

Natural Remedies for Cancer

Prevention and Treatment

Prevention

- * An ounce of prevention is worth a pound of cure, for sure

What is the diet that God created for us?

- * Grains, fruits, nuts and vegetables constitute the diet chosen for us by our Creator. These foods prepared in as simple and natural a manner as possible are the most healthful and nourishing.

Medical “Science” confirms

- * Statistical studies combined with increased scientific knowledge of the immune system and the action on the body of dietary fiber, carbohydrates, cholesterol, protein, phytochemicals, vitamins, antioxidants, salt, and many other substances in food have proven the superiority of the vegetarian diet. The diet has been shown to be beneficial in the prevention and treatment of many diseases such as rheumatoid arthritis, stroke, heart disease, cancer, diabetes, cataracts, urinary infections, asthma, kidney failure, kidney stones, serious infectious illnesses, and mental health.
- * Vegetarians have been shown to have greater longevity, superior muscular endurance, less chronic diseases, less utilization of health care facilities including hospitals and less need for medications.

Recent statistics reveal that 80% of cancers are diet-related

Diet -related : A deficiency of the basic elements of nutrition

And for the other 20%?

Heredity - your genes; breast cancer & screening

Both kinds of cancer can be positively effected by lifestyle modifications

Vegan diet, vegetables, juicing, herbs, Blood boosting foods, Blood cleansing foods

Adequate Water, internally and externally- hydration, hygiene

Exercise

Fresh Air

Rest

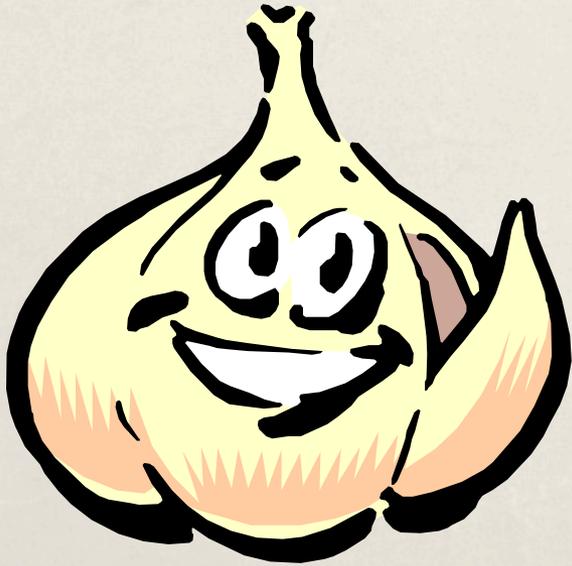
Detoxification- juicing, massage, clay treatments,

Best Cancer Protective Foods

- Jean Mayer at the USDA Human Nutrition Research Center on Aging at Tufts University.
- **Evaluation of anti-oxidant value of vegetables.**

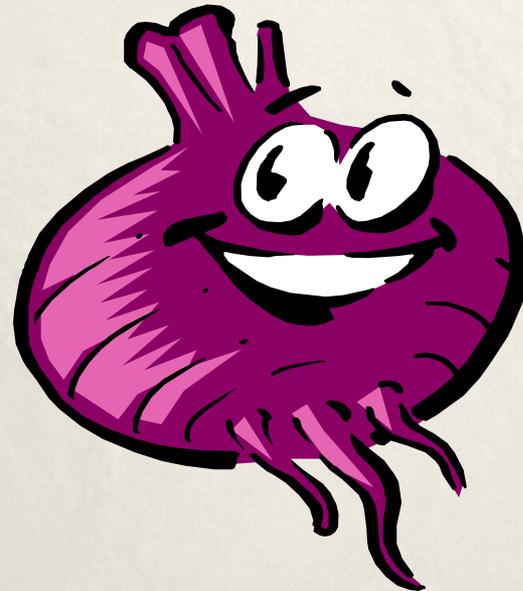


Highest Anti-Oxidants



Onions

Garlic



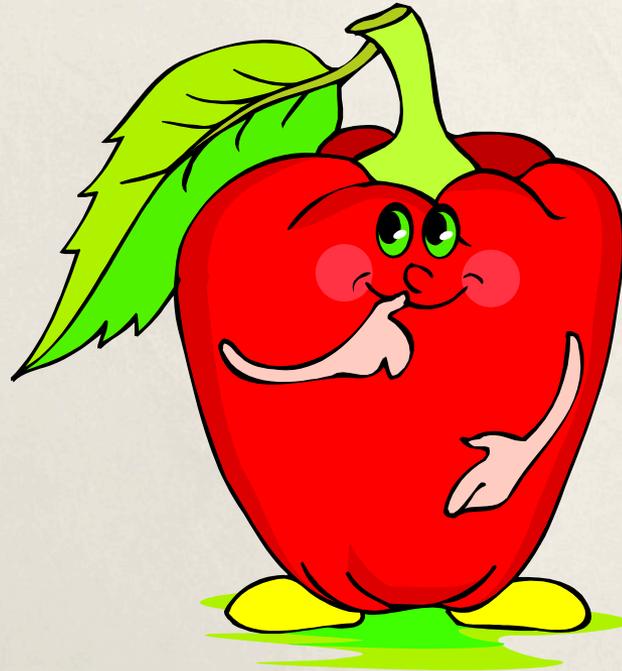
Broccoli Flowers

Alfalfa Sprouts *

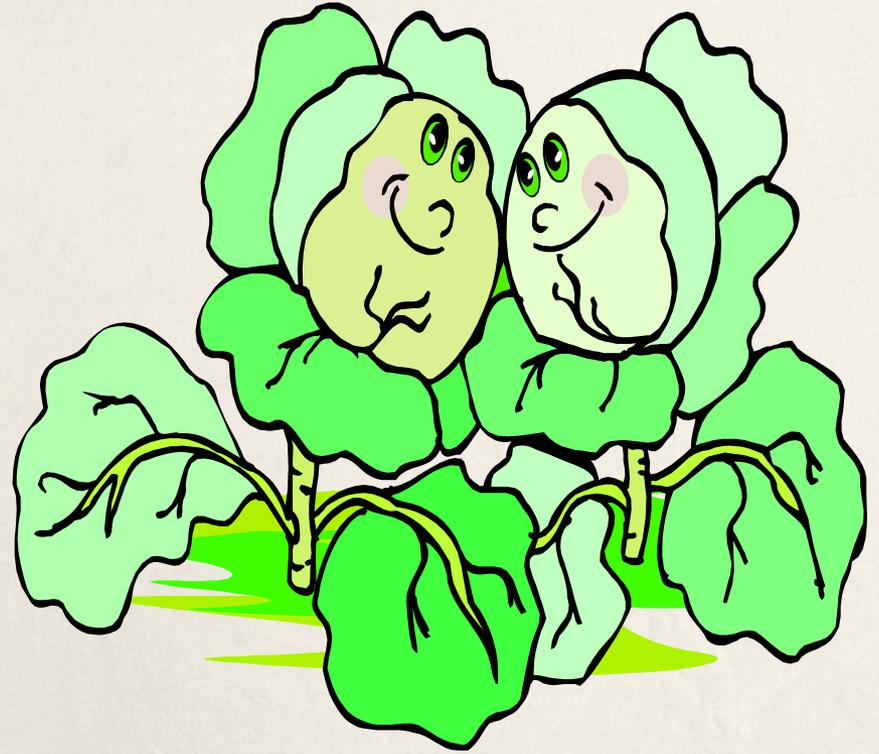
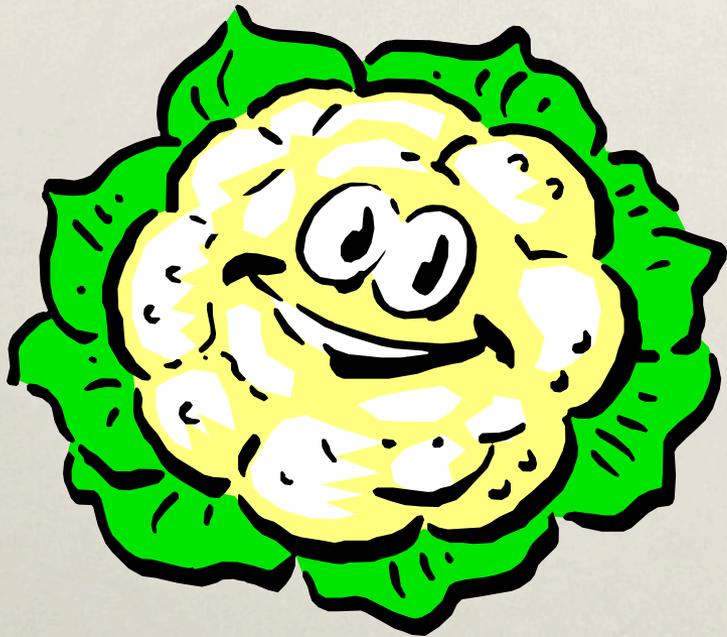


Red Beets

Red Peppers *

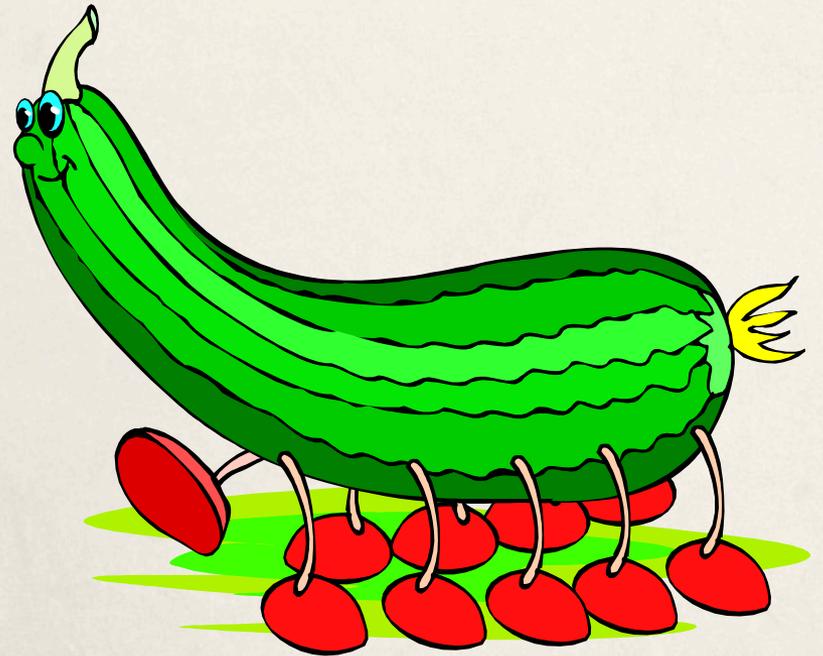
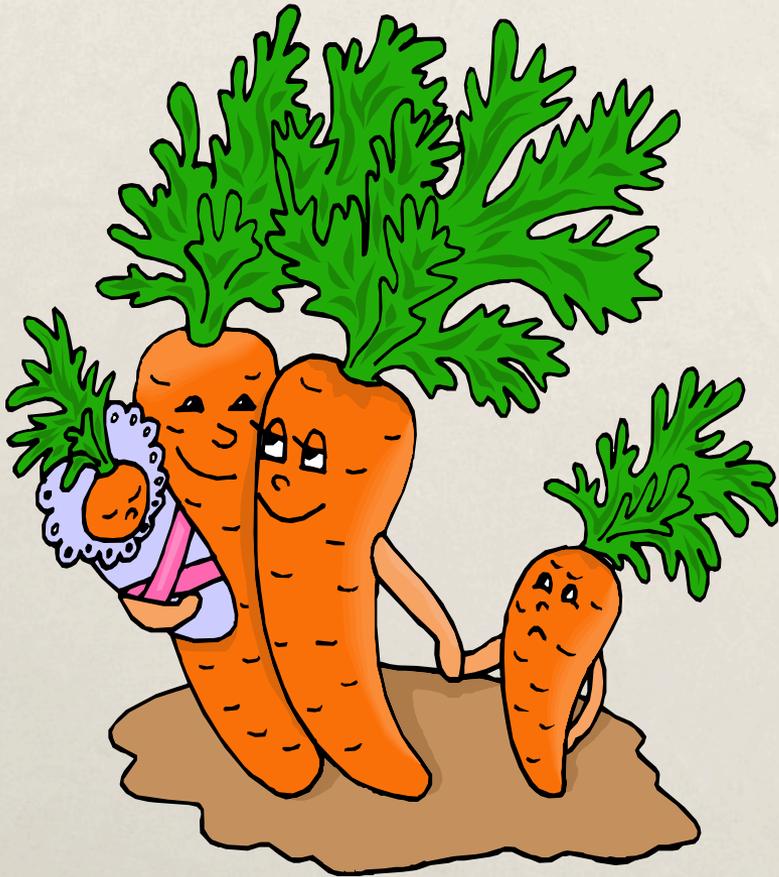


Cauliflower



Cabbage *

Carrots



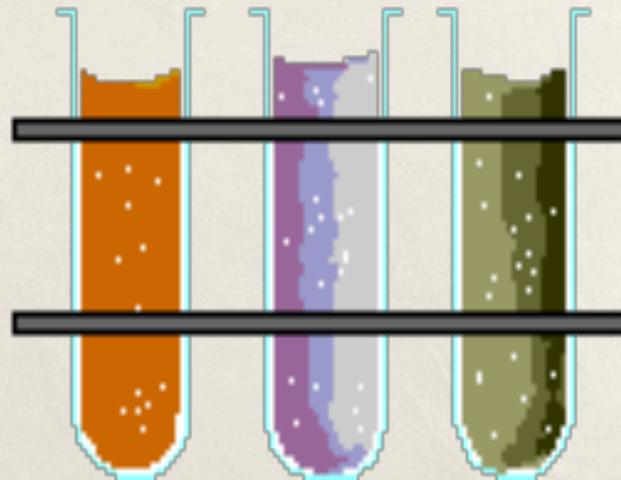
Winter Yellow
Squash *

Best Vegetables- Leafy Greens

- * Leafy greens, contain chlorophyll, eat vegetables as half your daily diet
- * Garden grown, or organic
- * Kale, spinach, collards, dandelion, watercress, endive,
- * are both blood strengthening and immune system boosting

Worlds Healthiest Herbs

- * Garlic
- * Onion
- * Chives
- * Leeks
- * Basil
- * Tarragon
- * Turmeric
- * Dill
- * Cinnamon



- * Parsley
- * Thyme
- * Ginger
- * Cilantro
- * Coriander
- * Anise
- * Fennel
- * Cloves
- * Nutmeg

Cancer Fighting Herbs

- * Fennel,
- * Contains anethole, which blocks inflammation in the body and can stop cancer cells from multiplying
- * Parsley, good source of folic acid which may reduce the risk of certain types of cancers
- * Turmeric, has been shown to have multiple types of anti-cancer activity in prostate, ovarian, colon, uterine and breast cancer cells

Cancer Fighting Herbs

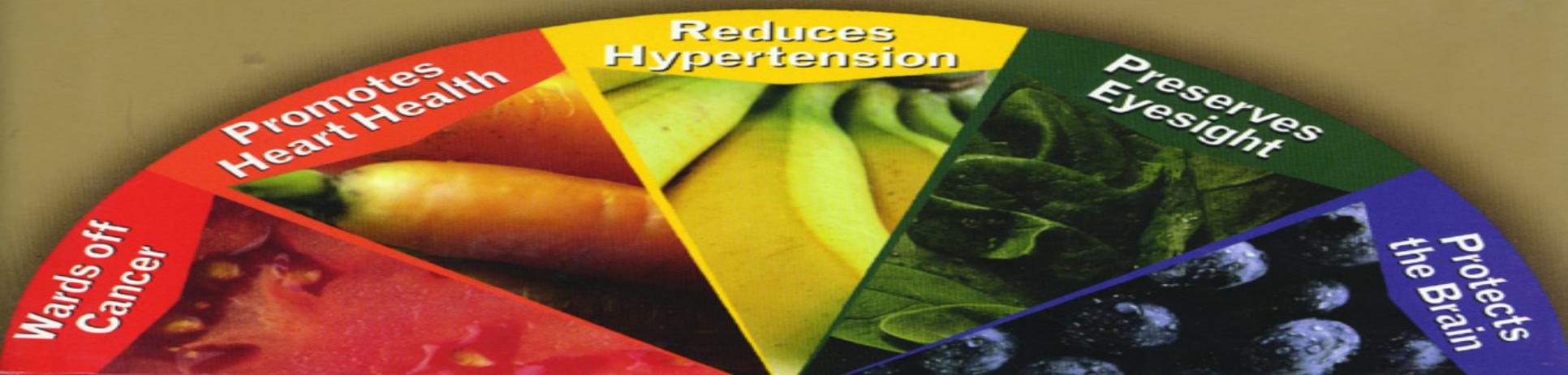
- * Credit www.rebootwithjoe.com (Joe Cross' DVD Fat, Sick and Nearly Dead as cited on Nutritional Benefits of Some Fruits and Vegetables, in Amazing Health Tips, by Joel Baredo

**JAMES A. JOSEPH, Ph.D., DANIEL A. NADEAU, M.D.,
AND ANNE UNDERWOOD**

The easy way to eat healthy

THE COLOR CODE

**A Revolutionary
Eating Plan
for Optimum Health**



The Color Code

- * RED- Wards off cancer
- * ORANGE-YELLOW- promote heart health
- * Yellow- Reduces hypertension
- * GREEN- Preserves eyesight
- * PURPLE- Protects the brain
- * Think color, think variety, think whole foods to protect from cancer, heart disease, hypertension, diabetes and osteoporosis p. 213
- * The Color Code James Joseph Phd.
- * Lead scientists Laboratory of Neuroscience of the USDA Human Nutrition Research Center on Aging at Tufts U.2002

Best: Plant Based Whole Foods Organic Diet

- * 75-80% raw, and organic is your goal; if you cannot afford store bought organic in winter and cannot can or freeze your garden grown vegetables wash veggies well in salt and water or lemon or lime juice and water.
- * Juices, green especially green juices with veggies and herbs. One hour before eating your meal. At least once a day.
- * 50% vegetables, sea vegetables and fruit (40/10 if you can get there)
- * 25-30% whole grains
- * 20-25% plant based quality protein

EAT THE 7 COLORS OF HEALTH!

WHAT
COLOR
IS YOUR
DIET?

- + **Protect Your Heart, Vision, and Genes**
- + **Strengthen Your Immunity**
- + **Help Fight Cancer**
- + **Reduce Inflammation**
- + **Healthy, Permanent Weight Loss**

**FEATURING
EAT FOR
YOUR GENES
FOOD PLANS!**

DAVID HEBER, M.D., Ph.D.,
DIRECTOR, UCLA CENTER FOR HUMAN NUTRITION
WITH SUSAN BOWERMAN, M.S., R.D.

Seven Colors of Health

- * 1. RED- Tomatoes, pasta sauce, tomato soup, tomato-based juices. Pink grapefruit, ketchup, watermelon
- * 2. RED-PURPLE- Grapes, grape juice. red peppers, prunes, plums, cherries, cranberries, eggplant, red beets, raisins, red apples, blueberries, blackberries strawberries

Seven Colors of Health

- * 3. ORANGE- pumpkins, carrots, winter squash, sweet potatoes, mangoes, apricots, cantaloupes (papaya)
- * 4. ORANGE-YELLOW- Oranges, orange juice, tangerines, yellow grapefruit, peaches, lemons, limes, papayas, pineapples, nectarines

Seven Colors of Health

- * 5. YELLOW-GREEN- Green peas, green beans, spinach, green peppers, yellow peppers, collard greens. Cucumber, mustard greens, kiwi, turnip greens, avocados
- * 6. GREEN- Broccoli, Brussels sprouts, cauliflower, cabbage, Chinese cabbage, kale, bok choy
- * 7. WHITE-GREEN- Garlic, onions, celery, leeks, asparagus, pears, artichokes, endive, mushrooms, chives
- * What Color is Your Diet David Heber M.D. Phd/
- * Dir. UCLA Center for Human Nutrition 2001

Best foods to fight cancer

- 2 prongs to the cancer-fighting fork
- Blood boosting foods
- Or
- Blood Cleansing Foods

Blood Boosting Foods

Sea Vegetables

- * Wakame
- * Nori
- * Alaria
- * Kombu (kelp)

- * In shakers and add to foods for flavouring ; sushi
- * Add 6" strip to beans or rice when cooking them (after soaking the beans or rice overnight to release phytoinhibitors and maximize nutritional benefit to the eater)

Beta Carotene Rich Foods

- * Think yellow,
- * Think orange
- * Think red
- * Think dark leafy greens
- * Spirulina – blue green algae
- * Burdock
- * Garlic

Beta Carotene Rich Foods

- * Almonds
- * Navy Beans
- * Dandelion greens
- * Arame/Nori

Two Special Cancer Fighting Foods

Mushrooms

- * Portobellos – the vegetarian's meat, contain selenium, a mineral that works as an antioxidant and helps repair DNA

Brazil Nuts

- * Great source of selenium
- * One brazil nut a day gives RDA requirement for selenium
- * Benefit for males: one brazil nut a day is protective against prostate cancer

Reduce Inflammation in the Body

- * How?
- * Herbs
- * Exercise
- * Rest
- * Fresh Air
- * Water

Inflammation Treatments

- * It is best to treat the problem both internally and externally. Internally the herbs should be anti-microbial, detoxifying, and toning for the whole body, to strengthen it to the point where it can “throw off” the infection itself.
- * The cancer
- * The scrofulous tumour

An Herbal Prescription

- * A good example of herbs for internal cleansing would be a mixture of equal parts of
 - * Blue Flag
 - * Cleavers
 - * Echinacea
 - * Eyebright
 - * Poke Root

- * A cup of this should be consumed three times a day



Marigold

- * Can be used as a poultice



Golden Seal

- * Can be used as a poultice



Use Charcoal for Inflammation

- * The most severe inflammation (of the eyes) will be relieved by a poultice of charcoal, put in a bag and dipped in hot or cold water as will best suit the case.

Our duty to use herbs intelligently

- * God has caused to grow out of the ground herbs for the use of man, and if we understand the nature of those roots and herbs and make right use of them there would not be a necessity of running to the doctor so frequently and people would be in much better health than they are today.
- * I believe in calling upon the Great Physician when we have used the remedies I have mentioned.

God's prescription for stress

- * The trees of the forest are not in regular order. It **is restful to eye and mind** to range over the scenes of nature, over forest, hill and valley, plain and river, enjoying the endless diversity of form and colour and the beauty with which trees, shrubs, and flowers are grouped in nature's garden, making it a picture of loveliness. Childhood, youth, and age can alike find rest and gratification there.

* Adventist Home, p. 154

Constipation causes cancer

- * Keep the bowels regular and bathe the feet in hot water every night. The Healing Power of Herbs
- * Exercise
- * Increase your water intake
- * Hot bath with sea salts and epsom salts
- * Old Ukrainian remedy- eat two apples then drink two glasses of water, and wait two hours
- * Prunes, or prune juice
- * Popcorn works for me; what else works for you?

Cancer cannot live in an oxygen rich environment

- * Therefore oxygenate your blood
- * By breathing in fresh air
- * By exercising
- * By using oxygenated water and other forms of oxygen, medical grade and otherwise

Fresh Air

- * Fresh Air is chemically superior to re-circulated indoor air. High quality fresh air is actually electrified and gives rise to a number of benefits including:
 - * Improved sense of well-being.
 - * Mild tranquilization and relaxation (decreased anxiety)
 - * Improved learning in mammals



Fresh Air

Enhances Mental Clarity

- * In the construction of buildings ... care should be taken to provide for good ventilation and plenty of sunlight ...
- * Neglect of proper ventilation is responsible for much ... drowsiness and dullness.



Health Risks of City Dwelling

- * The Physical surroundings in the cities are often a peril to health ... the prevalence of foul air (is among) the many evils to be met.



Increase the circulation of blood to the whole body

- * Gentle stretching / Flexibility exercises for your whole Body.



MEMORY AND EXERCISE

- THE BRAIN DEPENDS ON THE ENERGY IT RECEIVES FROM OXYGEN
- REGULAR PHYSICAL EXERCISE PROVIDES OXYGEN TO THE BRAIN
- SYNAPSES FORM AND GROW IN THE PRESENCE OF OXYGEN
- DEPRIVING THE BRAIN OF OXYGEN WILL CAUSE MEMORY LOSS
- EXERCISE PREVENTS OBESITY WHICH BUILDS PLAQUE ON ARTERIES AND DECREASES OXYGEN LEVELS IN THE BRAIN

Exercise is Vital to Health

- * The more we exercise the better will be the circulation of the blood. More people die for want of exercise than through over fatigue; very many more rust out than wear out.
- * Those who accustom themselves to proper exercise in the open air will generally have a good and vigorous circulation.



Ellen White's eye problems

- * In the winter and spring I suffered much from heart disease. It was difficult for me to breathe while lying down, and I could not sleep unless raised in nearly a sitting posture. My breath often stopped, and I often fainted. I had upon my left eyelid a swelling which appeared to be a cancer. It had been increasing gradually for more than a year, until it had become quite painful, and affected my sight. When reading or writing, I was forced to bandage the afflicted eye. I feared that it was to be destroyed by cancer. I looked back to the days and nights spend in reading proof sheets, which had strained my eyes and thought. "If I lose my eye and my life, they will be sacrificed to the cause of God"

Ellen White's faith in God's promise

- * Can you believe the naked promise of God? Can you walk out by faith, let the appearance be what it may? Faith revived. I whispered to my husband. "I believe I shall recover" He answered "I wish I could believe it". I retired that night without relief, yet relying with firm confidence upon the promises of God. I could not sleep, but continued my silent prayer. Just before day I fell asleep.
- * I awoke at sunrise perfectly free from pain. The pressure upon my heart was gone and I was very happy.

Blood Cleansing Foods

Kicking cancer from the inside out

What is the diet that God created for us?

- * Grains, fruits, nuts and vegetables constitute the diet chosen for us by our Creator. These foods prepared in as simple and natural a manner as possible are the most healthful and nourishing.

Water & Fibre-Rich Foods

- * Water flushes out toxins through the skin and the kidneys
- * Leafy greens
- * Daikon radish
- * Onion
- * Garlic
- * Burdock root
- * Millet
- * Barley

Fibre-Rich Foods Continued

- * Kidney beans
- * Water chestnuts
- * Cranberries
- * Blueberries
- * Fruits & vegetables
- * Milk thistle –tincture, tea, used in salad
- * Chlorella – capsule or powder, in smoothies, binds to heavy metals and pulls them out of the body through elimination
- * Spirulina – powder or capsule, or natural

Medical “Science” confirms

- * Statistical studies combined with increased scientific knowledge of the immune system and the action on the body of dietary fiber, carbohydrates, cholesterol, protein, phytochemicals, vitamins, antioxidants, salt, and many other substances in food have proven the superiority of the vegetarian diet. The diet has been shown to be beneficial in the prevention and treatment of many diseases such as rheumatoid arthritis, stroke, heart disease, cancer, diabetes, cataracts, urinary infections, asthma, kidney failure, kidney stones, serious infectious illnesses, and mental health.
- * Vegetarians have been shown to have greater longevity, superior muscular endurance, less chronic diseases, less utilization of health care facilities including hospitals and less need for medications.

Avoid Sugar & Processed Foods

- * Eight cancers linked to sugar consumption

EIGHT CANCERS LINKED TO SUGAR CONSUMPTION

- Colon cancer
- Rectal cancer
- Breast cancer
- Ovarian cancer
- Uterine cancer
- Prostate cancer
- Kidney cancer
- Cancers of the nervous system

Armstrong B, Doll R. Environmental factors and Cancer Incidence and mortality in different countries with special reference to dietary practices. Int J Cancer 1975 April 15: 617-631

AFFLICTIONS OF DIABETES

- * Life expectancy is shortened by 5 to 10 years or more
- * Diabetes contributes to 160,000 deaths each year
- * Two to twelve times the risk for heart disease
- * Two to four times the risk of stroke
- * Number one causes of blindness in adults with 12,000 to 24,000 new cases annually
- * A factor in half of all foot and leg amputations
- * Over 60,000 amputations yearly in diabetics
- * In any given year, over 50,000 diabetics are either on dialysis, or have had a kidney transplant (due to diabetic nephropathy)
- * Cause of peripheral neuropathy
- * Increased risk of breast and uterine cancers

Harris, MI, Diabetes In America, 2d p.4

Hydration Reduces Inflammation in the Body

- * Make sure you are always well-hydrated
- * Inflammation causes cancer

EFFECTS OF WATER DEFICIENCY

- WE BEGIN TO FEEL THIRSTY ONCE WATER LEVELS HAVE DROPPED BY 2%
- A DROP OF 5% IS CONSIDERED DEHYDRATION
- A DROP OF 10% OF BODY WEIGHT IS FATAL
- LONG TERM EFFECTS OF WATER DEFICIENCY:
 - LOW BLOOD PRESSURE
 - INCREASED CLOTTING OF BLOOD (STROKES)
 - KIDNEY MALFUNCTION
 - SEVERE CONSTIPATION
 - MIGRAINE HEADACHES
 - WEAKENS THE HEART
 - HIGH BLOOD SUGAR

Constipation-cancer remedies

- * Apply between cloths or gauze, a poultice made of slipper elm powder, mixed with a little milk. The following may be used as a wash:
 - * 1 ounce each of Comfrey Root & Raspberry leaves.
- * Boil the roots in a pint and a half of soft water down to one pint. Pour the whole boiling hot water upon the leaves. Let stand till cold, strain through a fine cloth and bathe the eyes with it frequently.
- * For stubborn issues – take sarsaparilla and yellow dock. Or combine with the anti-scorbatic powders.
- * Keep the bowels regular and bathe the feet in hot water every night.

PURE WATER

- Distilled or boiled
- BPA free
- No flouride – kills brain cells as effectively as alcohol
- In Toronto, despite what the advertising says, **DO NOT DRINK THE TAP WATER UNFILTERED, UNBOILED OR UNTREATED**
- Drink water, or herbal tea, not coffee or juice

BATHING

- Scrupulous cleanliness is essential to both physical and mental health. Impurities are constantly thrown off from the body through the skin. Its millions of pores are quickly clogged unless kept clean by frequent bathing, and the impurities which should pass off through the skin become an additional burden to the other eliminating organs.
- Most persons would receive benefit from a cool or tepid bath every day, morning or evening. Instead of increasing the liability to take cold, a bath, properly taken, fortifies against cold because it improves the circulation; the blood is brought to the surface, and a more easy and regular flow is obtained. The mind and the body are alike invigorated. The muscles become more flexible; the intellect is made brighter. The bath is a soother of the nerves. Bathing helps the bowels, the stomach, and the liver, giving health and energy to each, and it promotes digestion. {CG 108.3}

Benefits of Hot Water & Epsom Salt or Sea Salts

- * If the eyes are weak, if there is pain in the eyes or inflammation soft flannel cloths made wet by soaking in hot water and salt will bring relief quickly
- * From a letter to Dr. H. Kellogg, 2 SM 294
- * This works for other inflammations in the body as well

Our duty to use herbs intelligently

- * God has caused to grow out of the ground herbs for the use of man, and if we understand the nature of those roots and herbs and make right use of them there would not be a necessity of running to the doctor so frequently and people would be in much better health than they are today.
- * I believe in calling upon the Great Physician when we have used the remedies I have mentioned.

Use Charcoal for Inflammation

- * The most severe inflammation (of the eyes) will be relieved by a poultice of charcoal, put in a bag and dipped in hot or cold water as will best suit the case.

Ellen White's eyelid cancer

- * In the winter and spring I suffered much from heart disease. It was difficult for me to breathe while lying down, and I could not sleep unless raised in nearly a sitting posture. My breath often stopped, and I often fainted. I had upon my left eyelid a swelling which appeared to be a cancer. It had been increasing gradually for more than a year, until it had become quite painful, and affected my sight. When reading or writing, I was forced to bandage the afflicted eye. I feared that it was to be destroyed by cancer. I looked back to the days and nights spend in reading proof sheets, which had strained my eyes and thought. "If I lose my eye and my life, they will be sacrificed to the cause of God"

Ellen White's faith in God's promise

- * Can you believe the naked promise of God? Can you walk out by faith, let the appearance be what it may? Faith revived. I whispered to my husband. "I believe I shall recover" He answered "I wish I could believe it". I retired that night without relief, yet relying with firm confidence upon the promises of God. I could not sleep, but continued my silent prayer. Just before day I fell asleep.
- * I awoke at sunrise perfectly free from pain. The pressure upon my heart was gone and I was very happy.



Genesis/Chapter 1

- 29 And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat (food).

GLUCOSE (1)

- MAIN SIMPLE SUGAR FOUND IN FOOD
- PRIMARY FORM OF SUGAR STORED IN THE HUMAN BODY FOR ENERGY
- THE BODY USES INSULIN TO HELP REGULATE ITS USE OF GLUCOSE
- CRITICAL IN PRODUCTION OF PROTEINS AND IN METABOLIZING FATS
- NEEDED FOR PRODUCING VITAMIN C

GLUCOSE (2)

- FUELS BRAIN CELLS AND RED BLOOD CELLS
- STORED IN THE LIVER AND MUSCLES FOR LATER USE
- USED BY FAT CELLS FOR POWER TO SYNTHESIZE OTHER FATS NEEDED BY THE BODY

Vegetables

- Hebrews/Chapter 6
- 6:7 For the earth which drinketh in the rain that cometh oft upon it, and bringeth forth herbs meet for them by whom it is dressed, receiveth blessing from God:

VEGETABLES (CARBOHYDRATES)

- MORE NUTRIENT DENSE THAN FRUIT, LESS SUGARS
 - LOW IN CALORIES AND FAT
 - HIGH IN FIBER
 - GOOD SOURCE OF CALCIUM, MAGNESIUM, POTASSIUM, IRON, BETA-CAROTENE, VITAMINS-B, C, A, K
 - ANTIOXIDANTS
 - EAT A VARIETY OF TYPES COLOURS OF VEGETABLES FOR MAXIMIZED NUTRITION
- *3-5 SERVINGS PER DAY

PHYTOCHEMICALS



How much of a cancer diet should be raw food?

- As much as possible. Cooking destroys essential vitamins and minerals, which is what the body needs to fight cancer. Steaming vegetables without oil is the best cooking method.
- Add oil after vegetables are steamed, as heating oil hydrogenates it, which causes cancer cells to form
- Vegetable Juicing is best for cancer treatment

WHOLE GRAINS

- FORM THE FOUNDATION OF THE DIET
- COMPLEX CARBOHYDRATES
- OUR BODY'S MAIN ENERGY SOURCE
- PROVIDE FATS, FIBER, IRON, B & E-VITAMINS, ZINC, POTASSIUM, MINERALS
- ALSO A SOURCE OF PROTEIN
- LOW IN FAT

*6-10 SERVINGS PER DAY



Deuteronomy / Chapter 8

- 7 For the LORD thy God bringeth thee into a good land, a land of brooks of water, of fountains and depths that spring out of valleys and hills;
- 8 A land of wheat, and barley, and vines, and fig trees, and pomegranates; a land of oil olive, and honey;

ANTHOCYANINS



ANTHOCYANINS

- INHIBIT CREATION AND PROGRESSION OF TUMOUR CELLS
- NEUTRALIZE ENZYMES THAT DESTROY CELL WALLS WHICH CAN CAUSE BLOOD TO LEAK INTO SURROUNDING TISSUES—OCCURS IN DIABETES
- REPAIR DAMAGED PROTEINS IN BLOOD VESSEL WALLS
- PROTECTS THE BRAIN FROM INFLAMMATION
- PREVENT OXIDATION OF LDL CHOLESTEROL

ANTHOCYANINS

- RED, BLUE, AND PURPLE PIGMENT, FOUND IN STRAWBERRIES, CHERRIES, RASPBERRIES, BLUEBERRIES, CRANBERRIES, GRAPES, BEANS
- COLOUR ATTRACTS POLLINATORS, PROTECTS PLANTS FROM SUN DAMAGE
- STRONG ANTIOXIDANTS
- DEEP COLOUR ALSO HELPS PROTECT THE PLANT FROM OXIDATION, AND EXTENDS THE PROTECTION AFTER FOOD HAS BEEN DIGESTED

The End

- Thank you for your attention. May you be blessed by what you have learnt in this presentation, and may you share what you have learned with others, is my wish and prayer.