going to make a huge difference.

Next best would be boiled eggs.

But know your source to ensure the finest quality.

DO NOT EAT FRIED EGGS – you are turning them acidic by frying anything!

NB. At best lightly shallow fry things if you want but not for too long

FACTS YOU NEED TO REMEMBER:

FACT: SUGAR FEEDS CANCER.

FACT: CANCER CAN'T EXIST IN A BODY pH greater than 7.4 pH. (alkaline)

FACT: CANCER HATES AN OXYGENATED ENVIRONMENT

These are the facts that every cancer patient must be aware of.

Sugar feeds cancer and also creates an acidic environment in the body.

Starve the cancer of its food supply and it will be gone quicker!

An acidic body is a sickness magnet!

Raw veg juicing for example creates an Alkaline environment.

The diet should be high in protein, high in saturated fat and Low to none Carbs

(because Carbs contain sugar). So, because sugar feeds cancer we are starving the cancer cells of its main source of food to survive. (Doctors aren't even aware of this!)

HOW MUCH SUGAR SHOULD I CUT OUT?

Some people can find it hard to cut all sugar out. If you are finding this is a problem then do your best and google **the "acid / alkaline food chart"**

This will show you some foods which are only slightly acidic which you can include within your diet at a sensible amount.

If you can cut at least 90% processed sugar out of your diet then you are literally starving the cancer of its food supply. 100% would be great -The higher percentage you can do, the better. Aim for 100%!!

Raw Juicing organic veg and some fruit is one of the best ways to do this.

If the Prognosis is a few weeks – Cut out all forms of sugar as quickly as possible!

If the Prognosis is a few months or longer – Cut out sugar over the course of two to three weeks at a more comfortable rate.

NB Having a tiny bit of sugar ie the odd bit of chocolate, a biscuit etc etc isn't going to do any harm. So don't panic if you have a tiny bit of something.

Also remember this is a diet for 8-12weeks, its not forever. Once the cancer has gone you can relax to a 70-30% non sugar sugar diet. Most people on changing to this sort of diet, get used to it and actually prefer it in the end when they see how much stronger it makes them feel and the body responds to this. Ie symptoms reduce

RAW JUICING

This is a must and anyone who wants to cure their cancer should be raw juicing organic veg and fruit.

(Always make sure you only use organic fruit and veg bought from an organic food shop!!)

its actually a lot cheaper than supermarket fruit and veg and healthier as its grown properly with no pesticides on it etc.

why do we need to juice?

Cancer also occurs because there is a lack of nutritional minerals within the cell and overtime this can cause a problem and needs to be corrected.

Raw juicing Alkalines the body-So get Raw Veg juicing!

*(Tesco's, sainsburys etc fruit and veg is full of pesticides and is only going to damage the body and not give it the correct nutrition it needs from clean, pure food.)

See the fruit and veg alkaline charts on page ... and choose some combinations that you like

RAW JUICE DRINK RECIPES

THE ABC-L JUICE (drink first thing in the morning)

Always have every morning this raw juice drink:

- 1 apple
- 1 beetroot
- 1 carrot
- 1 whole lemon

juice and drink

THE BASHAR DRINK (drink in the afternoon)

- Asparagus (a handful (2or 3 stalks))
- Avocado (1)
- Walnuts (a handful)

Juice them and drink

These two drinks should be taken every day.

You tube – ‘basher cancer cure’ to see the link.

RAW JUICING MACHINES

Ideally you want a cold press juicer as opposed to a centrifugal juicer (nutri-bullet).

The cold press juicer

It has two spouts one which the juice comes out of and one which the pulp comes out of. A cold press juicer retains 73% of the nutrients and vitamins in the juice. Easiest to clean and use and from all the research the best on the market.

All other juicers (ie nutribullet) though quick and easy, will only retain around 23-30% of the vitamins as the rest will be crushed away. As the point of juicing is to get those nutrients as well as alkalining the body, a cold press juicer is very important

The BEST one I have seen after much research is :

KUVINGS JUICER. - £350

Model : B-6000 whole feed juicer. Cold press juicer.

A whole fruit ie apple pear etc can be put in so no chopping up needed.

Demo - Go to kuvings.com

To buy go to : www.ukjuicers.com

If price is a problem **other cold press juicers options** include:

-Biochef **£300**

-hurom cold press juicer £200 but **currently £79 on amazon!**

-Veto V-3000 slow juicer **£100** (See amazon.co.uk for more options).

ALKALINING THE BODY

THE ALKALINE/ACID RATIO OF THE BODY SHOULD BE ON AVERAGE

(80 % / 20%) RATIO

When the body is in an alkaline state, this means the foods that are eaten increase the ph of the body (the ph scale runs from 1-14 and measures the acidity within the body)

Cancer exists, thrives and grows in an acidic state (from 1-6ph) 1pH being very acidic It cant exist in an environment of 7.4ph or greater.

So by eating the right foods and drinking the correct water your body can remain in an alkaline state a greater amount of time each day and prevent the cancer from surviving as it can't live in an alkaline state.

***AN 80% ALKALINE FOODS and 20% ACIDIFYING foods is the minimum ratio you should be aiming for**

see page ... for the best alkaline foods to have

If you are unsure of acidifying foods just google it and the table will come up.

But avoid all sugars as best as possible.

For example- kidney beans, turkey, a glass of red wine, peanut butter are an **acidifying foods**, so these could be in part of your 20% ratio.

Then choose from the alkaline list for the 80% ratio

***Too alkaline a body leads to alkalosis (can be dangerous) which is why we want the 80%-20% ratio**

***See later for the full alkaline list later in this document.**

*The environment that cancer lives in (acidic), is important to be aware of and change in order to clear the cancer. This should be done **gradually** (over a week or so) as we realise its hard to do it all at once.*

OTHER WAYS OF ALKALINING THE BODY

As we have already seen :

Fact-Cancer can't exist in a body of pH of greater than 7.4pH. When we eat sugary or processed foods, Sugary Carbs, this makes the body acidic- cancer loves this type of environment but hates an alkaline environment. So by making the environment constantly Alkaline the cancer cant survive...

*Illness exists in an **acidic environment**

***Optimum health exists in an** alkaline environment

So here are some ways to Alkaline the body:

-**Kangen Water**(from a Kangen water Machine as explained previously) up to **9.5pH** water drinking and **11.5pH** for use to heal any inflammation.

- **Fresh lemons** in filtered water (alkaline the body).

-**1 teaspoon of Bicarbonate soda** in cold water mixed. Morning and Night.

-**Raw Veg Juicing** (veg is very Alkaline)

-(**OR buy Dr Youngs Miracle greens** on amazon £30 for a Big bag of already crushed Raw veg ie Kale Spinach, broccoli etc into powder-16lbs of greens per serving!!)

-**Wheat Grass powder**- Alkaline the body

-**Barley grass Powder**- Alkaline the body

-If you prefer an easier quicker option which is just as healthy-

TERRA NOVA DRINK – alkaline the body has everything in it. All in one go.
(Amazon).

LINK: <https://www.amazon.co.uk/TERRANOVA-Life-Drink-Probiotics-Prebiotics/dp/B00E9TEGX0>

TEST YOUR pH EVERY DAY

***Test your urine each day** to see how alkaline your body is..

GET SOME pH TESTING STRIPS ONLINE AND TEST THE URINE IN A SMALL POT 2 OR 3 TIMES A DAY – AM AFTERNOON AND PM, YOU CAN THEN TELL HOW ALKALINE YOUR BODY IS AND SEE IF THE DIET YOU ARE ON IS WORKING FOR YOU. GET AS CLOSE AS POSSIBLE TO 7.4pH ALKALINITY OR ABOVE.

The power of enzymes -Bromelain

Digestive enzymes- Enzymes are involved in breaking food down...proteins, carbs and fats. But we are most interested in breaking down proteins as this is what the cancer cell wall is made of.

Break this down and the oil can get in easily and kill the cancer cell as well as allowing oxygen in which also kills the cancer cell. Break down its shield and the cancer cell has no defence!

Special enzymes called proteases do this and can be found in two fruits

Pineapples and papaya

A cancer cell contains a protein layer that surrounds the cell, which needs to be broken through to get to the malignant cell within (ie the cancer).

Bromelain is an enzyme found in pineapples. It strips the cell wall of the cancer cell thus leaving it vulnerable to be attacked by the oil or any other anti-cancerous substitute ie apricot kernels, tumeric etc.

NB If you choose papaya, a lot is Contaminated or genetically modified so make sure its Organic and non-GMO before taking papaya

Bromelain can also be taken in tablet form.

PROBIOTICS and their importance (STRONGLY RECOMMENDED!!)

Pre-biotics and Pro-biotics are both very important.

Cancer as we have said before occurs due to several factors, one of THE most important being an imbalance in gut flora (**good bacteria**) in the gut.

Candida or systemic fungal infections lead to the development of cancers and a body with candida plays havoc with the bodys immune system. It's a result of a weak immune system that cancer can eventually occur.

Not having enough good bacteria in the stomach leads and breeds candida and this wears the immune system out thus opening the body to harm.

Its been linked to cancer and leukemias for many years. Candida overgrowth can lead to immune suppression and cancers etc.

It might sound a lot but a probiotic with millions or even a few billion good bacteria isn't enough to deal with a serious illness.

But by correcting the gut bacteria imbalance and taking a probiotic with over 60 billion bacteria or more, again cancer will find it hard to thrive or even survive in this environment

Chemo wipes out the good bacteria so is important to replace it. (please check your own specific requirements) – Take Probiotics and/or acidophilus

NB

By taking high strength probiotics and Prebiotics this fills the gut with good bacteria

GUT FLORA (bacteria)

Basically you need to have a good balance of beneficial bacteria in your gut. Healthy intestinal flora are important because they synthesise essential vitamins, and anti inflammatory agents, they take heavy metals out of your system, they keep the bad guys- yeasts and parasites- in check.

Parasites include liver flukes, viruses and yeasts.

Not all cancers are caused in this way, the causes of cancer can be many and as individual as you are but there seems to be a link between parasites and cancer.

Excessive yeasts are thought to be present in %80 of the UK population. Candida Albicans is the main culprit and leads to thrush, cystitis, yellow toe nails, bloating and wind. If beneficial bacteria are not present in the right quantities, yeasts and microbes multiply resulting in gut problems- IBS, Crohns, ulcers.

Excessive yeasts weaken your immune system.

Antibiotics, radiation, chemotherapy all disturb the balance of the gut flora. Chlorinated water, drugs, pasteurised foods all reduce beneficial bacteria. Antibiotics are linked to a higher rates of cancers.

US research concluded that women who had had more than 25 doses of antibiotics in their lifetimes had double the risk of breast cancer. In a case history in America a nurse with leukaemia was cured by killing her yeasts.

There are lots of natural foods that kill off yeasts: garlic, chilli, bee propolis, cinnamon, coconut, nutmeg, fennel, oregano, Pau d'Arco.

If you have cancer go on an anti yeast diet- it will help anyway and try Neways Parafree which contains black walnut, pumpkin seeds, garlic, anise, fig, cloves ginger, pomegranate seeds – all yeast killers.

Take a probiotic and eat prebiotic foods eg whole grains, nuts, seeds, greens, vegetables and fruit. Books to read by Chris Woollams : The Rainbow Diet,

Everything you need to know to Beat Cancer

The secret of your Good Health. This book tells you all about your gut flora and your microbiome

***Buy the book – THE RAINBOW DIET .!!! it will help you immensely.**

(This information on gut flora was provided by sue marshall many thanks.)

BUYING PROBIOTICS

bfnnutrition.co.uk (Grahame King) - probiotics with 150 billion 100 in a packet good bacteria in them

As well as one with several different strains of good bacteria **£14**

Dennis gore – Cp1 30 – 60 billion good bacteria in them **£30**

To put it simply taking probiotics with 60 billion or more bacteria is as important as changing the diet and taking the oil.

LOSING WEIGHT AND HOW TO STOP IT.

A common problem during the whole process of cutting out the sugars is the patient can lose weight (from muscle wasting). You will naturally lose some weight when switching to the non sugar diet. This has to be managed and balanced with taking more protein based foods as if it gets drastic enough this can put a great strain on the organs eventually lead to shutdown so to avoid this we can look at using the advice below:

A General protocol to try is:

1)Fresh lemons (though acidic, in the body it becomes alkaline! - leave to soak in a Jug of Cold or warm water with manuka honey (minimum +16), have throughout the day, every day!) – this assists and cleans the liver and kidney.

2)Followed by a tablespoon of Organic Flax oil (full of Omega 3 and 6 this boosts your immunes and makes more healthy cells). **This prevents the breakdown of muscle which can occur in cancer patients.**

Then take 2 Tablespoons of coconut oil.

3)Then take coconut oil- 2 tablespoons every 2 hours, this replaces fat reserves.

4)Nutiva Hemp Organic protein shakes!

A natural nourishing drink

You need 1/2gram of protein /1lb of body weight

ie someone weighing (11 stone/150lbs) would need 70grams of protein a day.

Link

<http://www.amazon.co.uk/Nutiva-Organic-Vanilla-Shake-Drink/dp/B005K4PZOM>

5)Peanut Butter

Good form of non sugary carbs as well as protein

Take 2 Teaspoonfuls a day Or 4 teaspoonfuls or more if underweight.

OTHER IDEAS

10 Meatless sources of protein

Avocados- Rich in Vit C/healthy fats/ high amount of protein

Blackbeans- Also kidney beans/pinto beans/

Lentils-high proteins that can be added to any soups or stews

Peas- provides 10g of protein per cup of peas.

Flax seeds- good for digestive system as well.

Pumpkins seeds- good to snack on.

Quinoa- A great rice substitute that gives 9g protein per cup

Sunflower seeds- ¼ cup provides 6g of protein

Tempeh- BREAD SUBSTITUTE - fermented soybean cake...41 grams protein per serving *(I think this is ok but please check).

Leucine – Take a daily amount of 8g a day to help block muscle wasting

***Rememeber to soak nuts for a few hours to release the enzyme inhibitors**

Soak in clean glass bottle or alkaline (kangen) water.

LOWER THE DOSE:

You could also try lowering the dose and increasing with tolerance to what you can comfortably manage, this may correct the problem as well.

You need to build up your protein intake to arrest the muscle wasting and weight loss problem, whilst sticking to the non sugar alkaline diet.

JACK KUNGEL SMOOTHIE RECIPE:

Try using the Jack Kungel smoothie recipe :

A high protein healthy based smoothie and drink 3 three times a day or as you see fit.

1 tsp Sunflower seeds

1 tsp Pumpkin seeds

12 Almonds

2 Brazil nuts

4 Walnut halves

2 tablespn Hemp hearts

1 tsp fFax seed (grind first then add to mixture)- use nutribullet for example

Spinach

Brussell sprouts

Asparagus

Kale

2 radishes

Broccoli

Parsley

Swiss chard

Snap peas

Arugula

1 slice of fresh pineapple

1 ½ inch sliced lemon peel

2 Strawberries

4 Blackberrys

12 Blueberrys

3 chunks of water melon

4 chunks of cantaloupe

1 Kiwi

then add a cup of water or coconut water or add what ever liquid you prefer so long as its healthy.

OTHER THINGS TO EAT TO PUT ON WEIGHT

More high protein based things to arrest any weight loss that experienced on the diet:

NUTS AND SEEDS

NUT AND SEED BUTTERS

COCONUT OIL

WILD RICE

QUINOA (RICE SUBSTITUTE)

RAW ORGANIC EGGS (PREFERABLY UNREFRIGERATED)

FISH

ORGANIC CHICKEN (HANDFUL PORTION)

UNPASTURISED YOGHURT OR KEFIR

AVOCADOS (LOTS!)

SMOOTHIES (HOMEMADE) AND PUREE SOUPS.-easy to digest

DIGESTIVE ENZYMES CAN BE OF BENEFIT

HERBAL TEAS – CAMOMILE OR DANDELION

(To help the stomach with digestion and thus assist with correct breakdown of food)

DON'T DRINK TAP WATER!

(TAP AND MOST BOTTLE WATER IS TOXIC!)

NEVER DRINK TAP WATER!!!– HIGHLY ACIDIC AND CONTAINS HEAVY METALS HIGH FLUORIDE AND HORMONES, ANTIDEPRESSANTS FROM RECYCLED WATER AS MOST OF THE COUNTRY TAKE THEM, CHLORINE AND OTHER CHEMICALS THAT SHOULDN'T BE IN OUR WATER... **MANY ARE POTENTIALLY CANCER CAUSING!**

(a patient I spoke to recently told me their consultant advised them not to drink tap water as its not good for their health as it contains hormones!! And heavy metals!)

Two patients I know, were advised by their doctors recently not to drink tap water! Why? Knowledge is power – so please be aware and make the change for your own health.

AVOID MOST BOTTLED WATER as well (the plastic decays as its been sitting in a warehouse for months before arriving on the shelf thus releasing heavy metals and carcinogens in some cases as well.)

GLASS BOTTLE WATER IS THE ONLY REAL SAFE ALTERNATIVE BUT THAT CAN BE EXPENSIVE AND IS NOT AT A HIGH ALKALINITY.

How to overcome this is buy an alkaline water machine.

KANGEN WATER MACHINE

When it comes to your health you need the best and this is it:

The best alkaline water machine...

Kangen water has many amazing benefits. It is literally life changing and life-saving.

I've seen many patients using it effectively during their cancer treatment and its helping them massively! Anyone who has tried it will know how amazing it is.

It's the only water machine that is **certified as a medical device**

Cancer cannot exist above 7.4pH, your body is made up of over 80% water and every cell needs the best water to function correctly.

The machine:

Alkalines the water up to 9.5ph

Highly Oxygenates the water

And ionizes it (making it a massive antioxidant)

It's a special water machine that's attached to your tap and cleans, oxygenates and ionizes and alkalines to 9.5pH the tap water which creates the purest best water you can drink and has been seen to play a big part in healing many conditions including cancer (see links below).

***TO TRY KANGEN WATER** – contact Ash or go to Fitnesswater.co.uk and email Kate O'Brien- Kate@Fitnesswater.co.uk and let her know you read it in the protocol and we can arrange some Free samples for you to try.

How it works in simple terms:

It clears the crap out of the water, all the chlorine (why is that even needed in there!) etc

You can also have it to protect you and your family for life too from illness.

It's the only water machine that is certified as a medical device.

It is used in Japanese hospitals and hospitals in USA too.

has been seen to heal many different conditions and illnesses. Great for a range of illness from cancer to diabetes, asthma, skin conditions, emphysema, parkinsons. Virtually any illness

I myself took it and it cured my chronic severe asthma I had in 5 weeks! so I understand how powerful it is.

LINKS AND PROOF:

Please see links below

ILLNESSES CURED INFO:-

Kangen testimonials for cancer

https://www.youtube.com/watch?v=jdUHnpx_Q_w

<https://www.youtube.com/watch?v=QDW3WJfx2J0>

Kangen Water Brain Tumor Testimonial :

<https://www.youtube.com/watch?v=8kdUU-9RwLk>

7 Kangen Water Testimonials:

<https://www.youtube.com/watch?v=WROT-0g4sC0>

BENEFITS OF KANGEN WATER:

Improves and cures many illnesses quickly

Better sleep,

more energy

greater endurance

less fatigue

healthy skin

better mental clarity

reduction of body fat through increased metabolism

improvement in many illnesses! Etc

see you tube – type in : 'kangen water testimonials'

***Used in hospitals in Japan and USA.**

SUPPLEMENTS

Around this, you can include gradually some supplements that are known to kill cancer or that are known to help the liver with the clearing of toxins as the cancer breakdowns.

YOU DON'T NEED TO TAKE ALL OF THESE

*Please refer to **page 6** for the standard supplements you should take and then add to this with a few from the list below...

We are trying to assist the Oil in doing its job so think of the supplements as helpers though they are powerful in themselves. Both Killing cancer cells and Boosting the immune system or just helping clear the dead cancer cells via the Liver.

When taking any of these, introduce them gradually, not all at once and if one doesn't agree with you for whatever reason, try replacing it with another.

THE SUPPLEMENTS LIST

MANY OF THESE ARE ANTICANCEROUS

(With any of these please do your own research if unsure.)

Useful Anticancerous Supplements:

Allicin Max the natural compound in garlic (nature's antibiotic) is called allicin and kills viruses and infections FAST! Take as much as is needed several tablets one every 30 min to an hour until feeling improvement - you can't overdose on them.

Colloidal Silver (kills infections, viruses, allergy healing-1 or 2 oz a week or if infection occurs take more, not dangerous, can't overdose on it) – Get both in liquid bottle and spray form! (BUY FROM AMAZON- £12 for 300ml bottle) – **buy 10ppm**

Vit D3

Tumeric – take with black pepper – highly anticancerous!! One or two teaspoons in coconut or almond milk (the black pepper makes more of the curcumin in the tumeric become absorbed by the body) it's the curcumin that kills cancer.

Olive leaf extract – stops cancer growing. (do not take with antibiotics). A remedy for many illnesses including arthritis and chronic fatigue.

SourSop/Graviola- 10,000 times more powerful than chemo and safe and natural

Apricot Kernels -(B17 kills cancer: go to you tube- a world without cancer..also see page 31.)

Resveratrol -(also found in red wine, amazing for killing cancer)

Bromelain- (this enzyme strips the protein cell wall of the cancer cell so the oil can then attack and kill it faster) and is also a painkiller – 500mg

White willow bark – a natural pain killer – comes as a tincture.

Moringa seeds - V good! A natural anti inflammatory. Only need 2 or 3 a day!

Magnesium – a micronutrient which the body needs and is often lacking.

Selenium A C E (Good for breast, oesophageal, stomach, prostate, liver and bladder cancers) – an antioxidant

Chaga mushrooms (Highly anti-cancerous, very powerful!) contains betulinic acid which is toxic to cancer cells- effective for liver, breast, skin, cervix, lung, cancers, antiviral and anti-inflammatory. – taken in a tea or powder or tincture (40-60 drops 2 to 3 times /day)

Turkey Tail Mushrooms (good for breast cancer)

Shitake Mushrooms (boost Immune system)

Maitake Mushroom Extract (anti-cancerous)

Reishi Mushroom (Dose: 2 to 3 capsules, 2 to 3 times a day)

Chia seeds

Milk thistle– (assists liver in clearing toxins from dead cancer cell breakdown)

Spirulina (alkalines the body)

Chorella (alkalines the body)

Q10 (Gives energy to every cell in body)

DMSO

Essiac Tea (Builds up the immune system)

Black seed oil (Nigella Sativa) – Known to kill a whole host of cancers!

Frankinsence oil (only by Young) -natural antibiotic that wards off infection nb.

Mangosteen

Noni juice (multi purpose healing drink)

Green tea

Peppermint tea (good for nausea)

Organic Apple cider vinegar with mother – fights cancer

Dandelion tea

Apricot kernels

Liposomol Vit C (better higher % absorbed form of Vit c)

Wheat Grass. (has over 80 trace minerals)

DCA (Organic sulphur-Google for more info, be careful to take correct doses as can be dangerous otherwise)

***A MUST HAVE!!!- Colloidal Silver** (Take or spray in gest via mouth several times a day and more when needed generally) or spray/take liquid version as/when needed.

Used for killing infections/viruses/colds etc – contact silver sage for good colloidal silver!

Boosts immunity

YOU CANNOT OVER DOSE ON THIS- AND YOU CANNOT TURN BLUE!

***As a general preventative take 15ml a day.**

Take as much as required and also as a preventative. Its like having a second immune system, totally safe and works very fast and isn't expensive.

(take as much as required several times a day if necessary)- take in 15ml capfuls

APRICOT KERNELS

These contain vit b17 (laetrile) which kills cancer.

You tube – ‘**a world without cancer**’ for all the reasons as to how it does this.

Look up the hunza tribe – its in their diet a lot and their average life expectancy is 100yrs old! They ate them like candy

The hunza tribe lived in the himalyas had kernels as their staple diet – no recorded cancer in the whole tribe of thousands over a 20 yr study!

It was found to be the apricot kernels that was the reason for this.

When you buy the packet it may say FDA recommendation 2 a day, may cause poisoning if take more than this amount **THIS IS RUBBISH!!!**

Some false reports on google say its not safe. This is again as with the reports trying to rubbish the c oil, it simply isnt true, people (pharma) trying to steer people away from the cheap cure so as to make people take pharma drugs and so they can make more money.

Sad but true. More propaganda to stop natural cures that are cheap from being known.

Apricot kernels can work for ALL CANCERS, so include this in your protocol.

How apricot kernels kill cancer

It contains an inactive form of cyanide that is only activated within the cancer cell, which is how it kills cancer. When it encounters a normal cell, it leaves it alone as it doesn't have the component to activate the cyanide, but a cancer cell does! And it causes the cancer cell to explode and die, while leaving healthy normal cells alone!

Isn't nature brilliant!!

Build up your dosage gradually increase by 5 every few days

Build up on these every few days and take 3 to 8 every hour or so when up to higher dosage. They are harmless in the body).

Recommened dosage: minimum 50 kernels a day for cancer.

Build up to this dosage.....You can increase up to 100 a day if required.

CURED-A lady in her 30s, with triple hit lymphoma of which there were no known survivors took a 100 kernels a day, **she now has no cancer!**

CURED-A few patients we have seen it work with , most recently...

one man in his early 40s, diagnosed with a terminal prognosis, couldn't afford the oil . changed his diet, took supplement vitamins and built up to taking 50 kernels a day

the end result 10 weeks later..... NO CANCER!!!!

***Also: You Tube: 'Jason Vale Apricot Kernals' – he cured his own cancer with apricot kernels and then tried to tell others and was put in prison as a result!**

TO ORDER: www.kernelpoweruk.com click contact on the website and ask to speak to Gavin- tel: 01487-773040

TUMERIC MILK DRINK

Tumeric is **massively anti-cancerous**. and also anti-inflammatory and so is highly effective for **pain and arthritis**.

(Also known to enhance the effectiveness of chemotherapy.)

Tumeric is a wonderful herb that **kills cancer**.

HOW TO MAKE:

QUICK RECIPE: Use two teaspoons of tumeric mixed with a teaspoon of black pepper in a cup of coconut milk or almond milk or Oat milk and drink and it can be warmed gently and drunk if preferred.

DO NOT USE COWS MILK!

The black pepper brings out the curcumin- which is the ingredient in the tumeric that kills the cancer

*Here is a youtube link to making it:

<https://www.youtube.com/watch?v=3fWAdxnDh84>

a man with oesophageal cancer talks about how using tumeric milk has helped him:

<https://www.youtube.com/watch?v=yeTk-VPvZJ8>

FULL RECIPE:

HOW TO MAKE TUMERIC MILK (FULL RECIPE)

Turmeric Paste

¼ cup of Turmeric Powder

½ tsp of Ground Black Pepper

½ cup of Water

Measure out the ingredients and mix the powders and water in a small sauce pan and mix well. Turn the heat to medium and stir constantly until the mixture is a thick paste. This will happen quickly. Let the mixture cool and then keep it in a small jar in the fridge for future drinks. It will store for a couple of weeks.

Next, prepare the golden milk....

Golden Milk

1 cup of almond or coconut milk of your choice

1 teaspoon almond oil, ghee or olive oil, coconut oil

¼ teaspoon or more of turmeric paste

Mix and heat gently and drink or drink cold, the choice is yours

Add some Raw honey (manuka honey) to taste

****Both the quick and the full recipe are fine to use, whichever you prefer.***

Add any others you feel are right for you but do this very gradually, not all at once.

***Choose what you are drawn to, choose what works for you.**

OTHER SUPPLEMENTS

Graviola aka Soursop:

<https://www.iherb.com/Amazon-Therapeutics-Graviola-2-oz-60-ml/15383>

This can be very helpful in the early stages of a natural healing protocol for cancer. HOWEVER, it should not be used long term as slows or stops the production of ATP. The issue is that this can cause extreme fatigue after several months of using Graviola daily. Consider using it for a few months and if fatigue becomes too much, consider reducing the dose or eliminating it altogether.

Beta 1,3-DGlucan (Beta Factors) activates the macrophages that originate from specific white blood cells. Macrophages are responsible for finding and trapping foreign agents that threaten the body and quickly set into motion all other healing processes necessary to fight off or kill invaders. Studies have shown that Beta 1, 3-D Glucan can possibly make your own immune system more effective.”

Cats Claw- Traditional cancer treatment. Great for reducing inflammatory response and can increase T-Cells.

IMPORTANT! :

AFTER STARTING WITH AN INITIAL 5 OR 6 SUPPLEMENTS IN YOUR PROTOCOL. INTRODUCE THE ADDITIONAL SUPPLMENTS GRADUALLY WEEK BY WEEK, SO AS NOT TO OVERLOAD THE BODY.

WHERE TO BUY SUPPLEMENTS FROM UK ? –

1) BFN NUTRITION

website: www.bfnnutrition.co.uk

*A fantastic site and I know graehame king who runs it personally and his products are fantastic, having tried them personally
Great probiotics too!*

DISCOUNT CODE: boxersvip

Use this code and get 50% off all supplements for cancer patients.

Use the search box top right hand corner of site to check for all products.

UK and Abroad delivered.

2) DENNIS GORES CHEMIST in prestwich (google it) should have most of these supplements- Tel-01617731994

NB: Speak to Shiela or Mark ideally (or someone else)there explain its for cancer and ask for the 20% discount!).

(*DELIVERS IN AND OUTSIDE OF THE UK)

3) THE SILVER SAGE–

Silver Sage. 9 Hulme High St, Manchester, Lancashire, M15 5JR. Tel: 0161 226 2003

Get soursop fresh and other supplements

ORDER APRICOT KERNELS FROM HERE!

4) APRICOT KERNALS_ kernalpoweruk.com (gavin) -order the whole nut form, not the powder!) – ask to speak to Gavin.

900g Bag is about £27

TEL- 01487-773040

Get Apricot kernels from here, he is very trusted and also has other supplements on website

5) THE HEALH CENTRE in Altrincham on oxford road is very good as well.
(If you google the restraunt YARA in Altrincham it is 6 doors down from this place.)

6) AMAZON – great for many things like Graviola (Soursop) Tea leaves, Liposomal Vit C by Lipolife. (£34) and others.

I personally recommend bfnnutrition and dennis gores. For apricot kernels I recommend kernalpoweruk.com.

MY FAVOURITE SUPPLEMENTS

Tumeric
 Apricot kernels
 Colloidal silver
 Allicin max
 Apple cider vinegar
 Green tea
 Reseveratrol
 Olive leaf extract
 Liposomal vit C
 Bromelain
 Manuka Honey

16 FACTS TO HEAL CANCER YOU SHOULD KNOW

1) Avoid Milk... Milk causes the body to produce mucus, (especially in the gastro intestinal tract),
 Cancer feeds on mucus!
 By cutting off Milk and substituting it with unsweetened alpro milk/almondmilk/coconut milk/oat milk....cancer cells are then being starved!!! Milk is also a common allergen that can trigger inflammatory responses. Ie. Stomach upsets, skin rashes, constipation, diarrhea.

2) Cancer is a fungus. Probiotics are very important to take!!

3) A diet made of 80% or more fresh vegetable juices(provide live enzymes for building healthy cells as well as alkalining the body), whole grains, seeds, nuts, and a little fruit helps put the body in an alkaline environment.

4) cut out or cut down on red Meat Protein- Meat protein is difficult to digest – so undigested meat remains in the intestines and leads to toxic build up. This means a lot of digestive enzymes are needed to break it down. These enzymes can break down the tough protein cell wall of the cancer cell but because they are busy dealing with the undigested meat, this leaves cancer cells to thrive more. . Again switching to a vegan diet is very powerful.. the diet is KEY!!!

5) Cancer cannot exist in an oxygenated environment

20 mins light exercise a day - oxygenates the body and as we know, cancer cannot exist in an oxygenated environment.

6) Tumeric does not interfere or block the effects of cannabis oil. They can be taken together. Just after 3 months on the oil take a 5 day break and flush out and reset the receptors by taking green tea and mangos over the 5 days.

7) Cancer is a disease of mind body and spirit – Positive thinking, energy healing ie (**Reiki** or **EFT** and **Meditation** (deep breathing) will help a lot. Also as you take the oil, spend 10 mins visualising the oil killing the cancer cells in your body. Visualization is proven to be very powerful!

*8) **C OIL CAN LOWER BLOOD PRESSURE SLIGHTLY** - The Cannabis Oil looks to lower the blood pressure slightly, so if you are on blood pressure medication ie Ramipril, or derivative of Hydroxy benzoate etc then you may have to monitor and eventually come off the blood pressure meds. Please be aware of this when taking the oil if this affects you. If you have low blood pressure issues also it would be advisable to get a blood pressure monitoring system. (£25 in boots). Some one with normal blood pressure should be ok.

9) With Chemo or radiotheraopy this increases blood pressure so its been seen that its ok to take the oil alongside chemo or radiotherapy, But again always monitor the blood pressure yourself.

10) Its advisable to keep track of blood pressure and temperature morning afternoon and evening as this can show you whats happening within the body. Good and bad.

11) **AVOID TABLE SALT!!** (Use Sea salt or Himalaya rock salt)

12) Hyperbaric Chamber - £8 the MS society trafford park – 1 hour. **Oxygenates the body**, gives energy. Once or twice a week.

13) Use EFT (emotional freedom technique) and Reiki to clear the cancer on an energy level. Everything is connected.

14) **Bath in Food Grade hydrogen peroxide** – put a cupful in a warm bath and sit in it..
.....oxygenates the body

15) **Take a break from the oil after 3 months** as the receptors (sites where oil is taken up) may be saturated by this point, so a good way to reset and empty them is by taking green teas and mangoes for 5 days whilst coming off the oil and other anti-cancerous protocols.

16) **When doing suppositories- Have a break every 4 weeks for 2 or 3 days and then begin again.**

If you ever stop the oil for a period of more than 2 days- always go back to the start and load up again. If you go back to your original dose right away after a break or time off it (more than 2 days), you may not be able to handle the effects.

ALKALINING VEG

Specifically: **Alkalising Vegetables (EAT RAW OR LIGHTLY STEAMED)**

Garlic, Aparagus, Broccoli, cabbage, carrots, cauliflower, Chard, Celery, Kale, Lettuce, mushrooms, parsnips, onions, peas, peppers, pumpkin, spinach, string beans, cabbage, watercress, beetroot, Avocados.

Specifically: **Alkalising Fruits**

Papaya (excellent!), blueberries, apricot, Avocado (Excellent!), Lemon, Manuka Honey, cherries, All berries, Tomato (contains lycopene), Watermelon, Tangerine, Lime, Pear, Peach, Pineapples (contain bromelain, strips cancer protein cellwall), Honeydew melons, Cantaloupes.

Other: **Alkalising**

Raw apple cider vinegar, Bee pollen, Lecithin granules (protein), veggie juices, almond milk, green tea, herbal tea, dandelion tea, ginger tea, kombucha,

Natural Sweeteners (good to use!):

Stevia, Raw Honey (manuka)

Spices

Curry, Ginger, Mustard, Chilli pepper, Sea salt, Miso, Tamari, All Herbs.

Oils

Flaxseed, Olive oil, coconut oil, Grapeseed oil, blackseed oil (nigella sativa)

Alternatives to sugar

Opt for natural sweeteners such as : stevia, Manuka honey, Blackstrap molasses,

CHANGE THE DIET GRADUALLY OVER 1 to 3 weeks, bit by bit. Gradual is the best way if you have the time etc.

Info

Broccoli – protection against chemo effects

Capsicum red peppers- antioxidants

Spinach – good against ovarian and breast cancer, has vit k, folate, b2 etc lots!)

Celery – good for losing weight

Kefir milk – has anticancerous properties

Kale – contains omega fatty acids **GREAT TO HAVE IN DIET**

Often you can get your vitamin levels from good organic veg which saves on buying the tablet version

See the website : **www.energiseforlife.com** for more info.

CHOOSE FRUITS LOW IN SUGAR (LOW SUGAR FRUITS)

So it's great to eat alkalising fruits so your body is more alkaline, but watch out for how much sugar they contain. As we already know, sugar feeds cancer.

Tips on remembering what fruits are lowest in sugar

1) **Berries** (Best Fruits!) in general are lowest in sugar and are packed with antioxidants and vitamins.

2) Bananas are generally high in natural sugar and so cancer can still feed on this so use sparingly. Pineapples are also high in sugar but contain bromelain so maybe **One pineapple through the week is a good ratio.**

3) Apples pears citrus fruits are moderate in sugar and contain a good amount of fibre.
*some apples can have a higher sugar content so please check.

4) Dried fruits – these are the highest in sugar...ie. dates apricots prunes

Other low in sugar fruits:

Papaya, Strawberries, Red watermelon, lemon, orange, raspberries, cherry, coconut milk, currant (red, black, white), cantaloupe, blueberry, blackberry, olive, plum, peach, apple (sliced), Kiwi, *Grapefruit (pink), raw cranberries.

Those that are high in sugar use sparingly or not at all. As part of a mix in a smoothie juice mix is good. **Everything in balance and moderation.**

* Grape fruit Juice may increase the side effects when taking the cannabis oil or any of the supplements. This is not verified though as of yet.

FRUITS HIGH IN SUGAR (AVOID OR USE SPARINGLY)

Banana, Fig, Grapes, Guava, Mango, *Pineapple

*Pineapple contains **Bromelain** so great to have so enjoy from time to time in moderation. One fresh pineapple weekly- having a few bits a day is perfect when mixed in with the other protocols.

*So using both the alkalising fruits list and the high low sugars fruits list, you can choose which ones work best for you. You can test the urine an hour after the foods are eaten to see the effect it has had on alkalining your body's pH. If you aren't getting the desired result, try replacing one or two of the chosen fruits or foods, its about finding out what works best for you.

*With the diet and Supplements...getting a **Balance** is the key word!

FRUIT INFO (for general use or juicing.)

-NOTE- with all these check the sugar contents on the info previous and balance and mix accordingly.

-For all fruit and veg always buy ORGANIC where possible.

PLUMS - Damsons are known to stimulate appetite if eaten before a meal
Can initiate detoxification and improve liver function

KIWI – mild laxative, good levels of vit C for immunity.

FIGS- helps strengthen bones, promotes bowel regularity. Ideal to eat if you have high blood pressure. Good source of calcium.
Lower in sugar and calories

***QUINCE –** Contain anti cancerous substances.(**Lab studies have shown the leaf and fruit contain substances that inhibit growth of colon and kidney cancer cells.**) Fights inflammation and infection.

CHERRIES – Helps promote sleep, anti inflammatory.

***GRAPES –** Red grapes contain resveratrol (anticancerous).

***BLACKBERRIES-** Help lower blood pressure. Help remove toxins from the gut. Contains Ellagic acid that has been shown to stop the growth of cancer cells in lab tests.

BLACKCURRANTS- Fight urinary tract infections, boosts immune system.

BLUEBERRIES- slows growth of prostate cancer cells significantly, improves memory and good for UTI.

GOJI BERRIES – helps maintain muscle strength, promotes peaceful sleep, boosts the production of Energy- so good for energy level boost.

RASPBERRIES – anticancerous, inhibits the growth of tumours. In lab tests have shown to halt the growth of oesophageal and colon cancer.

MELONS – helps wound healing, lowers blood pressure naturally.

POMEGRANATE – Significantly reduces activity of proteins that cause inflammation conditions like arthritis.

See website : www.bionetics.co.uk for further information.

VEGETABLES INFO

AVOCADO-Keeps joints supple, anti inflammatory

BROCOLLI- helps strengthen immune system (higher in vit c)

CABBAGE- supports healthy liver function (supports the production of glutathione)

KALE- fights inflammation, lowers cholesterol, has an anti oestrogen effect so can arrest the spread of breast cancer. Can also aid stomach and duodenal ulcers.

HORSERADISH- treats urinary infections and water retention and helps remove toxins from body.

SWEET PEPPERS- contains anticancerous substances especially for lung cancer.

COURGETTES – helps reduce an enlarged prostate. (as does corn!)

ARTICHOKE – helps balance blood sugar levels. Promotes good gut bacteria to grow.

TOMATOES – lycopenes reduce risk of prostate cancer

SPINACH- especially prostate and ovarian cancers- helps reduce risk and also has anti inflammatory effects.

MUSTARD GREENS- ovarian and prostate, lung and breast cancers – contains anticancerous substances.

DANDELION- a good liver cleanser and helps fight infection and supports immune system.

NETTLES – nettle root helps reduce an enlarged prostate and urge to urinate.

CHICORY- can help protect against cancer and also removes toxins from the blood

CELERY – good source of vit K. helps lower blood pressure.

FENNEL – Eases stomach cramps, relieves bloating.

GARLIC- great for various cancers including bowel breast lung . very anti-cancerous.

GINGER – great for inflammation, nausea symptoms, arthritic pains.

BEETROOT- has a liver cleansing action, supports the liver in producing glutathione. Improves oxygen uptake in the blood.

ALKALINE MINERALS FOOD CHART

If you are lacking in a particular mineral or need a boost of it, find it in the food you eat and eat more of it.

Calcium – Spinach, Broccoli, Celery, Mustard green, Avocado, Kale

Magnesium – Almonds, Okra, Flax seeds, Dill, Cacao, basil

Iron- Pumpkin seeds, Kale, Broccoli, Quinoa, Spinach

Potassium – Coconut water, Avocado, Kiwi, Brussel sprouts, Tomatoes, Figs

Manangese- Cinnamon, Garlic, Thyme, Chard, Tumeric, Collard greens

You can combine these in different ways to get a good cross section of all the nutritional requirements of minerals needed. **These 5 above are very important.**

***Get a mineral deficiency test done to see what you maybe lacking-**

ALLERGY TEST

***HAVE AN ALLERGY TEST OR A SPECIFIC BLOOD TEST TO FIND OUT WHAT VITAMINS OR MINERALS YOU ARE LACKING IN! – this is important as often rebalancing a vitamin that is deficient in the body can have an amazing effect on the condition.**

SEEDS AND THEIR ANTI-CANCEROUS EFFECTS

SEEDS– Sesame : good source of vit E and protects liver from toxic damage

Sunflower: anti cancerous properties, good source of B vitamins

Pumpkin: High in Zinc, and B vits, magnesium, iron and protein.

Linseeds: Lowers bad cholesterol

Poppy : general remedy for diarrhoea,

Chia – high in magnesium and calcium

Red clover: help menopausal symptoms and good for lowering BP.

Cumin - anticancerous

Saffron – Inhibits growth of cancer cells

Star Anise- antiviral properties so aids fast recovery from viral infections

Blackseed oil (nigella sativa)- detoxing and anti inflammatory effects.

***See also page 27 – 10 meatless sources of protein.**

Seeds are a great way of boosting your protocol. Highly useful to include in your protocol.

Cancer-fighting superfoods

(Some foods contain precious anti-cancer molecules.)

These include:

GREEN TEA

Rich in polyphenols that reduce the growth of the new blood vessels needed for tumour growth, green tea is also a powerful antioxidant and activates mechanisms in the liver which help to eliminate cancerous toxins from the body more rapidly. In mice it has been shown to block the effects of chemical carcinogens responsible for breast, lung, oesophageal, stomach and colon cancer.

GARLIC, ONIONS, LEEKS, SHALLOTS and CHIVES

These all help to regulate blood sugar levels, which in turn reduces insulin secretion and thus the growth of cancer cells. They promote the death of cancer cells in colon, breast, lung and prostate cancer.

MUSHROOMS

Shiitake, crimini, portabello and oyster mushrooms stimulate the reproduction and activity of immune cells. They are often used in Japan as a complement to chemotherapy to support the immune system.

CRUCIFEROUS VEGETABLES

Cabbages, sprouts, broccoli and cauliflower contain powerful anti-cancer molecules. But boiling will destroy them — steam briefly or stir-fry rapidly in a little olive oil.

FRUITS AND VEGETABLES RICH IN CAROTENOIDS

Carrots, yams, sweet potatoes, squash, tomatoes, apricots, beets and all the brightly coloured fruits and vegetables contain vitamin A and lycopene, which have the proven capacity to inhibit the growth of particularly aggressive cancers.

HERBS AND SPICES

Rosemary, thyme, oregano, basil and mint are rich in essential oils of the terpene family which reduce the spread of cancer cells by blocking the enzymes they need to invade neighbouring tissues.

CITRUS FRUIT

Oranges, tangerines, lemons and grapefruit contain anti-inflammatory flavonoids which are also present in the skin. So buy organic, unwaxed citrus fruit and add the zest to salad dressing or steep the skins in hot water or tea.

SHIITAKE MUSHROOMS - Anti-Cancer Benefits

Medicinal extracts from shiitake mushrooms have been studied much more extensively than the whole food itself. In cell and laboratory animal experiments, numerous components of shiitake mushrooms have been shown to help block tumour growth, sometimes by triggering programmed cell death (apoptosis) in the cancer cells. These components have been collectively referred to as "anti-tumor mycochemicals" provided by shiitake mushrooms. Researchers have speculated that more than 100 different types of compounds in shiitake mushrooms may work together to accomplish these anti-tumor results.

MORE SUPER FOODS THAT FIGHT AND PREVENT CANCER:

Include these as part of your diet-

Garlic- (contains hydrogen sulphide that does the magic!)

Beetroot Juice – Gives energy

Berries...Blueberries, strawberries etc. (contain powerful antioxidants)

Tomatoes (contain lycopene that protects against prostate cancer)

Broccoli, Cabbage, Caulifour. (can slow tumour growth and can help cancer cells die)

Green Tea (Lots of antioxidants, prevent cell damage)

Whole grains (Oatmeal, Barley)

Leafy Green Veg (Kale,Spinach, Lettuce etc)

Red grapes (contains Resveratrol so a ½ a glass to a glass of red wine/day isn't bad)

Beans- Kidney beans and pinto Beans- high levels of antioxidants.

Ginger

Manuka Honey (minimum +16)

Blood orange –Stops lung cancer growth.

MEDICINAL HERBS:

MILK THISTLE – helps heal the liver.

BASIL- anti inflammatory

THYME – a cold remedy, loosens and expels mucus

DILL- antibacterial and effective against cystitis and bladder infections

MINT- good for stomach upsets, indigestion.

27 ANTI CANCER HERBS

Aloe Vera
 Artemisia Annua
 Barberry (trad Indian medicine used for 2500 years/orig used in hoxsey formula)
 Bitter melon
 Blackberry bush
 Blackberries
 Bloodroot
 Boswelvia (liver lungs spleen colorectal brain cancers)
 Burdock root (eliminates gut toxins)
 Chamomile
 Clove (improves immune function)
 Dandelion (prostate and breast cancer)
 Foxglove (a chemo preventative agent)
 Gentian (lymphoma and thyroid cancer)
 Ginger root (ovarian cancer)
 Graviola (pancreas tumours-slows them)
 Guava (reduces lung cancer spread)
 Jasmine (breast cancer preventative)
 Liquorice root (Breast Cancer)
 Mistletoe
 Oregano (lung cancer)
 Black pepper (anti cancerous properties)
 Ruta Graveolens (reduces solid tumours)
 Saffron (skin cancer/anti tumour agent)
 Slippery Elm (anti inflamm – found in essiac tea)
 Turkey Tail mushroom
 Tumeric (all Cancers)
 Nigella sativa/black seed oil (breast cancer – kills 93% in vitro!)

Look at adding the ones you feel would help you, maybe mix some combinations in your raw juicing and drink.

COLOURS FOR YOUR HEALTH

Generally the colours for your veg food relate to aspects of health:

WHITE – Strengthens the immune system ie Garlic

YELLOW- Fortify skin elasticity ie bananas

ORANGE- prevent inflammation ie Oranges/Carrots

RED- Improve heart and blood health ie Red peppers/tomatoes

PURPLE- protect nervous system ie turnips, onion

GREEN- Detoxify ie Kale/Broccoli

This should help you when making Raw juicing drinks for what you require.

ENHANCE YOUR MOOD NATURALLY EATING THESE

Almonds- Brain power

Cayenne pepper-Soothes nerves

Green tea-Relieves anxiety

Omega 3s- Feel good enhancers

Kale-Energy booster

Oranges-Brain health

Walnuts-Full of Omega 3

Alkaline water 9.5ph-Enhances mood and relieves pain and stress

HEALTHY RECIPES

On the no sugar diet it can get quite boring and bland tasting so here are some recipes that can be made on this diet and taste great!

The book defeat cancer now by tamar st John, (who defeated her cancer naturally) has more of these recipes in the book. Find the book on amazon – £23.

VEGETABLE OMELETTE

2 tablespn virgin coconut oil
2 eggs (beaten)
handful of mushrooms
chopped red bell pepper
diced onion
½ sliced avocado

heat coconut oil in omelette pan and add everything except the eggs, cook slightly then add eggs.

Serve with small amount of organic salsa for taste

BUTTERNUT SQUASH AND SWEET POTATO SOUP

1 butternut squash (cut into chunks)
1 sweet potato or yam (chunks)
1 15 oz can of full fat coconut milk
3 tablespns of ground cinnamon
1 tablespn of ground nutmeg
½ teaspoon of ginger
1/8 teaspoon of ground clove

blend the squash and sweet potato until fork tender add coconut milk and spices and blend in high speed blender. Heat gently until hot.

TOMATO/AVOCADO SALAD

1 tomato (chunks cut)
1 avocado (cut into chunks)
2 tsp of apple cider vinegar
3 tea spoons of extra virgin olive oil
½ teaspn basil
½ teaspn oregano
½ teaspoon kelp flakes
¼ teaspoon Himalayan sea salt

mix all together with some diced onions raw and cucumber.

MAIN DISHES

CROCK POT STEW

4 organic chicken breasts(boneless, skinless)
 1 eggplant (cut into chunks)
 6oz or more of mushrooms
 1 bunch celery
 1 head broccoli
 1 onion (diced)
 1 organic chicken or veg stock cube
 1 jar organic spaghetti sauce (no sugar)
 2 tablespns Basil
 2 tablespoons Oregano
 1 tablespoon of Cumin
 1 teaspn Sea salt

Cut the chicken into bite size pieces. Dump everything into the crock pot and stir and put on a high temp for an hour, then turn it low and let simmer for 5 plus hours. (alternatively use a slow cooker) . make sure the chicken is cooked all the way through.

VEGETABLE STIR FRY

1 head broccoli
 1 onion (diced)
 1 red bell pepper (chunks)
 1 Bunch celery (chopped)
 1 Bok Choy (chopped)
 1 can water chestnuts (sliced)
 1 lb of bean sprouts
 6 oz of mushrooms (sliced)
 8 tablespoons of coconut oil
 sea salt (to taste)

Melt the coconut oil in pan and add onion,s celery, red pepper and bok choy. Stir for few mins then add the broccoli, mushrooms, water chestnuts and bean sprouts. Add some tamari for flavour instead of soy sauce.

VEGETARIAN CHILLI BEANS

**2 16 oz cans of pinto beans
2 16oz cans of black beans
1 16oz can of kidney beans
1 32 oz can of diced tomatoes
1 Large onion (diced)
1 Green bell pepper (cut)
1 red bell pepper (cut)
1 green chilli (chopped)
1 teaspoon crushed garlic
1 teaspoon ginger (crushed)
3 tablespoons of Cumin
1 tablespoon of chilli powder (to taste)
1 tabblespoon of sea salt**

add organic turkey for non vegetarian option

chop all veg and put in a slow cooker for half hour. Make sure all cans of tomoatoes and beans do not contain added sugar. Then add the beans and slow cook for a few hrs (2-4hrs)

CURING SPECIFIC CANCERS

LEUKEMIA

-Hanna Kroeger, known as the grandmother of natural medicine developed a technique called – tailbone alignment technique!

She saw 5000 children and they were given this tailbone technique alignment and the alkaline drink recipe she invented over a week and **all were cured! from leukaemia.**

please watch the links 3 videos. Copy and paste them across.

This is the drink that is supposed to be given with the specific ingredients that is in the links.

HOW DOES IT WORK?

Leukaemia is not really like a typical cancer in how its formed, it's a blood cancer caused by a toxic tailbone.

Its all connected to the tailbone . leukemia is caused by the tailbone being out of alignment

In a normal person, as they breath in and out, the tailbone flicks, on the out-breath As it flicks, it nudges the bone marrow and this keeps the fluid moving.

If the tailbone is out of alignment, the fluid in the bone marrow becomes stagnant if it doesn't move it can then lead to leukaemia, in combination with an emotional energy trauma occurring at an earlier time which is released via the technique.

first you have to put the tailbone in place using the physio methods outlined here and have the alkaline recipe alongside it

the links to the physio methods that Hannah kroeger did are show below. They show you how to do it.

LEUKEMIA IS NOT A CANCER IT IS CAUSED BY A TOXIC TAILBONE-AN OUT OF PLACE TAILBONE AND EMOTION LINKED. CORRECTING THE TAILBONE CORRECTS THIS.

(she wrote a book GOD HELPS THOSE WHO HELP THEMSELVES maybe get it as well.it has the recipe and moves info in there too).

check this recipe is correct on the links im sending from the videos and the info below. also google it too.

the drink works cos there is a poison that goes to the stomach with leukemia and its neutralised by the juice and the eggs.

WATCH ALL THE LINKS BEFORE DOING THE EXERCISES AND MAYBE PRACTICE ON EACH OTHER BEFORE DOING IT.

1) video link to put tailbone out of place,...BACK INTO PLACE.

HANNA KROEGER (YOU MAY NEED TO DO A BIT MORE WHEN HEAD IS TURNED AS SHE STOPS FOR THE WOMAN IN THE VIDEO AS SHE SAYS THAT PARTICULAR WOMAN DIDNT NEED ANYMORE)

<https://www.youtube.com/watch?v=MRYX5D6ZlcA>

THE DIET IS EXPLAINED ON THIS VIDEO... FOLLOW THE VIDEO AS ITS IMPORTANT. IE SHE SAYS BEAT THE EGGS IN ONE DIRECTION AND SPECIFIC STUFF . THE RECIPE IS BELOW THOUGH

2) THIS IS THE VIDEO VERSION OF THE TWO AUDIO VIDEOS I HAVE SENT WHICH ARE BELOW THIS VIDEO HERE:

WATCH AND LISTEN TO ALL!!!

<https://www.youtube.com/watch?v=Gvv5qwp6Rv0>

LISTEN TO THESE BOTH THEY EXPLAIN THE VIDEO SHE HAS JUST PERFORMED THE MOVES IN

<https://www.youtube.com/watch?v=K2fRwYk3LJk> PART1

<https://www.youtube.com/watch?v=tDZ4oKo-mTw> PART 2

ADDITIONAL 2 MIN VIDEO- PLEASE WATCH –

<https://www.youtube.com/watch?v=62UkRmog8f4>

ALKALINE DRINK TO CURE LEUKAEMIA

The Dr. Brauchle leukemia remedy, as given by Hanna Kroeger:

This should be prepared fresh each day and taken for a minimum 8 days

1 pint freshly squeezed orange juice
 1 pint freshly squeezed grapefruit juice
 1 pint water with the juice of 3 limes
 1 pint water with the juice of 2 lemons
 1 pint of frozen pineapple juice, diluted
 1 pint papaya juice, diluted
 12 whole eggs
 6 egg yokes

Do check this recipe for the correct amounts online . As this is a guide. I Think its correct but do make sure. The book -god helps those who helps themselves - has the recipe
 Beat the eggs and add to the fruit mixture

You can add frozen raspberries or strawberries for flavor

For children, they should take 1/2 the amount.

This is the recipe from "God Helps Those That Help Themselves" by Hanna Kroeger. She doesn't specify in the book how long this juice should be taken, but if I remember

correctly this is an 8 day juice/ egg drink that replaces regular meals.

Google "Rev Hanna Kroeger " **to read about her history**

Another leukaemia cure:

-INTRAVENOUS VITAMIN C is effective at curing leukaemia

Watch YOU TUBE: type in - 60 min doc vit C!!!
(18 min programme)

SKIN CANCER

- 1) Cover the area of where the skin cancer is with oil then place a plaster on it. (use a wooden spatula to apply or directly from the tube, so as not to infect area in any way.) Leave this for 3 days.
- 2) The apply the oil again, covering the area with oil and place a plaster on and leave for 3 days.
- 3) Repeat this every 3 days until 6 weeks has elapsed.
- 4) You will probably only need about 1 gram to 2 grams of oil to cure the skin cancer.
- 5) Applying the oil to the skin does not get you high in any way. You will just have a plaster on your face for 6 weeks that is all.
- 6) skin cancer is the easiest of cancers to cure with a 100% record if followed this way.

By this point the skin cancer should have gone (you should see week by week progress of it healing, ie it will start to fade and heal).

***TAKE PICS BEFORE AND AFTER EACH APPLICATION SO YOU HAVE DOCUMENTED PROOF TO SHOW CONSULTANTS AND ALSO FOR YOUR RECORDS WHEN IT HAS GONE.**

WE HAVE SEEN THIS WORK FOR 2 PATIENTS WHO HAD SKIN CANCER ALREADY – gone in 6 weeks!

LUNG CANCER

Vape, Ingest (eat) and use oil via suppository method.

For some reason suppositories work well with lung cancer. Unsure why.

PLEASE NOTE: For Any Cancer (apart from skin cancer)- If possible, do all 3 methods (Ingest under tongue, vape and suppository). But certainly Ingest and Suppository. Vaping is optional but very powerful.

BRAIN TUMOURS

The supplement BOSWELIA (aka Frankinsence) is advised to be useful with shrinking brain tumours

LIVER CANCER

Suppositories are very effective here. Follow the suppository method on page ..
In this protocol

PANCREATIC CANCER

Ingesting the oil and vaping the oil has proven to be very successful with this method.
I would also include suppository method if patient is willing and able.

How to rebuild a weak immune system:

Often after chemo or radiotherapy the immune system has been severely damaged or reduced in function. The immune system is your force-field of protection from illness and infection so it's vital if you have these therapies that you repair it as fast as possible – some choices you can use...

Vitamin D3

Kangen water (Email me for more details)

Oil

Vegan diet (Alkalining body/ Juicing)
probiotics

TESTIMONIALS

We have so far, personally seen several people cured from their terminal diagnosis and others with tumours shrinking as well as many others currently improving with scans due soon. Here are some of the results we have seen:

1) DIAGNOSIS - STAGE 4 TERMINAL PANCREATIC CANCER

Age- 60 yr old gentlemen

Prognosis 12 months-

vegan for 3 yrs and vegetarian most of his life.

Took oil for several months but only got up to 4 rice grains a day ingesting

Vaped the oil a lot every day using some oil in a vape pen.

Has taken around 30g over course of a year so far due to cost issues.

No cancer detectable.

RESULT: CURED (Benign tumour all that remains and is shrinking)

12 months later –

It's 75% shrunk and is no longer malignant – benign and he looks 15 yrs younger!

One tumour completely gone. The other shrunk by 75% and is no longer malignant, no cancer present inside- just a benign tumour now that is shrinking!

Nb. The rate of cure took longer here and was slower as he is on a lower dose. but that is what he can tolerate so it will just take a bit longer but there is no cancer now present.

2) DIAGNOSIS –TERMINAL NEUROBLASTOMA CANCER

Age – 5yr old girl

Prognosis – Palliative care after many months of chemo and radio

Told to make her comfortable (less than a few months given).

Took the oil around 30g, dosage roughly ½ a gram a day (8-10 rice grains) ingesting on a biscuit I believe.

Changed diet to a significant degree as well as taking Kangen water.

2 months later – no cancer present.

RESULT : CURED

3) DIAGNOSIS – TERMINAL NEUROBLASTOMA CANCER

Age - 12 yr old girl

Prognosis – Spread in body and to bones and bone marrow- terminal diagnosis of months given

Took the oil at 3 or 4 rice grains a day, as she still wanted to attend school and also financially it was difficult for them to afford more. Also came off the tablet chemo when taking the oil.

Currently 98% cured. A tiny (2%) bit remains in the bone marrow, but we are working on raising more oil for her to take and as she increases the dosage, I would estimated at a rate of ½ a gram oil a day this will see her fully well.

RESULT : MAJOR TUMOUR SHRINKAGE

4) DIAGNOSIS- BONE CANCER IN SHOULDER AND CANCER IN BLOOD AND BONE MARROW

Age- 35 years old man

Prognosis- 12-24 months

Took around 30-40g of the oil over about 4 to 5 months.

Ingested the oil only.

RESULT: NO CANCER

5) SKIN CANCER- TRIPLE SKIN CANCER

60 yr old gentleman had application on 2 skin cancer sarcomas and 1 Melanoma under the arm that cleared in 6 weeks of diagnosis by applying once every 3 days and then covering with a plaster and repeating.

RESULT: NO CANCER

6) DIAGNOSIS- TRIPLE SKIN CANCER

Triple cancer was a basal cell carcinoma near the ear, lentigo (age spot) melanoma and a melanoma.

Age- 50 year old lady.

Prognosis- Skin Consultants wanted to operate and cut half her cheek off and do a skin graft!-These surgical procedures can potentially cause cancer to spread, not to mention all the drugs etc they will administer short and long term.

She asked for 6 weeks to think about it.

She applied the oil on them each, covering with a plaster, leaving for 3 days as explained by rick simpson and changed and reapplied oil and repeated for 6 weeks.

RESULT : NO SKIN CANCER

(The consultant saw the result, but was uninterested as he had, in his words 'more patients to treat ,so she can go now it's gone!' this unfautunately, is the majority of consultants and doctors' reaction to when natural treatment works.)

7) DIAGNOSIS – TERMINAL LUNG CANCER

Age: 56 year old man

Prognosis: 4-6 months

The gentleman had only one Lung.

Took around ¼ a gram a day over 6 months, ingesting the oil, as well as supplements recommended in the protocol, currently outliving the prognosis by 8 months and looks amazing.

And he's back at work! He hasn't worked for two years!

Last I heard his tumours were shrinking

Some people don't stay in touch so this is the information I have currently.

RESULT: SIGNIFICANT TUMOUR SHRINKAGE

8) DIAGNOSIS- LUNG CANCER

Age: Late 60s

Prognosis: Advanced Lung Cancer

The lady had 5g of oil (1 Tube) over several weeks.

Oil was ingested.

RESULT : NO CANCER

9) DIAGNOSIS- INCURABLE BRAIN TUMOUR

Age: 62 year old Lady

Prognosis- Palliative care (was being given the last rites!)

The oncologist told her it was incurable

Took the oil around 50-60g over 3 to 4 months. Ingesting under the tongue only.

RESULT: NO BRAIN TUMOUR/ NO CANCER

10) DIAGNOSIS- TERMINAL LIVER CANCER

age: 62 year old Lady

Prognosis: 14 tumours in the liver- terminal, poor prognosis

She started doing just the suppository method only, as stated in the protocol. 2 months laterOnly 4 liver tumours remain.

RESULT: SIGNIFICANT TUMOUR SHRINKAGE

**Obviously you can see from this that there is no set dosage that you can see the magic happen.*

Everyone is unique in that way.

Aim for the 1 gram a day that Rick Simpson recommends to generally see the best results- some may need more, some may need less.

11) DIAGNOSIS-NON HODGKINS LYMPHOMA

Age: 46 year old man

Prognosis : 6 Months

Had had chemo and steroids previous to when I saw him, which was end of Nov 2014. Conditioned worsened from previous treatments. Tumours was affecting his spine. Was told in 3-6 months he would be crippled and it would slowly creep to his brain, if he hadn't died before that point. Couldn't afford the c oil

So changed diet, took supplements and built up to taking 50 kernels a day of taking **APRICOT KERNELS**- spread out through day.

Contacted me on Feb 15th...2 and half months from when I saw him.

No evidence of any cancer left.

RESULT: NO CANCER

Many others are doing very well and currently awaiting scans results to see the progress made, but majority look very well.

NON-CANCER TESTIMONIALS USING THE OIL

1) **Multiple Sclerosis** - 45 year old lady, more movement and coordination returned using the oil for several months now, the neurologist advised her to keep doing what she's doing, he is amazed by her progress and neurological changes are being seen and improving.

2) **Asthma** – Male Patient in his 30s, within days of taking oil could breathe better

3) **Parkinson's Disease** – Elderly male patient with severe parkinson's recently started the oil, ingested it via rubbing a tiny pin prick amount in his gums
Has been taking it for a week so far
normally takes him an hour to walk to the toilet and back to his room .
2 days on the oil he can now make the same journey in minutes!! Looking forward to hearing more on his progress as he takes it for a longer duration.

4) **Arthritis**- Pains lessened very quickly.

5) **COPD** – Male patient in his 50s Patient is walking better more energy and can breathe better. On a few rice grains a day .

6) **CHRON'S Disease**– Within days of taking the oil his digestive system improved and could go to the toilet much more normally...several months on and he's like a different person to the one I saw 10 months ago! Put some weight on too and looking very well.

7) **Low white cell count and Sleeplessness/Anxiety** -A 73 year old lady taking the oil to help with sleep, was on diazepam for 15 years. Within a week or so on the oil, she came off her diazepam
she has been taking it for 15 months now, at just over a rice grain a day, just as a general medicine to prevent illness and has noticed in that time...bloating in her stomach has gone, a scare on her eye healed enabling her to have an eye op even though the doctor has previously said that the scar would never heal fully!

Her White cell count which had been low for several years and had dropped to 0.5 (normal range is 4) the doctors had said if it dropped further she would need to go on steroids. She noticed after a year on the oil, she had a routine check up and her white cell count was 3.9!, she wasn't even taking it for that initial reason!

The doctor asked her what she had been doing? She just said taking the right things!
Oh and her blood pressure and cholesterol returned to normal too!
She's also a lot calmer and happier within herself.

She's only even built up to one or two rice grains. She initially started for months on just a pin prick amount and saw and felt the benefits.

Just a few examples of how the oil works on virtually any illness to great effect.

OTHER CANCER PROTOCOLS

BUDWIG DIET –

NB. I don't fully understand the budwig diet and so have just provided the information here, as I know it's a great anticancerous protocol but it does have some things that it isn't compatible to take with this diet. PLEASE DO YOUR OWN RESEARCH IF USING THE BUDWIG DIET.

the cannabis budwig protocol -

I strongly advise you join this group on facebook if you want to use the budwig protocol as he has lots of info on how to do it perfectly and is a good guy and very knowledgeable.

TONY DUDLEY runs the group and has developed a protocol as well which is for people who are late stage cancers, for whom the oil hasn't worked for, for whatever reason, using the budwig diet.

*It is ok to take cannabis oil with the budwig diet.

BUDWIG INFO

Created by Dr. Johanna Budwig, she successfully treated over 2400 people with cancer over her 50 yr career.

According to Dr. Budwig- Combining FLAX OIL and LOW FAT COTTAGE CHEESE results in creating sulphurated protein. This infuses with the cancer cell with oxygen and reverses the cancer naturally

When the two are combined they are able to heal cancer within the body by bringing up the oxygenated protein into the cancer cell.

Make sure you are using organic, cold pressed, refrigerated flax seed oil with no additives.

You should also use low fat organic cottage cheese that does not contain milk from any cows treated with bovine growth hormone (RbSt or Rbgh)

The mixture of the cottage cheese and flax oil changes its chemical composition when combined together, so those that are lactose intolerant or have dairy allergies, have not shown any aversion to taking the budwig protocol.

Recipe

The mixture of cottage cheese to flax oil needs to be **2 to 1 ratio**.

This means if you use two tablespoons of cottage cheese, you need one tablespoon of flax oil.

You need an immersion handheld stick type blender in order to make this properly.

Put 4 tablespoons of cottage cheese to 2 tablespoons of flaxseed oil together with a small amount of unsweetened almond milk.

Emulsify and blend the mixture before adding anything else to it. Once blended it should resemble a consistency of thick custard or thick yoghurt.

Make sure there is no separation of the flax oil from the cottage cheese or the mixture will not become water soluble to penetrate the cancer cell. These two ingredients need to be bonded together for it to become effective.

Then eat the whole thing right away . Don't let the mixture sit there as it will go rancid after a bit. (if it smells fishy its rancid and needs to be discarded)

If the drink isn't palatable you can add some blueberries, a bit of banana and some more unsweetened almond milk

You can add some peach apple berries to mixture if required to make it taste better.

*PLEASE NOTE: Such flax oil should be consumed together with foods containing the right proteins otherwise the oils will have the OPPOSITE EFFECT, causing more harm than good

That is as much as I currently know. If you choose to use this Budwig method please look up further info on google and what things it is or isn't compatible with. I do know its ok to take cannabis oil alongside it.

CELLECT

Collect is a nutritional powder containing over 150 nutritional vitamins and natural things the body's cells need, that has shown to cure all forms cancer and other illnesses as well as terminal cancers within several weeks.

NB. You do not need to take anything else if choosing this protocol as CELLECT works best on its own. Taking other things with collect can interfere with its effectiveness

It was developed by **Fred Eichorn**, who completed 4 years of pre med and also worked as a Bio-chemist researcher before curing his own terminal pancreatic cancer using this treatment in 1976.

He realised, in his words, that cancer is not a disease, it's the body's response to a nutritional deficiency. Current treatment attacks the symptoms

He says the product he developed will correct the nutritional deficiency in the body's biochemistry to a level that is correct for normal cells, but not conducive for cancer cells.

It comes in 4 different flavours and is the equivalent to taking 150 supplements in pill form.

Each tub costs around £50 but then taxes are added as it can only be got from USA or SPAIN. 2 to 3 tubs per week are needed for several weeks so as you can see this can be quite expensive.

Copy and paste in these links for more info:

<https://cancercompassalternateroute.com/therapies/collect/>

<https://www.cancercompass.com/message-board/message/all,20511,0.htm>

To Order CELLECT – order from this website:

<https://www.collect.org/>

Please note:

CURRENTLY DIFFICULT TO OBTAIN IN UK

If you are based in the UK ordering collect from SPAIN or USA can be difficult as it is not currently available in the UK. The taxes on it coming into the country are high and you can only order two tubs a month from the company and you really need two to 3 tubs a week! for 6 weeks or more- For it to be effective for what I have read and so this is currently a difficult option to access.

ENERGY HEALING TO HEAL CANCER AND OTHER ILLNESSES

Cancer as we have said before, is not the result of one thing. It's the result of several things occurring ie poor diet, nutritional deficiency etc and also the other component is the emotional component of the illness.

When any illness occurs, it's due to a trapped emotion that usually has occurred during or around the time the illness appeared. A traumatic event or even something from early on in life, a past emotional experience, that has built up by further smaller triggers. You may or may not even be aware of it but using these techniques you can clear it.

This emotion remains trapped within the body's energy system and is another area that feeds the cancer.

By addressing this 'trapped energy' of emotion and freeing it using energy healing techniques such as:

-REIKI

-(EFT) EMOTONAL FREEDOM TECHNIQUE

-PRANIC HEALING.

These energy healing techniques release the emotional root that is also feeding the cancer on an energy level. For when everything is broken down into its smallest components it is just energy. Even emotions are energy.

Postive ones build and strengthen the body system and negative ones weaken the system. If too much neg energy builds up, along with the other factors as discussed before, then illnesses such as cancer can occur.

Luckily it is fairly easy to address the trapped emotional side of illness and release it using these natural energy healing techniques that are thousands of years old! People knew more back then than they do now it appears, in terms of how to heal the body when illness occurs.

REIKI – An energy healing technique that removes stresses from the body's energy system while boosting the immune system and can be very relaxing.

WHAT IS REIKI LINK:

For more info on what reiki is like watch this reiki master explain it:
Type in you tube: a reiki session explained (part 1)

https://www.youtube.com/watch?v=IFdm5KyFc_U

EFT – emotional freedom technique. Frees the trapped emotion connected to the illness using several acupressure points on the face, while verbalising the problem with the practitioner. Big shifts are seen during the session as the emotion that was trapped is released very fast! Results are seen during the session.

Watch this link for more info:

USING EFT FOR CANCER LINK:

Type in you tube :- how to deal with cancer chemo Robert smith.

Watch the second video (48mins) and tap along as if you were the lady in the chair. (You can experience big changes and shifts and healing just from that!)

Or copy and paste the link:

<https://www.youtube.com/watch?v=sJSwz3dh0yc>

PRANIC HEALING

An energy healing technique that clears the energy field which is around our body and removes the negative energy. This is a hands off technique but very powerful.

These techniques are very powerful and ive seen them all work to clear illness on their own.! So combining it with everything else in the protocol you now have a powerful kit to go forward with and heal relatively fast.

****If you want more info on where to go try these energy healing techniques contact Ash for more information***

CHEMO...CHEM-NO!!!

Some of this information may shock you but know that knowledge is power and knowing all the truth gives you the full right to make your OWN decision

A lot of people take the route of chemotherapy and radiotherapy without actually knowing what it really is or what damage it can actually do to the body and often choose this option before naturally healing, often due to doctors convincing them that they MUST have chemo immediately! And using scare tactics to force them to have it.

These are just things to be aware of before you see a consultant and then make up YOUR own mind as to what approach you want to take.

The reasons for this, having done some extensive research is this:

CONSULTANTS ARE ON CHEMO BONUSES

Consultants are on BONUSES for administering chemo/radio from the pharmaceutical industries. Believe it or not they often will get 10% of what the chemotherapy drug costs per patient just for convincing a patient to take it.

A chemotherapy drug can cost up to £75,000 or more..thats £7,500 the consultant gets per patient! Now do you see why they are quite keen for you to start chemo or radiotherapy so soon after diagnosis. Chemo and radio are designed to make a lot of money for all who sell and administer it.

A SECONDARY SIDE EFFECT OF CHEMO IS THAT IT CAUSES CANCER

Yes that's right. A side effect of chemotherapy is that IT CAUSES CANCER!

It destroys bad cells AND good cells, turning good cells often into cancerous cells. So the doctors are giving you something to kill cancer that causes cancer!

Why would they do this? Again they are controlled by the pharmaceutical industry etc. and brainwashed from many years of administering the same thing over and over again

CHEMOTHERAPY WAS DEVELOPED FROM MUSTARD GAS! DURING WW2

That's right! Google it if you don't believe it. Chemotherapy was developed from mustard gas during ww2 by the Nazis! It was developed as a nazi chemical weapon The same poison, they are using wanting to use on a patient in the hope that the 3% odds fall in their favour! Crazy if you ask me.

CHEMOTHERAPY HAS A 3% SUCCESS RATE

If you are one of the lucky ones who is the 3%, then you are very lucky. Which is better..to choose a natural way of healing first that only takes a couple of months or so and heals the body with zero damage or side effects and a high success rate...or something that is designed to destroy the body and the doctors are just hoping that they haven't fried you too long that your body and immune system can eventually recover years down the line (3%). Remember that figure when you speak to a consultant.

CONSULTANTS WON'T TELL YOU THE WHOLE TRUTH UNLESS YOU ASK

A consultant will often try to talk you into having chemo/radio and if you resist they can get angry, moody, basically turn into a bully. What you must do is realise all this before you go in, be strong and know its your body and your right to do whatever you choose NOT what they tell you to do!

CONSULTANTS THINK SUCCESS IS LIVING A BIT LONGER THAN 5 YRS?

The natural method looks to cure the problem and has a high success rate that once it's gone, its gone forever! Success with chemo, is living longer than 5 years?

This is what all their stats are based on to make it seem like its even vaguely a good idea to have high amounts of chemo.

How is it successful if you live for 7 years after having chemo, only for your cancer to come back and the chemo to have destroyed your immune system a lot in that time so the quality of life in those 7 years wasn't very good anyway?

CHEMOTHERAPY OFTEN KILLS THE PATIENT NOT THE DISEASE

There many cases where small amounts of chemo can work and people can survive but often the consultants will want to give you lots. More than 6 sessions, again if your not in the 3% bracket it's a huge risk to take in relations to trying natural method for a couple of months or so.

The doctors will often attribute the patient passing due to 'complications' during treatment or will often say it was the cancer that killed them. Yet it was the amount of radio and chemo that will have accelerated them towards death by destroying their immune system, the one crucial thing that is needed to have a healthy body.

NB

DOCTORS HAVE LIED TO PATIENTS, TWISTED THE TRUTH, SAYING TO THEM THAT THIS TABLET OR TREATMENT WILL WORK OR IT WON'T CAUSE IT TO SPREAD...ONLY FOR THEM TO TURN AROUND

AFTERWARDS AND SAY...'AM AFRAID ITS SPREAD' OR 'THE SURGERY WAS UNSUCCESSFUL' AND BLAME THE CANCER FOR THE SPREAD, WHEN IN FACT IT WAS THE CHEMO ETC. THEY THEN OFTEN TURN AROUND AND EITHER WANT TO GIVE A DIFFERENT CHEMO OR SAY 'SORRY THERES NOTHING WE CAN DO NOW' (THAT WE HAVE MESSED UP YOUR BODY) AND JUST LEAVE YOU DISMISSED. I HAVE HEARD THIS FIRST HAND MANY TIMES.

I've heard many times a patient choose the chemo/radio route only to realise after the treatment and the damage it's done that they wish they had done the alternative natural route first!

THE NATURAL WAY IS DESIGNED TO HEAL YOU AND RELATIVELY QUICKLY AND WITH NO REAL SIDE EFFECTS DURING OR AFTER YOU

HAVE CLEARED THE CANCER NATURALLY COMPARED TO THE BARBARIC METHODS OF CHEMO/RADIO ETC.

BUT THIS IS YOUR DECISION, I'M NOT TELLING YOU WANT TO DO IN ANY WAY, BUT YOU SHOULD KNOW ALL THE FACTS BEFORE YOU DECIDE WHAT TREATMENT YOU ARE GOING TO CHOOSE AND YOU MUST CHOOSE IT, NOT THE DOCTORS. YOU ARE YOUR OWN BEST DOCTOR.

NB. DOCTORS GET, IN 6 YEARS OF MEDICAL SCHOOL TRAINING...1(ONE) hours worth of training on nutrition!!! This is why they have no real understanding. Also ask yourself why at Christies are they feeding patients processed foods (HIGH SUGAR) and cakes each day...which is literally feeding the cancer. They send people in for chemo...then feed the cancer in between so they need more chemo! And so it continues...

THE GOOD NEWS IF YOU DECIDE TO CHOOSE CHEMO IS THAT YOU CAN TAKE THE OIL ALONGSIDE IT AND THOSE WHO DO OIL ALONGSIDE CHEMO REPORT LITTLE OR NO SIDE EFFECTS OF CHEMO AND CAN HANDLE IT PRETTY WELL AND ALSO THEIR WBC COUNTS HOLD STEADY WHEN REALLY THEY SHOULD DROP SIGNIFICANTLY

THE OIL IS THOUGH NOW HAVING TO WORK TO REPAIR THE BODY AS WELL AS KILL THE CANCER SO CHEMO CAN SLOW THE PROGRESS OF THE OIL IN THIS WAY AS IT HAS MORE WORK TO DO AS WELL AS THE PREVIOUSLY EXPLAINED COMPLICATIONS OF CHOOSING SUCH A TREATMENT

NB. The ones who choose natural before chemo I see improve the fastest in the majority

WHAT YOU CAN DO WHEN YOU MEET THE CONSULTANT?

-BE BRAVE,

-SPEAK YOUR TRUTH !!

DON'T LET THEM BULLY YOU (BECAUSE THEY WILL TRY TO).

-ASK FOR TIME TO THINK ABOUT IT AND TRY THE NATURAL WAY FOR SEVERAL WEEKS FIRST, RATHER THAN DAMAGE THE BODY FIRST.

REMEMBER YOU WANT TO KEEP THEM ONSIDE SO YOU CAN GET SCANS TO CHECK YOUR PROGRES EVERY 6 WEEKS OR SO IF YOU CHOOSE THIS NATURAL ROUTE TO HEAL. (ie, tell them you want to think about it for a few weeks as it is a big decision. If they get annoyed with you, just say to them, excuse me do you have cancer or me? I would like some more time to decide. Then go away and keep them on the edge till you need them for scans etc).

ASK THEM QUESTIONS SUCH AS...(see next page)

QUESTIONS TO ASK A CONSULTANT

Q.DOES CHEMO CAUSE CANCER AS A SIDE EFFECT?.. THEN WHY ARE YOU GIVING ME SOMETHING THAT CAN CAUSE CANCER??

Q. IF NATURAL TREATMENTS LIKE CANNABIS OIL DON'T WORK, WHY ARE GW PHARMACEUTICALS PATENTING A CANNABIS BASED THC PILL CURRENTLY?

**Q. type this number into google US6630507
WHY DOES THE US HOLD A PATENT FOR CANNABINIODS IF CANNABIS OIL DOES WORK?**
(Often if cannabis oil is mentioned to doctors they dismiss it as rubbish etc)

Q. Type into Google - US 20130059018

it's the patent number for curing cancer the USA have had it for a long time and is jointly linked with GW PHARMA again!

PLEASE WATCH THIS VIDEO

***MUST WATCH VIDEO**

AN EXCELLENT MUST WATCH LINK!!!

You Tube - GW pharmaceuticals producing rick simpson oil.

Link:

<https://www.youtube.com/watch?v=Jkp2mXlb6oI>

watch it, it's very eye opening!!!

RADIATION FROM PHONES AND IPADS

It is important to cut down all areas of potential causes of damage to the body. Smart phones and I pads do release radiation and so if your phone gets hot a lot or you start getting headaches or your legs ache or you feel tired when using the I-pad, this can be a sign of emf radiation. Prevention is better than a cure.

To Avoid this:

- Always use a hands free kit or speaker phone
- The phone is leaking emfs at night so switch off or put in corner or on other-side of the room. Avoid putting it next to your bed, unless its switched off. This can still be affecting you.
- Try not to use the phone/I-pad for longer than 20 mins at a time.
- If you feel you do use it a lot buy a radiation protector.
- I recently bought one as my phone was always getting hot and I do use it a lot and I was getting headaches for several weeks.
- On buying and using the radiation protector, the phone is now always cool despite being on a lot and I don't get anymore headaches, they have .stopped.

Radiation protectors

The company Pong are the best ones I've found

Phone radiation protector:

Go to website : www.pongcase.com

Or use link below:

<https://www.pongcase.com/technology.html?gclid=CMTnwP73qsQCFUTnwgodxmcA3Q>

Smart phones are around **£34**

I-PAD radiation protector: **£88**

See website for other devices. An excellent website to protect yourself from radiation.

Purple Retro Handset phone: £10

You can also get an old style rubber phone retro phone plug in for your phone when talking on it. This cuts out all emf

http://www.amazon.co.uk/gp/product/B0046EDK3A?keywords=retro%20handset%20phone&qid=1426442861&ref=src_1_7&sr=8-7

Copy and paste into Google and it is the second link down, a purple plug in retro phone.

I have one, it's excellent and works very well and connection is very clear.

NEW INFO!!!!*****

HIGH INTENSITY ULTRA SOUND CURES CANCER (HIUS)

I have just recently discovered this new form of curing all cancers apparently. Its cheap and simple and works amazingly well according to the man who discovered it

I am still researching this so if you choose to use this please do all your own research first and know its your decision solely if you choose to use it, but here is the information I have found.

High Intensity ultrasound was apparently used in the 1800s to cure any cancers that existed in those times and this method like the oil and other things has been swept under the carpet it seems and may be a very powerful tool to use.

It's not expensive and only requires a minute or so use on the affected area a day

The machine is called an:**ULTRASONIC ULTRASOUND 1MH_z PHOTON SKIN MASSAGER DEVICE**

OTHER NAME FOR THE DEVICE:

HIUS (HIGH INTENSITY ULTRA SOUND) DEVICE

So far I have spoken to 4 people who have used it and they say the results are amazing and it's totally safe with no side effects.

HOW IT WORKS

(Jonathon Thomason has discovered this in 2010, but has been known since 2002). For more info please email him : JonThm9@aol.com)

Jonathan has a Mechanical Engineering Degree and also a PhD into Global Warming He's an exceptionally clever man and I think this device is definitely work looking at further.

Cancer cells divide in a single cell fashion. They achieve this by having an overinflated cell type (As an extra genome present). Cancers grow in the same way a virus does, replicating. No normal body cell replicates in the way a cancer cell does. This gives them this over inflated cell type look in the body.

Medics have known since the 1860s that cancer cells give out x ray radiation in response to low intensity ultrasound (due to them breaking down)

:

So in simple terms

Cancer cells are over inflated in the body. Your normal cells are not. The sound waves from the massager heat up the over inflated cells to 120 degrees quickly. This causes them to fragment or break, causing an immune response. The immune system then responds to it and starts to clear all the fragments away ie breaking a tumour down. As the tumour breaks down it loses it's supply and energy and then the body's natural immune response kicks in to mop up the dead cells.

Physiotherapists are medically licenced to use this device and can be found in every physio office around the world!

Moffit Cancer Centre 2002 used HIUS

In 2002 the Moffit cancer centre applied high intensity ultrasound to cancer. The cancer cells do not just give off x rays, they experience **CELL CONTENT BOILING** and thus fragments (breaks apart).

So medics realised in the 1860s that they found a way to heat up only the cancer cells using this method and cause them to emit x-rays, of which there is no chemical source therefore it must be coming from the tumour/cancer.

Moffitt employed 150W 40kHz externally to prostate cancer nb. This is one description of high intensity UltraSound...and got one appointment **cure!**

Biochemical drug companies went crazy!!! And stopped this information being released worldwide.

Jon read about it in a cancer charity magazine in 2010, 9 years after the idea was first suggested.

Medics have demonstrated that it works!

Jon says :

"I now use 5W 1MHz HIUS DEVICE which I find slightly more effective"

(The 1 MHz device is used as opposed to a higher frequency one ie 3MHz or more, apparently, as it penetrates deeper at 1MHz).

HOW TO USE THE PHOTON MASSAGER ULTRASOUND DEVICE

The device is used for about ½ a minute to one minute daily on the affected area where the tumour or cancer is.

Do front and back to make sure penetration has gone deep enough.

And that is it really. The effects are seen quite quickly apparently and people seem to be doing well on it from those I have spoken to.

It apparently works on viral and bacterial so can treat all diseases!

Jon says :

"They can now use HIUS devices to clear all the diseases people experience"

TESTIMONIALS USIN THE HIUS

LYMPH CANCER

A lady has been using it for her Lymph cancer and she has had results! This is all I know at present for this condition.

COPD/BLADDER PROBLEMS/

A lady in her 50s with COPD, a severe lung breathing disorder I spoke to used it to treat herself said this

I have used it the last few months now and have had results. Here are my notes:

5/1/15: I used it around my cheeks near the nose for about one minute. I could fully breathe through my nose within a few minutes. I slept lovely! No inhalers!

The next day my lungs felt opened, could breathe easier as if it opened my lungs and I was able to cough up easy.

I did it the next day, the same nose, throat but also across the top of my chest. In total, for around 4 minutes on medium setting moving it all the time. I haven't needed it since!

I felt good like I did after a course of antibiotics. I have COPD and had a lung function test last week after using the device and the doctor seemed surprised it was improved by 30% from last year.

Its been two months and so far so good! I also did my blood pressure when I was at the docs and thought it was wrong as it showed 127/74, when I have always been a low of 90/60. I think it must have sorted that too!

I found I am not crashing on my foods anymore and my blood pressure is still ok.

I also ran the device across my bladder and both sides in the groin and my bladder problems are gone, after many years!!!

Another friend used it once for her COPD and noticed improvement after the 2nd application!

BREATHING PROBLEMS

My son did one application to his nose and throat and chest and said that that night, he could breathe out of his left lung and sleep on his left side, whereas he could not do this before??

He has done a few applications on the stomach and bowel area and he has chron's disease and hes weeing better!

MIGRAINES

Two friends of mine with migraine problems they have had for years both did one application of the device. Migraine is better.

SINUS PROBLEM

Her daughter had a sinus problem for years, she said: On the first application, my daughter noticed she could taste and smell for the first time in years, but after a few weeks the problem returned. (THIS MAY INDICATE ONE APPLICATION FOR ONE DAY WAS NOT ENOUGH CLEARLY)

PAIN/PSYCHOSIS

One of my friends had Lupus for 10 years and has a metal plate in her ankle and has been in pain constantly for about 2 years.

We used the device around the metal plate for about 1 minute or 2 minutes. Within minutes the pain in her ankle was gone!

We did her nose throat and chest for one application as well. She reported, she felt more cheerful over the days and not so exhausted!

We then did the ankle, nose and throat, chest, side of the neck, for a few minutes the next time and on the third time exactly the same, plus on top of the legs where the artery runs.

She had these 3 sessions over the course of a week. After the last session, she rang and said she had noticed she could squat and stand up with no effects on her ankle and that a rash she had was receding.

She also suffered from some psychosis and said she wasn't hearing the voices in her head anymore, which was interesting as well?

She feels a lot better in herself since.

13/3/15 update: She is still fine. No voice, hair is growing and energy levels up.

KNEE/JOINT PROBLEMS

People with knee and joint problems have been resolved and lasted with one application.

So we've done 3x lungs, 2 x bladder, bowel, 2x migraine, 2 x sinuses, lupus ? Voices in the head, 3 knees, 2 ankles, 3 blood pressure.

BLOOD PRESSURE

11/2/15 applied to left kidney and top left chest 1 min application each for blood pressure on a friend.

Blood pressure was at 247/140 last year. It was 180/95 two weeks ago its now 120/77. It has been dropping over this last week half? Update 13/3/15 blood pressure now 110/77.

24/2/15 I did another blood pressure. In the past it has been up 150/? It was 137/84 before application now average 124/79.

ENLARGED PROSTATE

4/3/15 Prostate enlarged and uncomfortable for a long time. Application over bladder and up between legs for a few minutes, instant relief and said it was 100% better. Still is. Wrist spine and ribs instant relief, ok since. Glue ear sorted. We have just used all over for different things really.

WHAT TO LOOK OUT FOR WHEN USING THE HIUS DEVICE

The lady also commented that:

I did it longer than that on different parts, say a minute or two, it won't hurt.

Do Small circular movements over the area. Don't have to have gel, it's up to you.

You may get a small reaction as in slight stabbing pains for a few seconds, but this is a sign that it is working. This is Nothing to worry about.

A few of us had it in the head spine leg etc. It's all according where you put it.

Me and a couple of others experienced fluttering? Mine in the leg, Jeremy in the bowel and Cilla in the lymph.

Jonathan has said that most people experience nothing bad in terms of side effects, but some may feel fluey for a few hours to a few days.

(IF THIS OCCURS TO ME IT SOUNDS LIKE A HERX EFFECT, IE A SIGN THAT THE PROBLEM IS BREAKING DOWN AND WILL PASS AS IT CLEARS FROM THE SYSTEM)

We didn't get that, only one friend when he did his head. Oh my son did get tenderness all over his belly for a week or so because he had applied it for ages, although after it subsided he has been fine with his bowels since. We are all ok, no adverse effects.

.It seems as though you get an instant relief it's like magic!!! Something is happening here!!!!

HOW IT FELT AFTER

She said: It felt like all the pressure and the poison had come out of my body

Ultrasound can and has been used for cancer. Jonathons theory is right

If your using it for a specific part of the body Jonathan recommends 30 seconds on the organ plus local lymph glands.

WHERE TO BUY A HIUS DEVICE?

AMAZON:

Copy and paste this link to Google

ULTRASOUND MASSAGER :

http://www.amazon.co.uk/gp/product/B00LJOXZOY?ref=cm_cr_pr_product_top

It is the 4th link down.

(Or simply copy and paste address into the address bar)

Description:

It is described as the ultrasonic-ultrasound-massager 1MHZ face facial skin body massage massager cure beauty body massage.

PRICE : £30-£40

AMAZON

http://www.amazon.co.uk/gp/product/B00FZMVVKQ?keywords=Ultrasonic%20Ultrasonic%201MHz%20face%20Facial%20Skin%20Body%20Massage%20Massage%20cure&qid=1426443585&ref=sr_1_cc_1&s=aps&sr=1-1-catcorr

PRICE: **£19**

Either of these is fine.

Nb

1Mhz seems to be the best frequency for deepest penetration. This is the one that all the people above have been using with great results.

*One with a higher frequency ie 3MHZ may work, but personally if you are going to use it I would get the **1MHZ device**.*

According to Jon' experience with working with people with the device:

HIUS to the bottom right of rib cage clears all signs of diabetes in ½ a minute- the standard treatment time. Also for diabetes do the kidneys as well, as the kidney regulates blood sugars and blood pressure.

Any cancer will succumb to HIUS-use for the same time (1/2 min) to the cancer primary site, the local lymph nodes in that area and the liver and both sides of the head. ½ minute each area.

HIUS applied for ½ minute to each side of the head clears all mental health problems

I have cleared Parkinson's, Alzheimers, MS, Schizophrenia and depression.

Leukaemia, Ebola, Aids-soft bodied-apply across the artery in the legs

SUMMARY

Key points

-If you correct the nutritional and mineral deficiencies, this is correcting things at the **cellular level**.

-**OIL**-Then taking the oil will work more efficiently.

-**KANGEN**-Taking kangen water – will give you the best water that your cells need to clear disease and return the body back to normal state. The body is made up of over 80% water.

-**OTHER TREATMENTS**- Including other alternative natural treatments like apricot kernels, collect, budwig etc covers all angles.(introduce each one you choose gradually)

CORRECT MINERAL DEFICIENCIES- Get A MINERAL TEST-
(www.bionetics.co.uk)

GUT FLORA – CORRECT THE BACTERIAL BALANCE IN THE GUT AS THIS IS OFTEN WHERE CANCER ORIGINATES

ENERGY HEALING – these include REIKI, EFT, THETA HEALING, VISUALISATION, MEDITATION
(These can be done on their own or in conjunction with each other)

(Its up to you which you choose. Personally I would do several alternative treatments alongside the oil- anything anticancerous.. but introduce them, one by one gradually.)

THE MIND CONTROLS THE BODY. USE IT TO ALL ITS CAPABILITY THAT WE AREN'T EVEN FULLY AWARE OF AND BE POSITIVE

WHAT YOU NEED MOST

OIL

KANGEN WATER

RAW JUICING

PROBIOTICS

APRICOT KERNELS

NUTRITIONAL SUPPLEMENTS –Graviola (Soursop), Tumeric etc and /or

CHOOSE WHAT WORKS FOR YOU

Chemo only works 3% of the time and often chemo and radio cause cancer to spread so in many cases doesn't solve the problem. It only delays it for several weeks before returning somewhere else. Think about it, how can a cancer remain in one area for so long, you have chemo, then it appears in a completely different organ. Chemo is like destroying all the good and bad cells in the body at once and **hoping** the good ones recover.

Trust your natural instinct and see what is working for many people who refuse the western barbaric treatment which often leaves people in a worse state and choose to heal the natural way, it has been shown to be the best way in so many cases!

And Finally:

Choose what works for you. Choose from your heart! make it your choice, no one else's!

This is all advice and the choice is entirely yours, this is simply here to help you choose with all the knowledge you could want at hand.

Your natural healing programme will be unique to you but will cross over on what many other people are doing who cure their own cancer naturally.

GOOD LUCK, BE POSITIVE, FOCUS ON THE REALITY YOU WANT TO HAPPEN AND EXPERIENCE AND LET GO OF EVERYTHING ELSE

ENJOY EVERY SECOND OF YOUR HEALING JOURNEY NOW AND IT WILL MAKE THE PROCESS GO FASTER XXX

This is the protocol . choose what works for you. You can do it!!! I will repeat that again just in case you didn't believe me....

YOU CAN DO IT!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!! xxx

USEFUL BOOKS TO READ

Defeat Cancer Now by Tamara St John

Taking control – My journey of alternative healing by Alyssia Sade

Healing foods- Eat your way to a Healthier Life by Neal's Yard

The Rainbow Diet – by Chris Woolhams

Additional info:**OTHER WAYS TO DETOX THE LIVER:****Castor oil packs**

Uses – a great remedy to add into any cleansing detoxing program, it helps to aids liver detoxification, breakdown scar tissues, internal scarring scarring,
It stimulates the immune system and aids digestion, gall bladder and liver disorders,
painful joints helps with insomnia, ovarian cysts, fibroids and any liver cleansing program

You can make them yourself as explained in the video or buy them cheaply:

Buying castor oil packs £6 for 30 in amazon

https://www.amazon.co.uk/Baar-Products-Disposable-Castor-Pack/dp/B00GOKWDMI/ref=sr_1_3?ie=UTF8&qid=1426517338&sr=8-3&keywords=castor+oil+packs

Video on how to use castor oil packs

https://www.youtube.com/watch?v=R96zN98s6XI&list=UUm0mzilRg06MPROETemq_hw&index=1

Liver flush and colon flush

These are both important to do now and again to keep your system clear of toxin build up. For more information please Google the method or see you tube.