

# HEALTH REFORMER

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## Cancer

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## Only One Way

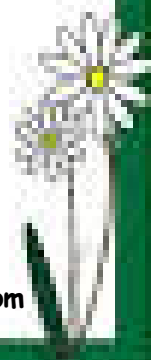
**Medical Interventions - 54**

(Natural Remedies Series 5)

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# Ellen G. White's Statements About Cancer

(Statements Made Between 1863-1915)

- **Calomel**, when administered, manifests itself in tumors, ulcers, and cancers, years after it has been introduced into the system.
- **Words to Minister Dying of Cancer:** "My brother, only a little longer, only a few more pangs of pain, a few more suffering hours, and then rest. You will find peace. All humanity must be tested and tried. All of us must drink

the cup and be baptized with affliction. All who live in our world from henceforth will know the meaning of trials. I know that God will give you grace and will not forsake you. We shall meet in the morning of resurrection."

• **Fashionable dress:** The amount of physical suffering created by unnatural and unhealthful dress cannot be estimated. Many have become lifelong invalids through their compliance with the demands of fashion. Displacements and deformities, cancers and other terrible diseases, are among the evils resulting from fashionable dress.

• **Flesh foods cause cancer:** It has been clearly presented to me that God's people are to take a firm stand against meat eating. If they desire to have pure blood and clear minds, they must give up the use of flesh meat. Flesh food is injurious to health. God's curse is resting upon the animal creation. Many times when meat is eaten, it decays in the stomach, and creates disease. Cancers, tumors, and pulmonary diseases are largely caused by meat eating.

• Cancers, tumors, and all inflammatory diseases are largely caused by meat eating. From the light God has given me, the prevalence of cancer and tumors is largely due to gross living on dead flesh.

• People are continually eating flesh that is filled with tuberculosis and cancerous germs. Cancers, tumors, scrofula, tuberculosis and numbers of other like afflictions are due to meat eating.

• Flesh meats constitute the principal article of food upon the tables of some families, until their blood is filled with cancerous and scrofulous humors. Their bodies are composed of what they eat.

• **Self-abuse causes cancer:** The practice of secret habits destroys the vital forces of the system. If the practice is continued from the ages of fifteen and upward, nature will protest against the abuse she has suffered, and continues to suffer, and will make them pay the penalty for the transgression of her laws, especially from the ages of thirty to forty-five, by numerous pains in the

system and various diseases, such as affection of the liver and lungs, neuralgia, rheumatism, affection of the spine, diseased kidneys, and cancerous humors. Some of nature's fine machinery gives way, leaving a heavier task for the remaining to perform, which disorders nature's fine arrangement; and there is often a sudden breaking down of the constitution, and death is the result.

• **Swine's flesh causes cancer:** The eating of pork has produced scrofula, leprosy, and cancerous humors. Pork eating is still causing the most intense suffering to the human race. Ω

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## Counsel from God Through Another Messenger In the 1990s

• It is not possible for us to know if the flesh of an animal is healthy, fit for consumption or not. Unhealthy animal liver cooked with oil and spices, clogs the veins and arteries and causes cardiovascular diseases and cancers. It is toxic for our health.

• The animals are exposed to air pollution, radioactivity, chemical products, antibiotics, and hormones; and have cancer. That cancer will attack us if we eat them. Cancer of the glands is an example of the transmission of animals' cancer to the human being by consumption of their dead flesh.

• Certain breast cancers are due to cheese. The Lord revealed to me that certain people will never regain their health and will not be healed because they do not want to give up meat, in spite of all the light which is given to them. Rheumatism, varicose veins, varicose ulcers, cardiovascular affec-

tions are caused, in part, from meat eating, especially pork, and the use of fat.

• I saw a person come up to me and, opening her mouth, said to me, "Look at my tongue. Can you see a small sore on top?" I did see the little sore getting bigger and it was inflamed. The Holy Spirit told me, "That person whom you have seen is attacked by cancerous sores. It is the result of meat-eating."

• Let us eat organically-grown whole meal flour which is of considerable protection for our organism. Never eat white bread, which is cancer-producing.

• In a dream, I saw the pollution of the earth, toxic smoke pouring from the factories. Oxygen was lacking in certain places. Men were angry; they were destroying the earth created by God. Nuclear centers were producing extremely dangerous waste refuse. I saw that the planet was suffering from pol-

lution of all sorts. Men, women and children will be affected by various forms of cancer. For that reason we should flee from towns and take refuge in the countryside. I saw human beings suffocating by lack of oxygen

in an air contaminated by all these pollutants.

- Refined oils are equally cancer promoting. Oils produced from corn, peanuts, sunflowers, soya, should not be used in our daily sustenance. Let us preserve our health and our life. Ω

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## Cancer: India Statistics

India Today, February 10, 2014

India is undergoing a period of dramatic social and economic change. Cancer is now the second leading cause of death in Indians after cardiovascular disease. Amongst women cervical cancer is still the most frequently diagnosed cancer but breast-cancer is now the most commonly diagnosed cancer in urban Indian women. The reason is thought to be 'westernization' of lifestyles and changes in reproductive behaviour.

A cancer spectre haunts the nation. India has always felt good about its cancer statistics, compared to the West. Not any more. Death rates are falling in the West, while "70 percent of cancer deaths are reported in the developing world," as the PM said, with a fifth coming from India. Parts of the country have the world's highest cancer rates.

Cancer has doubled its grip over the world in the last 20 years and struck deep roots in India, from 800,000 lives in 2001 to 3.3 million now. Cancer is now one of the top causes of death in India, after heart attack. The World Health Organization report shows that India has some of the world's highest incidences of cancer: Cervical, gall bladder, oral and pharynx, which are also the most common.

70 percent lives are snuffed out in the first year, due to late detection.

80 percent patients consult doctors at a stage when recovery is rare.

71 percent of deaths occur in the productive age band of 30-69 in India; 50 percent deaths are above 70 in the US.

15 percent patients are children and young adults in India.

50 percent of cancers are caused by lifestyle choices, obesity to tobacco use.

"The biggest problem behind the rising numbers is that most Indians don't suspect they may have cancer," says Dr. Harit Chaturvedi, chief of Indian Cancer Society. This exceptionally poor 'suspicion index' leads to delayed diagnosis and treatment. "If you have chest pain, you are promptly taken to hospital. But cancer happens insidiously," he says. For anything that continues over three weeks—a lump, an episode of bleeding, an ulcer, a cough—one needs to check for cancer: "But we continually come across patients who change doctors when asked to go for a screening or a biopsy," says Dr. Chaturvedi. In a more literate Kerala, 40 percent cases are detected early, meaning fewer deaths.

"If left untreated, cancer can go through three stages," says Dr. Rajan Badwe. First, cancer cells multiply quickly, form a lump at one place, creating tiny blood vessels around it for blood, oxygen and nourishment. It then starts spreading: First to lymph channels, or the network of fluid that drains the body's cells, then the lymph glands, and then the blood. Stage 3 means it has spread to the lymph nodes and Stage 4 indicates distant spread. But not all cancers behave the same. Some are aggressive and fast-growing, while some grow slowly.

### Death by Denial

If the first battle of cancer is against surprise, the other is against denial. Cancer is a disease that challenges the fundamentals of one's existence: How one looks, feels, lives, works and loves. Patients sometimes experience paralysing fear of invasive treatment, disfigurement, economic damage and death. Over 50 per cent patients of Dr Hemant Malhotra, head of medical oncology at Jaipur's Sawai Man Singh Medical College and Hospital, do not approach him on time due to an ill-placed belief that a cancer patient will die and treatment is useless. "It's as if the word 'cancer' means death," he says. "This pessimism exists even among health workers and makes patients and their families refuse specialised treatment."

Over 75 percent cases can be checked, if the right treatment is sought early, says Dr. Rath. "With 700,000 deaths, 1.1 million new cases every year, 3.3 million patients at any given time, cancer has emerged as a leading killer for the first time in India, snuffing out

70 percent younger lives. It's a complex group of 100-plus diseases that we call cancer," says Dr. Arvind Kumar. The highest rate of cancer is in the Aizawl district of Mizoram. 30 percent women suffer from oesophageal cancer due to adolescent smoking. In the Gangetic belt, including Bengal, Bihar and UP, gall bladder cancer is rising. It could be due to a diet rich in animal protein, fish, or sediments in the river. Stomach cancer is more prevalent in southern India, possibly due to the consumption of pickles with larger amounts of salt and spices.

Lung cancer is rising in metropolitan India because of increased tobacco usage and air pollution. More people survive longer with cancer in the West. In India, 70 percent lives are snuffed out in the very first year. A WHO report shows that cancer mortality in India has been growing by 11 percent annually.

Most new cancer cases are caused by lifestyle changes. There is an increasing trend toward cancer-related to affluence. Breast cancer is due to women getting married later, having fewer children, and breastfeeding them less. Obesity, smoking and higher alcohol intake are a part of the urban woman's lifestyle, increasing the risk of breast cancer by negatively impacting certain hormones and proteins, says Dr. Kar. "Pollution levels are high, food habits are not healthy, sexual habits have changed, and people have lost connect with what we used to call healthy living. A decade back, cancer in a 40-something was unusual. Now I treat teenagers and 20-somethings," says Dr. Vamsy.

## Open, Check and Stitch up

For those who routinely, and often with very little resource, treat the thronging crowd of patients, it's a battle to keep hope alive. As a student in the '70s, Dr. Chaturvedi had learnt a code word surgeons used: "KDB—kholo, dekho, bandh karo or open, check and stitch up." With rudimentary understanding, seven out of 10 times, surgeries could not be completed. "We'd open the stomach thinking it's gastric cancer but find it has spread to other organs," he says.

Those days are gone. With ct-pet scans and MRIs in everyday practice, there is no nasty surprise at the operating table anymore. But the cost is still beyond most Indians. Experts are working towards experiments involving ba-

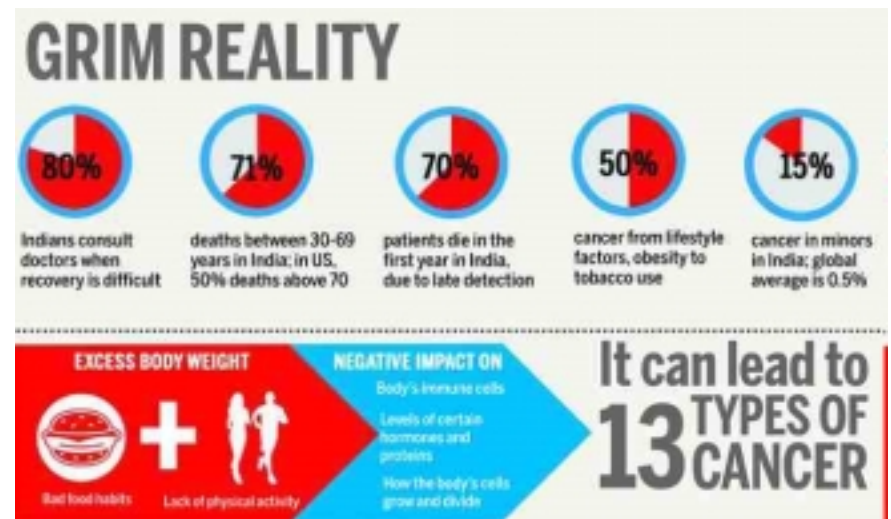
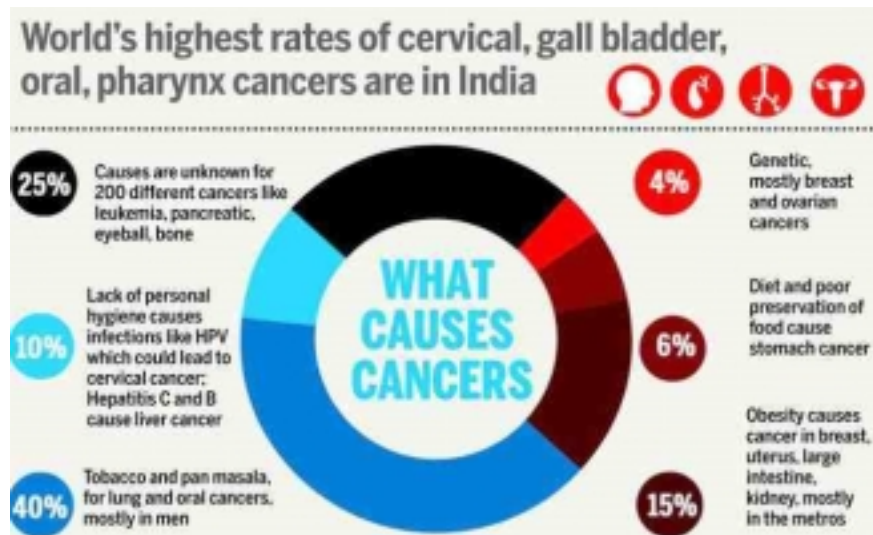
sic science. One such research by Tata Memorial doctors is a simple screening programme for cervical cancer using vinegar. "It has helped reduce deaths by 31 per cent in a group of 150,000 poor women," says Dr Badwe.

## Last chance

Much of cancer's future now depends on the patient, lifestyle changes and awareness about one's own body. Koirala spent a year of sleepless nights and fear: Of death, disfigurement and chemotherapy. But cancer has given her a second chance. Now she wants to fulfil all her dreams, all the work that was to be done, all the time to be spent with loved ones. She has one simple message: "Don't allow cancer to take you by surprise." ☉

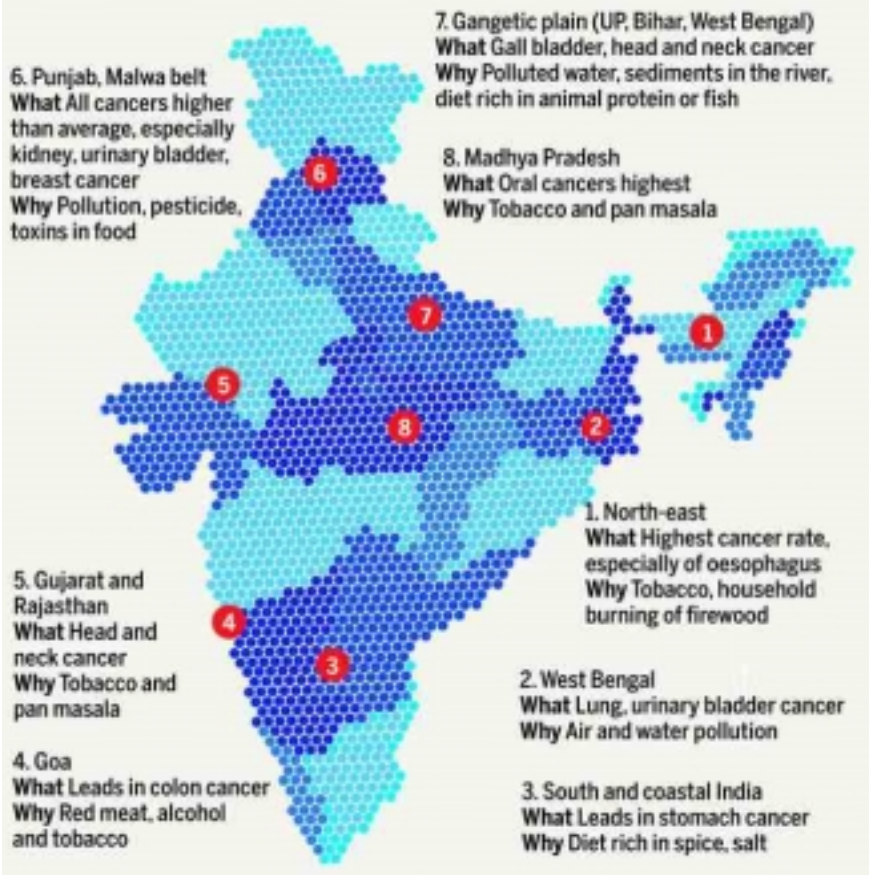
## Did You Know?

- In 2010, there were 556,400 cancer deaths across the entire country of India.
- The prevalence of cervical cancer was 50% less in Muslim women than in Hindu women. This may be



- due to high circumcision rates among Muslim men having a protective effect against human papillomavirus (HPV) infection, which can cause cervical cancer.
- The incidence of breast cancer is increasing in India. An estimated 80,000 new cases of breast cancer are diagnosed annually. All women who eat fat-rich diet are at a high risk of developing breast cancer.
- One-fourth of all presented female cancer patients, are breast cancer patients. Over 50% of breast cancer cases presented were in stages 3 & 4, thus adversely affecting the mortality statistics. Of these, only 60% is able to survive the disease.
- Retinoids and flaxseeds is the way forward in breast cancer. Retinoids have natural compounds which destroy cancerous growth and flaxseeds lower estrogen in the body. Both help in controlling the disease.
- The estimated number of new cancers in India per year is about 7 lakhs and over 3.5 lakhs people die of cancer each year. Out of the 7 lakhs new cancers, about 2.3 lakhs (33%) cancers are tobacco-related.
- According to WHO, lung, oral, lip, throat and neck cancers are the most common among men while women suffer more from cervix, breast and ovarian cancers.
- Cancer of the head and neck is the most common type of cancer in India that is caused by eating tobacco and drinking alcohol. India accounts for 86% of the total oral cancer figure in the world.
- 90% of oral cancer is caused by chewing tobacco and eating gutka. Cancer of oral cavity is detected at a very early stage and the patient is then kept away from these things and given lots of green and yellow vegetables.
- Stomach cancer in India is caused by eating lots of red chillies and consuming alcohol.
- Cancer of the large intestine is caused by eating red meat. South Indians are at high risk of develop-

# GEOGRAPHY OF CANCER



ing bowel cancer as there has been seen a rise in the consumption of red meat in South India.

- Of the five metropolitan cities studied, Delhi, has the highest number of cancer cases and Bhopal has the lowest. They are in this order: Delhi, Mumbai, Bangalore, Chennai, and Bhopal.
- Improper diet is one of the main causes of cancer prevalence in India. 70% colorectal cancer cases are due to imbalanced diet.

- Heavy consumption of red meat is the main cause of several cancers: gastrointestinal tract, colorectal, prostate, bladder, breast, gastric, and oral cancers.
- A low intake of fresh fruits and high cooking temperatures in Indian dishes may account for low levels of vitamic C; resulting in stomach, mouth, pharyngeal and esophageal cancers.
- Vegetarianism, practiced by a large population of Indians (particularly

Hindus), has been associated with lower risks of prostate cancer.

- Vegetarians have a lower risk of esophageal, oral, and breast cancers. Beans, chickpeas, lentils and pulses—principal components of vegetarian diet—has been associated with reductions in cancer.
- There is lower incidence of breast cancer in Asian populations where intake of animal products is lower than that of the Western populations.
- High incidences of throat and food pipe cancers in Andhra Pradesh and Assam were attributed to improper diets.
- **Women in Bangalore are known to have the highest rates of can-**

**cers of esophagus in the world. Contrarily, men in Bhopal have the highest rate of tongue cancer in the world.** Smoking is the most notorious factor for the causation of lung cancer.

- Oral cancer in UP, Gujarat are due to consumption of beetal, nut, pan masala, opium and bhang. Oral cancer in Allahabad is due to chewing of Dohra.
- Fruits and vegetables have nutrients that kill cancer cells and/or stop the spread of cancer.
- Cancer is curable with natural remedies and not with allopathy. Herbs cleanse the system and can destroy cancer cells. Ω

Urgent Message from the IAEA (International Atomic Energy Agency)

## THE FUKUSHIMA RADIATION COVERS 1/3RD OF THE GLOBE

**August 7, 2015: Much of Pacific Ocean is threatened by Fukushima releases, an area covering 1/3 of the globe. Urgent need to assess impact on food, and water. IAEA begins testing around Pacific.**

**Japan:** “The Pacific Ocean is dying. The crippled Fukushima Nuclear Plants continue to leak millions of gallons of radioactive water into the Pacific Ocean each month. Sailors are dying. Humans cannot enter into the hot zones. Marine life has been almost destroyed. We are next. What can we do?” says [www.fukushima Radiation.info](http://www.fukushima Radiation.info). Due to molten fuel eating away structural materials, buildings

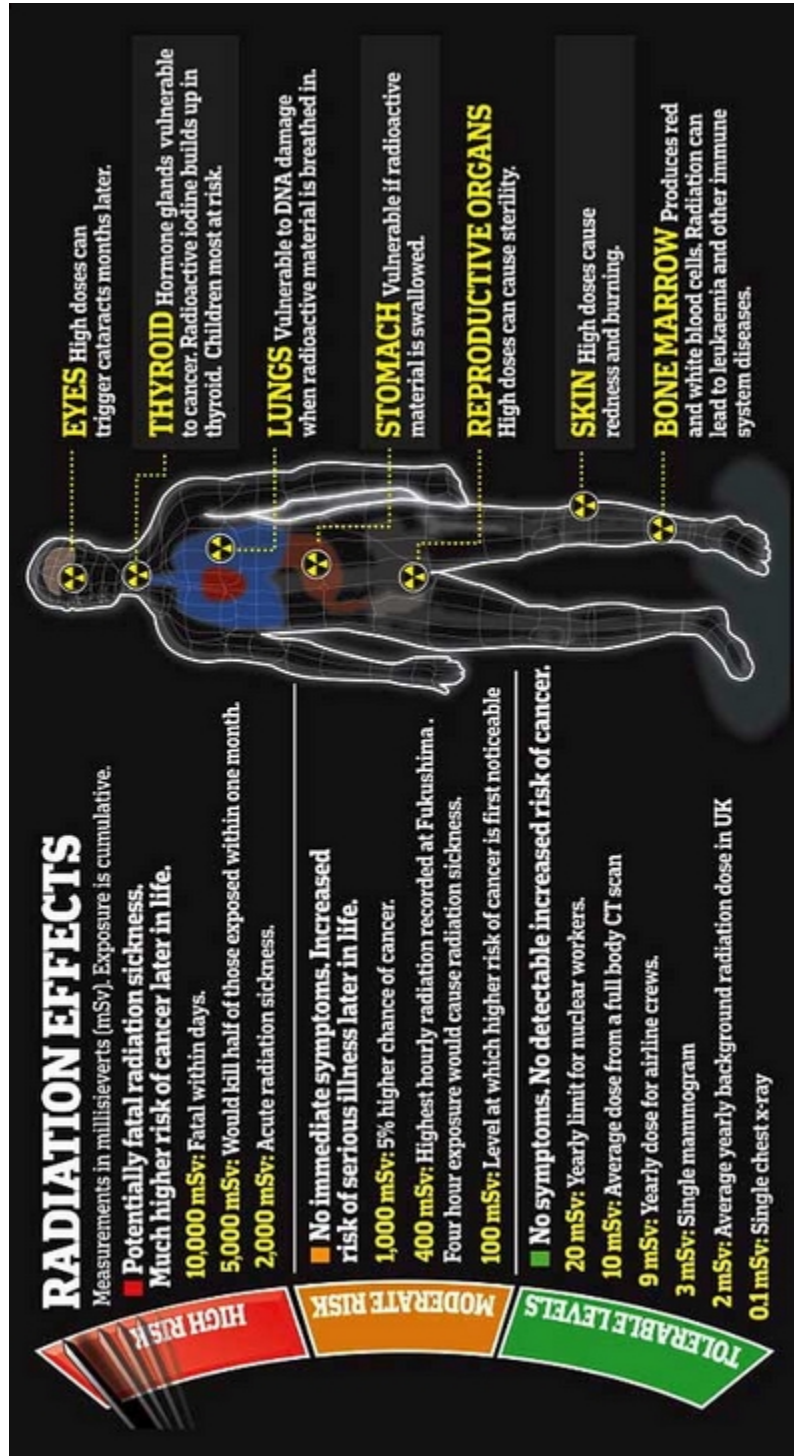
next to Fukushima reactors are sinking. Third death from exposure to Fukushima fallout—baby with brain cancer has died.

**USA Today, Aug.1, 2015, reports:** Millions of fish dead—ocean conditions have ‘gone to hell’—salmon covered in fungus, red lesions all over, big gaping sores—extinction concerns, “it could be the end.”

**US:** Erosion is “undermining foundation” of major dam upstream of US nuclear plants—extensive network” of seepage paths found—”water flowing through from multiple sources & multiple directions—complex and urgent situation. Ω

**Cashew nut tree:** Cashew oil, made from cashew nuts is used for salad dressing. Cashew shell oil when diluted with coconut oil, treats skin blisters, eczema, psoriasis, elephantiasis and ulcers. When not diluted, it offers caustic properties so it can remove corns and warts. Apply oil on warts and cover with tape to protect healthy skin. Tea with leaves is hypertensive, and an expectorant to clear airways clogged with mucus. Fresh leaves, if chewed, are used to maintain oral hygiene.

Well, if environmental issues causing cancer are not enough, now we have this urgent news from IAEA which states that global cancer issues could grow due to the current nuclear disasters. Inside, we have provided natural remedies for radiation exposure.



## Cancer: Is There Hope?

John G. Clark, M.D. [www.NorthernLightsHealthEducation.com](http://www.NorthernLightsHealthEducation.com)

### What Causes Cancer

Cancer has now surpassed heart disease as the number one cause of death for Americans below 85. More than 10 million Americans have a history of invasive cancer. Two and one half million Americans will be diagnosed with cancer this year, (one million skin cancers). Cancer will claim over half a million victims this year. Why all this cancer? What causes cancer? Can it be avoided? What is the answer for cancer?

As a medical student, I was presented one day with a patient who had a lesion on his lower leg.

“Dr. Clark, examine Mr. Doe’s leg and tell the class your diagnosis.”

The leg was well developed and muscular with clean skin, except an ugly purple raised area.

“Does Mr. Doe have Kaposi’s sarcoma?” I queried, mostly guessing.

“Yes”, came the affirming reply. “And...”

“Oh no,” I thought, “here comes another question.”

“Why do you think Mr. Doe has Kaposi’s sarcoma?”

To my limited knowledge Kaposi’s sarcoma occurred only in people with AIDS as a consequence of HIV infection, so I asked,

“Is the patient HIV positive?”

“No”, came the reply, “but that is a good guess. Mr. Doe has had a kidney transplant and so is on drugs that suppress his immune system.”

This was my awakening to the fact that cancer often arises when the immune system is compromised or suppressed for any reason. It is true that Kaposi’s sarcoma is 1300x more likely to occur in AIDS patients, but lymphoma (a cancer of the lymph glands throughout the whole body), is 135x more likely, and lung cancer about five times more likely to occur in HIV positive individuals.

Just to give you a perspective, **ALL** cancers are more than twice as common in people whose immune system is disabled or compromised by HIV infection.

Some years ago a series of studies examined how sugar consumption weakens the immune system. Results showed that if a person ate no sugar for 12 hours, each white blood cell could destroy 14 dangerous bacteria. When 24 teaspoons of sugar were eaten (the amount in 2 cans of soda), the white blood cells were so compromised that they could only destroy one bacterium each.

“But what does the immune system’s ability to eat bacteria have to do with cancer?” you may be asking. A diet high in refined carbohydrates such as sugar, starch, etc. suppresses the immune system, leaving the body unprotected from diseases like cancer. In fact studies show that a person on a high glycemic index diet (high in refined carbohydrates) has a significantly increased risk of acquiring breast, prostate, colorectal, endometrial, gastric, ovarian, or pancreatic, cancer. Malnutrition is another cause of a poor im-

immune system. Malnutrition comes in two forms, severe caloric starvation and consumption of empty calories. Additionally as people get older their immune systems tend to age, losing the power to fight diseases like cancer.

### Cancer and Viruses

You may be wondering why cancer crops up in the absence of an active immune system. For this puzzle piece, let's return for a minute to the AIDS/Kaposi's association. Kaposi's sarcoma is now known to be the result of a viral infection with either human herpes virus number 8 (HHV-8) or a virus known as Kaposi's Sarcoma associated Virus (KSV). More and more, infectious agents are being identified in relation to cancer.

So where do people get exposed to these infectious viruses? More and more, animal products such as beef, pork, chicken, turkey, milk and eggs are infected with cancer-causing viruses. Blood of workers in meatpacking plants shows evidence of these viruses. These workers have an increased incidence of cancer, including cancers of the lung, mouth and throat, colon, bladder, and kidney. Poultry slaughterhouse workers have an increased incidence of throat cancer, liver cancer, lymphoma and leukemia.

Animal products are known to increase the risk of cancer. The "Adventist Health Study" revealed that prostate cancer was 41% higher in meat eaters, colon cancer was 85% higher and ovarian cancer was 130% higher than in people who were vegetarians.

### The Animal Connection

A study out of Harvard revealed that consumption of meat and dairy products doubles the risk of metastatic pros-

tate cancer. Meat by itself increases metastatic prostate cancer by 66%. Processed meats such as bacon, beef, pork or lamb also increase the risk of metastatic prostate cancer.

The increased risk of getting cancer from animals is not limited to the consumption of their bodies. In a 4-year case control study in Italy, the consumption of cheese was found to increase the risk of non-Hodgkin lymphoma by 66%. Compared to normal breasts, cancerous breasts have 3 times the incidence of infection with bovine leukemia virus, (a virus common in milk and meat).

There are other reasons for the meat/cancer association. One of these is the way meat is prepared for marketing and the way it is cooked. Red meat is associated with increased formation of Nnitroso compounds. These compounds cause DNA damage which results in increased colorectal cancer. When people cook meat "well-done" at high temperatures, in an effort to kill all the trichina or "mad cow" disease, they produce mutagenic compounds called heterocyclic amines, which significantly increase the incidence of colorectal cancer.

Animal foods prepared by frying, broiling or microwaving have been shown to increase the risk of cancer by the formation of toxins called heterocyclic amines.

Protein, as much as we need it, is safe only in low quantities. Too much protein tends to suppress the immune system. Compared to a low protein diet (5%), a high protein diet (25%) like ours has been shown to both promote tumors and increase metastasis to the liver and lungs.

Let's take a minute to look a little closer at dairy products. To begin with, it will help you to know that one of the important parts of your immune system is a white cell called the "natural killer cell." Milk is immunosuppressive—the more you drink, the worse your natural killer cells will function. What's more, tripling your milk protein intake triples your cancer risk. One of the reasons for this is that cows are fed high protein diets and given growth hormones. Cows today produce more milk than they did 100 years ago. Three servings of milk per day significantly increase insulin like growth factor in humans. Insulin-like growth factor elevation is linked to cancer of the prostate, breast, and lung.

### Hormones and Cancer

At this point it would be well to understand the role of hormones in breast cancer initiation and progression. Anything that increases or prolongs a woman's exposure to estrogen increases her risk of breast cancer. Estradiol, one of the estrogens, is a potent cell growth stimulator, which is why it also can promote cancer. Thus there is a greater incidence of cancer associated with: early onset of menarche, late menopause, (because the woman is exposed to more years of elevated hormones), hormone replacement therapy, postmenopausal obesity, (because fat cells can produce estrogen) and history of an abortion (because after the loss of the fetus the

woman is exposed to the estrogens that were meant to support the pregnancy). One often unrecognized source of large doses of growth hormones comes from the use of animal foods. Estradiol is used as a growth promoter in farm animals. Estradiol can actually induce tumors in rats, mice, and hamsters. When levels become artificially elevated in humans there is a corresponding increase in breast and uterine cancer. Postmenopausal women with estradiol levels > 9 units (in their entire blood volume) had a 7-fold higher rate of

**One beefsteak has twice the hormones as found in the entire blood volume of one woman.**

breast cancer than that of women with undetectable levels. If a level of nine or greater is bad, you may ask, what would be a source of estradiol that might send my hormones that high? I was interested to find that one American beefsteak had 20 units, one liter of milk 18 units, 2 eggs 13 units, 50 gm of butter 4 units, and 100 gm of cheese 3 units!

Another food that will drive up your hormones is fat. Studies show that high dietary fat intake is associated with elevated serum estrogens and androgens. In 1975 Carroll and Khor produced charts showing increased rates of breast, colon, and prostate cancer with increased calorie, fat, and protein intake, country by country. There was a linear relationship between a country's per capita fat intake and the death rate from cancer. Some fats are more dangerous than others. High saturated fat intake triples the risk of dying from prostate cancer. Another dangerous fat is the chemically produced

fat known as trans-fat. Trans-fat intake has been shown to increase breast, prostate, and colon cancer.

My first clinical experience was in gynecology/obstetrics. Besides delivering babies and attending surgeries, much of my time was spent in clinic. Within a few days it became very apparent that from the day a girl came in complaining of discomfort with the onset of menses to the time that a middle aged woman came in to tell of her discomfort with hot flashes, we had women on pharmacological doses of hormones.

“And what are the consequences?” you may ask.

In a study of 37,000 women, oral contraceptives significantly increased breast cancer risk. Perimenopausal hormone-replacement therapy with estrogen alone increases the risk of endometrial cancer by 45%. And when estrogen is combined with progesterone, breast cancer increases. Some replacement hormones are from “natural” sources such as pregnant horse urine. But many are simply chemicals from the laboratory.

### **Vitamin D and Sunshine**

Vitamin D has received a lot of attention recently as an immune stimulator and an anti-cancer agent. Its primary source is ultra-violet light striking the skin.

“But”, you may say, “sun causes skin cancer.”

Here is where the discriminating mind will discern the real cause of skin cancer. In a study of precancerous skin lesions, it was found that people on a high fat diet developed three times the number of lesions compared to those on a

low fat diet. Thus, in order to get your anti-cancer vitamin D from the sun, you need also to limit the fat in your diet.

### **Weighty Matters**

We have been talking about the fat that you eat, but now we need to make mention of the fat that you wear. Fat cells are actually involved in estrogen production. Excess estrogen production in obese women gives them a greater risk of dying with breast cancer. Obesity is also a risk factor for pancreatic cancer, not to mention diabetes and arthritis. Don’t underestimate the contribution of overeating of any kind to the development of cancer. When you consume extra food, it tends not only to make you grow, but to make cancer grow also.

Obesity is usually linked with elevated triglycerides and cholesterol. Elevated cholesterol and triglycerides are associated with significant increases in breast cancer. On the other hand, high levels of HDL, the good cholesterol, significantly decrease breast cancer risk.

### **Chemical Toxins**

This brings us to our next topic—chemicals in our environment. Chemicals can act like hormones, increasing the risk of cancer. Insecticides such as DDT and DDD have hormonal activity suppressing the immune system, and increasing the risk of cancer. Chemicals tend to accumulate in our environment. Plants can take on small portions of these chemicals. Small creatures eat the plants and then are eaten by larger ones. As you go up the food chain a process called biomagnification occurs. For example sea otters tested for PCBs and DDT showed up to 240x

greater levels than that found in their prey. The closer to the beginning of the food chain (eat from the garden) the safer your food.

The body is constantly surveying its DNA for damage and making repairs. When DNA damage accumulates, cancer can result. It has been found that lung cancer patients have suppressed DNA repair. One commonly encountered substance, which prevents repair of damaged DNA, is caffeine. Consequently, two or more cups of coffee per day more than double the risk of ovarian cancer. What’s more, when caffeine is combined with a high fat diet, it significantly increases breast cancer risk.

In this age of scientific discovery, the lung cancer/tobacco connection need hardly be mentioned. But few realize the extent to which other cancers are affected by this poison. Tobacco’s influence can be seen in many malignancies, including cancers of the lip, mouth, throat, voice box, trachea, esophagus, stomach, liver, pancreas, bladder, kidney, cervix, leukemia, colon, skin, and penis.

Alcohol, a poison to the cells, is involved in 75% of esophageal cancers, 50% of mouth and larynx cancers, 30% of liver cancers, as well as colon, rectal and breast cancer. All totaled, 60,000 deaths per year are related to, not traffic accidents, domestic violence or homicides, but alcohol related cancer.

New building materials are a common source environmental toxins.

Workers in a newly remodeled office were found to have increased chemicals in their blood stream and significant decline in their immune function.

Cancer causing chemicals found indoors include: chloroform, acetaldehyde, formaldehyde, dichlorobenzene, styrene, methylene chloride. Another source of environmental toxins is the chemicals added to food as preservatives or flavor enhancers. There are many additives to food for which side effects are unknown. Others are questionable or have produced cancer in animals such as BHA, BHT, and potassium bromate, etc.

In our modern age of plastics more and more of our food is being presented to us in poly containers. Today we get products such as milk, peanut butter, bottled water, apple sauce, and some jams, just to name a few, in plastic containers. It might cause concern to realize that the people making these containers—workers at plastic factories, have 5x the risk of pancreatic and liver cancer.

A lot of the toxic chemicals in our environment that have carcinogenic potential are halogenated polycarbons. The most common halogens in these substances are fluoride, bromide, or chloride. In these compounds, a halogen such as chloride is attached to a carbon structure, like gasoline, which makes the carbon structure more toxic and poisonous. Should it be any surprise to discover that these halogens are not much better for us if put in our water? A study in Canada revealed that consumption of chlorinated water increases the risk of cancer of the esophagus and stomach and leukemia.

When I was a medical student I did research with the General Surgery Department. I was looking at the previous five years of pancreatic cancer patients. To my surprise, none of them was still alive. All had died, and this



usually after several surgeries and much pain. The risk of pancreatic cancer is significantly increased by obesity and high consumption of: salt, smoked meat, fried food, refined sugar, food with preservatives or additives, and coffee. Salt also increases the risk of brain cancer. Knowing the risk factors helps us understand what lifestyle changes we can make to improve our chances of avoiding this killer disease.

We all have seen a diesel truck grinding its way up a hill belching black smoke from its exhaust pipe. Products of combustion surround us even in our everyday life (exhaust from cars, gas stoves, etc.) all of which have carcinogenic potential. Railroad workers exposed to diesel fumes have a 40% increase in mortality from lung cancer.

In recent years the phrase “oxidative stress” has become popular. Oxidative stress is merely a measure of the inflammation in the body. Measuring the number of free radicals in the blood often assesses this. Oxidative stress damages DNA that leads to the development of cancer. Chronic inflammation increases the risk of cancer in the gastrointestinal tract. For example gastro-esophageal reflux can cause esophagitis, known as Barrett’s Esophagus. In Barrett’s Esophagus, cancer develops because the esophagus is constantly healing itself and just can’t stop healing. Cancer is basically cells that are growing or healing out of control.

### **Melatonin**

Melatonin is a protective, anti-cancer hormone and strong antioxidant. Light at night suppresses melatonin and increases cancer cell growth rates. Evidence now links exposures to light at

night to elevated breast and colorectal cancers in night workers.

### **Stress**

Stress and depression increase cancer because they decrease the immune system’s ability to find and destroy cancer cells. In a ten year follow up study, in which social coping skills, along with the traditional risk factors; smoking, drinking and medical diseases were considered, people with greater stress from poor interpersonal skills had a 40% higher death rate from cancer. In another study, divorced or separated women had a 126% higher risk of getting breast cancer, and widowed 100% higher. Cancer develops more commonly and grows faster in people with suppressed anger. These mental / emotional causes of cancer are some of the most powerful risk factors known to man.

### **Radiation**

One threat to DNA integrity is all the modern sources of radiation. Sources of radiation include radioactive elements, X-rays, gamma rays, microwaves, radio transmitters, electromagnetic fields, ultraviolet light, solar radiation, and nuclear radiation. For example children living within 2 km of an AM radio station have more than double the chances of getting leukemia as those 20 km or more away.

Another modern source of radiation is the cell phone. Cell phones significantly increase astrocytomas (brain cancer) in the temporal area of the brain (right where you hold your cell phone). There is also an increase in acoustic neurinomas (ear cancer).

Electric blankets can also be a significant source of radiation. Breast can-

cer risk associated with electric blanket use increases with the number of years of use, the number of seasons of use, and the length of time of use each night. It has been suggested that if you want your bed warmed, turn on the electric blanket or heating pad until the desired temperature is reached, then unplug it before getting into bed. Breast cancer risk associated with electric blanket use increases with the number of years of use, the number of seasons of use, and the length of time of use each night.

The relation between breast cancer and electromagnetic field exposure has been the object of much study. For women telephone installers, repairers, and line workers, the risk of breast cancer goes up 117%; for system analysts and programmers 65%; for telegraph and radio operators 40%; and for telephone operators 27%.

Children are affected by radiation as well. For example the risk of leukemia is elevated in: children whose mothers used an electric blanket or an electric mattress pad during pregnancy; children who themselves use electric blankets or electric mattress pads, hair dryers, video machines in arcades, or video games connected to a television.

### **Heavy Metals**

Elevated levels of heavy metals including: iron, nickel, chromium, zinc, cadmium, mercury, and lead have been found in tumorous tissues of cancer patients. These heavy metals increase oxidative stress and DNA damage, which result in cancer. Mercury, when combined with chloride, produces cancer by acting as a hormone, binding to and activating estrogen receptors.

## **Summary of Cancer Causes**

To summarize: each cell in the body is regulated by code (DNA), much like a computer. If the code goes bad, so does the cell. As we’ve seen, there are a number of things that can derail the DNA code. DNA damage results from: viruses, toxins, oxidative stress, and radiation. Cancer arises when the immune system fails to identify and deal with cells running on altered DNA. Too many hormones, and chronic healing and inflammation, initiate the development of cancer and accelerate its growth.

### **The Solution**

“Okay”, you’re thinking, “So what do I do now? Every thing causes cancer, I’m doomed!”

Please don’t throw in the towel just yet. Thus far our approach has been to show the avoidable causes of cancer. Now we are going to show you the answer to the cancer problem. “The only hope of better things is in the education of the people in right principles. Let physicians teach the people that restorative power is not in drugs, but in nature. Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health. In case of sickness, the cause should be ascertained. Unhealthful conditions should be changed, wrong habits corrected. Then nature is to be assisted in her effort to expel impurities and to re-establish right conditions in the system.”

“Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power—these are the true remedies”, “Gratitude, rejoicing, benevolence, trust in God’s love

and care—these are health’s greatest safeguard.”

A good understanding of these laws of health is essential to minimizing cancer’s risk factors. Let’s look at each of these principles of health and what their impact is on cancer.

### Fresh Air

Pure, fresh, outdoor air is a wonderful stimulant to the immune system. This is because of the negative ions present in outdoor air, which significantly decrease the incidence of cancer and inhibit tumor growth by enhancing natural killer cell activity. Some toxins come from mold (mycotoxins and aflatoxins). Mold toxins are felt to be responsible for liver and lung cancer growth. Keeping the premises and basement of your homes free from mold help prevent cancer. Outdoor air has much less toxins.

Thrash & Thrash in their book “*Hope For Cancer*” report, “A group of rats with cancer were allowed to breathe negatively charged (outdoor) air, while an equal number breathed common indoor air. After one month the cancer in the rats breathing the indoor air was twice the size of the cancer in the rats breathing the negatively charged air.”

“When the weather will permit, all who can possibly do so ought to walk in the open air every day, summer and winter. But the clothing should be suitable for the exercise, and the feet should be well protected. A walk, even in winter, would be more beneficial to the health

than all the medicine the doctors may prescribe.”

### Sunlight

Sunlight is a precious gift from God, which brings us a sense of wellbeing from the endorphins it creates. We have already mentioned that vitamin D is essential to the prevention of cancer. Everyone should get at least 20 minutes of sunshine a day with at least 25% of their skin exposed to the sun. This 20 minutes should be with out sunscreen, (which blocks synthesis of vitamin D). Vitamin D is a potent inhibitor of cancer growth and protects against prostate, breast, pancreas and colon cancer. Colon tumor growth rate increases by 60% when there is a deficiency in Vitamin D.

### Temperance

Temperance or abstemiousness is avoiding all things that that are harmful and using wisely those things that are good.

An example for need for total abstinence would be tobacco or alcohol. Is there any hope for a smoker or drinker? Lung cancer risk decreases and survival improves the moment you quit. But the longer the time since smoking, the better the survival outcome. Similarly esophageal cancer risk declines with time since last drinking.

An example of appropriate moderation is in the area of diet. We all have to eat, but we don’t necessarily have to all eat as much as we are accustomed to. Much research now exists pointing to the fact that caloric restriction, (eat-

ing less food), actually helps fight disease and promotes better health. Calorie restriction decreases cancer by keeping the normal cell cycle under tight regulation and by keeping in check growth factors, hormones, and stress hormones like cortisol. Studies now show that caloric restriction both reduces DNA damage and enhances DNA repair (thus reducing cancer risk). Okinawans have taught us a lot in this area. They eat 40% fewer calories than Americans yet they have 80% fewer breast and prostate cancers, and 50% fewer ovarian and colon cancers. We mentioned that increasing age is associated with a decline in the immune system making cancer more prevalent as people get older. Caloric restriction, while maintaining good nutrition, restores immune function to that found in younger individuals. Obesity also impairs the immune system’s ability to find and destroy cancer cells, but again, caloric restriction has been shown to restore immune responsiveness.

### Rest

I’m sure we can all testify to the necessity of proper rest. Jesus Christ said, “Come ye yourselves apart into a desert place, and rest a while.” People who sleep well have significantly better immune function than people with insomnia. Getting between 7 and 8 hours of sleep each night significantly reduces the risk of dying from cancer and other diseases. Sleeping 6 hours or less, or 9 hours or more, increases the risk of dying by 70%. Another aspect of rest is regularity. You should go to bed at the same time and get up at the same time everyday. It is important not to disturb the sleep wake cycle. Disrupting the sleep wake cycle disrupts your circadian rhythms. Disrup-

tion of circadian rhythms is associated with accelerated growth of malignant tumors.

Yet another aspect of cyclic rest is a weekly rest. A study in Georgia discovered that Seventh-day Adventists have higher levels of immune stimulating antioxidants. The study went on to show that vegetarian Seventh-day Adventists have even higher levels of immune stimulating antioxidants. While it was interesting that vegetarians have higher antioxidant levels, what interested me was that even the non-health conscious Sabbath keepers showed health improvements over the general population.

### Exercise

Now that we’ve written about rest, we’re going to talk about just the opposite—exercise. As individuals age their immune system declines. Being physically fit helps attenuate this decline. The immune system responds positively to moderate exercise. Studies have shown that people who cultivate healthy lungs and hearts, (cardiopulmonary fitness), have one-half the risk of mortality from cancer as people who don’t take fitness seriously. Observe though that over fatigue increases the risk of viral infections, (of which cancer can be one). Regular moderate exercise reduces risk of breast cancer by up to 66% and also reduces the risk of cancers of the ovaries, uterus, prostate, colon, and lungs. Exercise minimizes cancer by reducing serum estradiol and insulin like growth hormone which, we showed earlier, cause cancer. It has been said that those who can’t find time to exercise will have to find time to be sick.

Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health.

## Proper Diet

We will now discuss proper diet. This is the section that people tend to fixate on, to the exclusion of all others. But let me say right here that while diet is very important, all the other components of a cancer free lifestyle are equally important, and should not be overlooked. Your lifestyle should be examined as a whole.

A fresh uncooked fruit and vegetable diet has been shown to invigorate the immune system, reduce inflammation, lessen allergic diseases, heal infections and help fight cancer. This is partly because fruit and vegetables are *filled* with micronutrients that help prevent and combat cancer. As constant inflammation often produces cancer, you will be happy to know that naturally occurring flavonoids and phytochemicals found in fruits, vegetables, grains, seeds and nuts contain *anti-inflammatory* properties. Flavonoids and phytochemicals are micronutrients as important to your body as vitamins.

Antioxidants are additional micronutrients found in fruit and vegetables. They help boost your immune system and restore it if it has gotten out of shape. Oxidation is the word we use to describe what happens when something, (usually a chemical such as a protein or a fat), interacts with oxygen. This oxidized chemical can now oxidize another body part. It's kind of like a game of tag. Tag, you're it! A body part that you definitely do not want to get oxidized is your DNA, because this would lead to the formation of cancer cells. Antioxidants stop the process long before it reaches the DNA. They also promote the repair of oxidized DNA.

## Fruit

Fruit is especially high in antioxidants; vitamin C, flavonoids, limonoids, fiber, pectin and phytochemicals that neutralize cancer-causing agents entering the body.

Vitamin C is an antioxidant found in fruit and vegetables that reduces the risk of kidney cancer, breast cancer, and leukemia, a type of blood cancer. Oranges, grapefruit, and lemons, are a great source of Vitamin C. Vitamin C also helps neutralize the cancer-causing nitrosamines found in red meats.

Citrus fruits also contain limonene that actually neutralizes cancer-causing substances that cause stomach and breast cancer. Pectin, a soluble fruit fiber, found in citrus and other fruit, prevents the spread or metastases of cancer. If I were looking for a super fruit to help fight cancer I think it might be kiwifruit. Kiwifruit provides protection against DNA damage by enhancing antioxidant levels and actually stimulating the repair of damaged DNA.

Pineapple prevents stomach cancer because it inhibits the formation of the nitrosamines that come from meat. Perhaps it would be well to eat a pineapple with each well-done beefsteak in order to be safe!!

Many people eat prunes, or dried plums to help them with their bowel movements because they know these foods are high in fiber. What they may not realize is that the fiber from these plums or prunes decreases colon cancer by mopping up toxins, such as bile acids, coming out of the liver.

We've all heard it said, "An apple a day keeps the doctor away." And while that may have been a commercial ad-

vertisement by the fruit growers of America for their product, apple pectin has indeed been discovered to strengthen the immune system and prevent growth of cancerous tumors in the colon.

Studies coming out of Italy, (and other countries where the "Mediterranean Diet", high in tomato products, predominates), reveal that high consumption of tomatoes protects against cancers of the mouth, esophagus, stomach, colon, rectum and prostate. This protection may come from the phytochemical lycopene found in tomatoes.

## Vegetables

High in vitamin A, vitamin C, phytochemicals and fiber, vegetables have the ability to oppose the action of carcinogens, and are very important in the fight against cancer.

Cruciferous vegetables, (which include broccoli, cauliflower, brussel sprouts, and cabbage), are extremely valuable for cancer prevention. They can actually keep cancer-causing toxins from binding to DNA in the cell, thereby reducing DNA damage. What's more they increase the elimination of cancer causing toxins from the liver and intestines. Remember all those hormones and hormonally active substances that cause cancer? Phytochemicals in cruciferous vegetables increase the urinary excretion of estrogens. Phytochemicals found in cruciferous vegetables increase the urinary excretion of hormones and hormonally active substances that promote cancer. Carcinogens are substances that can cause cancer. Powerful anticarcinogens are found in cauliflower. These anticarcinogens inhibit the formation of malignant tumors.

High levels of vitamin A and phytochemicals give broccoli high anticarcinogenic properties as well.

Cabbage is a key food in the prevention of pancreatic breast and ovarian cancer. Cabbage contains phytochemicals that can reduce the carcinogenic effects of benzopyrene, a cancer-causing chemical found in tobacco smoke. The phytochemicals in cabbage prevent, as well as have a curative effect on, tumor growth. The bulb foods, (onion and garlic family), are also known to have anti-cancer properties. They lower the risk of stomach cancer, prevent the development of tumor cells, and are helpful in the treatment of cancers of the stomach and colon. Garlic is especially helpful in the prevention of cancer of the stomach, breast, prostate, endometrium, and bladder. It works to combat cancer by stimulating the immune system, detoxifying carcinogens, and by a direct toxic effect on cancer cells.

There are other vegetables which aid in the fight against cancer. Spinach prevents cancer of the throat, breast, colon, and bladder. The vitamin A, carotenoids, and fiber in carrots give them powerful anticarcinogenic effects. Don't be fooled though—taking vitamin A pills does not provide this same protective effect. It's hard to reproduce nature in the laboratory. Eating pellets created in a commercial factory can in no way substitute for good whole food. Yellow orange vegetables all contain beta-carotene, vitamin A and other "carotenoids" which have been shown to reduce the risk of cancer of the lungs, prostate and pancreas.

Squash contain beta-carotene, vitamin C, and fiber that counteract the effects

of carcinogenic substances on the colon.

Radishes have valuable properties that impede DNA changes that lead to cancer.

Beets have properties that are anticarcinogenic.

Peppers are high in antioxidant vitamins A and C which are powerful anticarcinogens.

Legumes (beans) are good cancer fighters too. Regular consumption of beans is associated with a significant decrease in cancers of the pancreas, prostate, and endometrium, (the lining of the uterus). One legume that has come to special attention is the soybean. Soy has strong antioxidant properties and is a potent immune stimulant. It has shown benefits for viral illnesses, particularly cancer. Soy products also possess anti-inflammatory properties that decrease the potential for cancer development. Soy products have been shown to protect against cancer of the prostate, breast, colon, rectum, stomach and lung.

Soy, as well as the common seasoning turmeric, help counteract the estrogenic effects of hormones and hormonally active environmental toxins on breast tissue. We call the substances in soy and turmeric phytoestrogens. Phytoestrogens, such as those contained in soy, have been shown to counter the carcinogenic effects of estradiol on the cells of the body, reducing not only the risk of breast cancer, but lung, prostate, and endometrial cancer as well. Since soy phytoestrogens only weakly stimulate the estrogen receptor they are not cancer-causing. And since they bind the es-

trogen receptor, other estrogens cannot bind to the receptor.

Thus the weak phytoestrogens replace the strong estrogens, (such as estradiol), protecting the cells from being stimulated to cancer formation. It's like having a weak politician in public office rather than a strong one who can get things done. Whereas in politics this would not be desirable, in the body is preferable.

### Fiber

Research indicates that diets high in fat and meat, and low in fiber, markedly increase oxidative stress in the digestive system, which in turn increase the risk of colorectal cancer. High fiber intake effectively reduces the oxidative stress caused by high-fat and high-cholesterol intake. Grains, (such as wheat, rye, and oats), are a good source of this fiber. Rye helps reduce the carcinogenic effect on the intestines of toxins processed by the liver. Wheat and wheat bran have antioxidant and anticarcinogenic properties. One way fiber prevents cancer is by acting as a sponge to mop up and remove excess hormones from the body. As a result, diets high in fiber can reduce the risk of breast cancer. While diets high in animal, trans, and oxidized fats cause cancer, natural fats high in omega-3s are anti-inflammatory, and have anticarcinogenic properties. In addition to promoting blood flow, omega-3 fatty acids, found in walnuts, flax and olive oil, have antiinflammatory properties. Olive oil has been shown to reduce the risk of breast cancer by up to 33%.

There is abundant research that a diet of fresh fruit, grains, nuts and vegetables provides the best protection against cancer. Some may be wonder-

ing why meat is not as beneficial. The cow, for example, consumes wheat grass and barley green so that he will not get heart disease, cancer, diabetes and arthritis, but she does not pass these benefits along to the consumers of her body. Meat has very little in the way of nutrition capable of cancer prevention. When you come down to it, the biggest reason people come down with cancer is because they fail to eat enough fresh fruits and vegetables. Should it be any surprise that what we have been talking about is the original, Creator's diet,

“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.” “And thou shalt eat the herb of the field”.

### Water

Water is the fluid life sails on. Water carries nutrition from the blood to the cells. It then carries waste products from the cells to the blood for excretion by liver, kidneys, lungs, and sweat glands. For daily water needs including drinking water, water in beverages, and water in food, you need between 8 and 12 eight ounce glasses of water a day. Strenuous physical exercise and heat can greatly increase daily water needs, and there is substantial variability between individuals.

In modern times, with the advent of convenience machines and antiperspirants, perspiration has been nearly eliminated from our societies. As a consequence more stress is placed on the kidneys, liver and lungs to eliminate cancer-causing toxins from the body. If we know what toxins are involved in our particular cancer, we should

make every effort to eliminate it. One useful way to accomplish this is by sweating. Drinking water, exercising, and taking saunas to produce sweat, expel toxins from the body.

### Trust in God

Trust in God's love and care, can have a positive effect in several ways. Trust in God is a part of good spiritual health. Those with good spiritual health, have longer life expectancy, greater well-being and life satisfaction. They deal better with illness, have fewer hospitalizations and shorter hospital stays. They suffer less anxiety and depression, and enjoy better immune system function that helps in the fight against cancer.

God has said that all healing comes from Him and that listening to His voice and obeying His commands brings health. Trusting Him is part of the healing process.

“And said, If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the LORD that healeth thee.”

Trusting God brings the benefit of social ties at church. On the other hand, socially isolated people are more likely to die of cancer. Studies reveal that giving support to friends, relatives, neighbors, and family, significantly reduces mortality, while merely receiving support does not improve mortality.

Most people who enter into a full trusting relationship with God are led to a life of service to others. Studies reveal that giving support to friends, relatives,

neighbors, and family, significantly reduces mortality, while merely receiving support does not improve mortality. A study from the university of Michigan revealed that volunteers of community organizations are 2-1/2 times less likely to die than those who do not become involved in volunteer work. Voluntary work, more than any other activity, dramatically increases life expectancy. Haven't we always known that, "It is more blessed to give than to receive." Although merely attending religious services is beneficial, one surprising study showed that among religious people, volunteers, had 60% less mortality.

### Gratitude

Studies show that gratitude—an attitude of thankfulness, significantly improves long-term breast cancer survival. Our health would be greatly improved if we made a list of ten things for which we are thankful every day of our lives.

### Rejoicing

Research confirms that happy people have better physical health, increased longevity, and fewer illnesses. If they do get sick, they have less pain. Happy people have more IgA, (an immune system antibody), in their saliva and less cortisol in their blood.

### Summary

In summary: cancer is most often the result of a failure of the immune system to destroy bad cells. Bad cells are created by viruses, toxins, oxidative stress, hormones, poor nutrition and/or radiation. Once cancer begins it is often driven on by hormones or inflammation.

The solution is to maximize our health and expel toxins through the natural remedies: pure air, sunlight, abstinence, rest, exercise, proper diet, the use of water, gratitude, rejoicing, benevolence, and trust in God's love and care.  $\Omega$

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## Cancer

Jethro Kloss, Author of the book, Back to Eden [1863-1946]

"I have been asked many times what my cancer cure is. Here it is in a nutshell: correct food, herbs, water, fresh air, massage, sunshine, exercise, and rest." - Jethro Kloss

**Causes:** It is estimated that over one-half of all cancers are due to the unhealthy living and eating habits.

Through chronic autointoxication, constipation, and the inactivity of the organs of elimination—lungs, liver, kidneys, skin, and bowels—the system becomes poisoned and the poisons accumulate around the weakest organs or where the body has been injured by a blow, fall, or bruise. Poisoning of body has been caused by the use of im-

proper foods, tea, coffee, soft drinks, liquor, tobacco in all forms, meats of all kinds, especially pork, cane sugar and cane sugar products, white flour products, white rice, and all denatured foods, which cause waste matter in the system. Cancer would be rare if devitalized foods and meats were not eaten and all unhealthy living habits were eliminated. The life-giving properties and minerals are removed from much of the food that is eaten. These proper-

ties keep the bloodstream pure, and cancer will not develop readily where there is a pure bloodstream.

**Symptoms:** Skin cancers are most frequently the result of exposure to the sun over a long period of time. These cancers often begin on the face close to the nose, sometimes in the middle of the cheek, behind or below the ear, and sometimes on other parts of the face or neck. The skin becomes rough and eventually forms an open sore, which slowly grows larger and larger. Lip cancer is usually caused from smoking a pipe, cigars, or cigarettes. Sometimes cancer begins inside the mouth.

Cancer may appear in any part of the body. It may start in the stomach. The victim thinks it is merely indigestion, but as the cancer grows and invades the surrounding tissues it causes abdominal pain, loss of weight, and poor appetite.

Eating may cause an increase in the stomach pain, followed shortly by nausea or vomiting. Often a brown-colored matter is vomited. Constipation, sleeplessness, and a feverish condition are usual. There is a general wasting away and finally death. Very frequently cancer begins in the colon or rectum and may cause bleeding from the bowel or great distress at stool. Sometimes the liver is cancerous, causing pain in that region and general debility. Cancer of the female organs is quite common, and manifests itself in the form of a tumor on the uterus, as a sore at the mouth of the uterus, or as a growth in the ovaries. Cancer of the breast is very common in women and there may be an associated cancer of the female organs when cancer of the breast is present. Cancer of the lung is the most com-

mon cancer in men and is rapidly approaching that same position for women also. Its most common cause is cigarette smoking.

**Treatment:** No type of cancer is to be taken lightly. If it is not treated properly and completely removed, it will continue to spread and eventually will probably prove fatal. The first step is to cleanse the bloodstream by thoroughly relieving constipation and making all the organs of elimination active—skin, lungs, liver, kidneys, and bowels—and keeping them active. For constipation, take the herbal laxative given on page 33. It is very good. Use high enemas to cleanse the colon of any bad condition there. It is necessary to take a fruit diet of oranges, grapefruit, lemons, apples, cranberries, unsweetened blueberries, red raspberries, cherries, peaches, pears, ripe strawberries, avocados, pineapples, and tomatoes. All fruit should be well ripened on the tree or vine to be fully beneficial.

Tomatoes should be eaten separately, not with other foods. Make a meal of them. For the first ten days (or a longer or shorter period depending upon the condition of the patient), it is advisable to take nothing but unsweetened fruit juices, preferably orange, grapefruit, pineapple, lemon, or grape. Do not mix the juices but take different ones at different times.

Vegetable juices are very useful also—celery, cucumber, parsley, lettuce, and carrot. Carrot juice is especially valuable in cancer. These juices may be mixed.

Drink six glasses of fruit juice and six glasses of herbal tea a day. If you can take more, so much the better. If the herbs are taken in capsules, take No.00

size capsules according to the correct dosage for that herb, and be sure the capsules are full. Follow this with a glass of hot water, as hot as can be taken comfortably. Take the herbs one hour before taking any fruit juice.

If the patient is thin or has been losing weight, after a few days of fruit diet, give an alkaline nourishing diet—vegetable soups; mashed potatoes; natural brown rice; soya bean cheese; carrots; greens of all kinds; red cabbage (especially valuable); okra; tender corn, on the cob or canned; tender peas (fresh or canned); naturally cured ripe olives; celery; green lima beans; onions; garlic; cauliflower; baked potatoes; lentils; cucumber; garden-grown lettuce; radishes; watercress; spinach; squash; kale; asparagus; young beets; dandelion greens; endive; collards; Chinese cabbage; soya beans or wheat, sprouted; wild rice; yellow cornmeal; watermelon; and tomatoes. Watermelon should be eaten alone and not with any other foods. Likewise, tomatoes should be eaten alone. Make a separate meal of them. Tomatoes are high in vitamin content. Use fresh vine-ripe tomatoes. Eaten with whole wheat bread, they make an excellent meal.

Never cook food in aluminum cooking utensils. Never eat fruit and vegetables at the same meal, nor drink fruit and vegetable juices at the same time.

Get plenty of fresh air and exercise, outdoors in the sunshine if possible, to cleanse the lungs and increase the circulation. If the patient is unable to be outdoors, he must be in a sunny room, which is well ventilated at all times. He should take deep breathing exercises and all the other exercise he is able to perform in the house.

Give frequent sweat baths to keep the skin active, followed by salt glows (rubbing salt and oil on the skin before bath) so that the skin will eliminate the poisons. While giving sweat baths, keep the head cool by placing a cold towel wrung out of very cold water around the neck, changing often to keep it cold. Put an ice bag over the heart if the patient has any heart trouble. If the patient is strong enough, give a cold towel rub every morning. This increases the circulation. Apply alternate hot and cold applications to the liver, stomach, spleen, and spine.

Thorough massage is very helpful in the treatment of cancer. It assists in eliminating the poisons from the body by increasing the circulation.

When I was a child, I gathered red clover blossoms for the postmaster in our town, who used them to make a tea for cancer. I do not remember the particulars of his case, but I do remember he lived to be an old man. Use plenty of red clover blossom tea. Drink it instead of water. The tea may be prepared by using a handful of dried blossoms to a quart of cold water. Let it come to a boil and simmer for fifteen minutes. Keep it covered until cool enough to drink; then strain and drink as many glasses a day as you possibly can. (See also the list of herbs suitable for treating cancer given in this magazine Mr. Kloss's herbs have been added to this list).

One of the principal aims of the book, **Back to Eden**, is the prevention of disease. One of the great causes of cancer is the food we eat and the way in which it is prepared. Statistics show that many of the cancers today are caused by improper foods and improper eating habits. A faulty diet irritates the

stomach and causes an ulcer, which if not cured may develop into cancer without the victim ever realizing what is taking place.

Violet leaves (or you may use the whole plant), have been known to cure cancer when the diet and other improper living habits were corrected. Make a tea of the leaves by using one-half ounce of leaves to a pint of boiling water. Steep one half-hour and drink a cupful every two hours. Dip a piece of cloth into some of this tea and apply warm over the affected part. Leave on until dry. A poultice can be made of chopped fresh violet leaves, steeped in boiling water for thirty minutes, with some linseed meal (ground flaxseed) added to make the poultice. As an enema, use one-half ounce of violet leaves to the pint of water; strain and use morning and night.

Agrimony and ground ivy are also excellent. They will help to dry up and heal skin cancers.

**Herbs for Cancer:** Mr. Kloss's list of herbs may be identified with an @ sign.

Many years ago, before I attempted to treat cancer and had taken it for granted that there was no cure, I made up my mind that I would find out the cause of cancer; so I looked up the records to find out in which countries of the earth cancer was most prevalent. When I learned this, I looked to find out what food the peoples of these countries ate. I found that in the civilized nations of the earth where a large amount of meat and rich, luxurious foods were consumed, cancer was more prevalent. In the developing nations where they ate plain, natural foods, cancer was very rare. In some parts of the world where

cancer was rare, after the people learned of the diet used by the "civilized peoples" and started using it, cancer increased.

People used to think that meat was the great cause of cancer, but in my research I discovered that some people who ate no meat at all still developed cancer. I also found that people who did not eat meat, and with whose habits of diet I was well acquainted also had cancer. They were eating refined food and bad combinations of food of such a nature that much waste matter accumulated in the system. This caused the different organs to become diseased and many times cancer resulted.

After learning this, I felt quite sure that I was on the right road to finding the cause of cancer, and since then I have known it. Refined, processed foods have been robbed of their minerals and vitamins, which are the life-giving properties, the very parts which God put in the different foods to keep the blood pure and to sustain the nervous system.

After deciding that the food people ate and the things they drank were primarily the cause of cancer, I started to search for a cure. While taking a course in one of the best dietetics schools, I also learned the water cure and took a medical electrical course. I also made a study of the body and foods, and the effects of food upon the various organs of the body. I recalled how, during my youth when in my parents' home, I learned something of the value of herbs from my parents and from the American Indians, who were numerous in those days in northern Wisconsin.

As stated earlier, I gathered herbs for my parents and the herb doctors, thus

learning the value of herbs which I have never forgotten. I very distinctly remember gathering red clover blossoms, witch hazel bark, white pine bark, white willow bark, white poplar bark, bloodroot, mandrake root, hemlock bark, golden seal root (safforin), sarsaparilla, and many other herbs which grew all around us in abundance.

After learning the water cure and taking a course in medical electricity, I wanted to know more about herbs; so I took a medical herb course. I also obtained from different parts of the world the best books I could find and subscribed to the best magazines dealing with the medicinal value of herbs.

By experience I learned how herbs could be used to cure bad sores and ulcers. I determined to try them on cancer, and I have seen the most malignant cancer sores heal on various parts of the body externally. The herbs have the same healing qualities, too, when taken internally.

I have been asked many times what my cancer cure is. Here it is in a nutshell: correct food, herbs, water, fresh air, massage, sunshine, exercise, and rest. If herbs are used that can heal the most malignant cancerous ulcer externally, and herbs are used internally that may kill the malignancy of internal cancers, then there must be an elimination of waste matter to clean the entire system and bloodstream if you want the patient to live. Now, how is the waste matter to be eliminated and the bloodstream purified?

First, the five eliminating organs must be made active; the lungs, skin, liver, kidneys, and bowels. Then there must be an elimination of waste matter to clean the entire system and blood

stream if you want the patient to live. Now how is the waste matter to be eliminated and the blood stream be purified? First, five eliminating organs must be made active: Then there must be enough fluid taken into the body so that the waste material can be eliminated. This is done by the copious drinking of herb teas, fruit juices, vegetable juices, and pure water; also hot baths to open the pores, massage, rest, fresh air, and the remainder of the prescribed treatment.

Not long ago a woman came to me who had cancer involving the liver, lungs, and stomach. She lived only a few weeks after I saw her. A postmortem was held, and we found that her liver was almost entirely gone. Parts of both lungs were hardened, and the throat and stomach had growths in them. She had not been able to retain anything in her stomach for some time. Upon inquiring into what had been her diet, we found that it had been white bread, jellies, jams, soda, crackers, and denatured foods.

Many times I have caused hard swellings in the breast, bowels, rectum, and vagina to disappear with herbs and applications of heat. In different parts of the earth, people are searching for the cure for cancer and other so-called incurable diseases. The treatment for them is found in this book, **Back to Eden**.

Cancer is a treacherous disease. When there is any suspicion of cancer, take a cleansing diet—fruit and vegetable juices should be taken separately. Cancer cannot live in a system where all the mineral elements, which God put there in the beginning, are present.

If cancer is suspected, clean out the system, and get a new supply of pure blood. There are nonpoisonous herbs that will purify the blood and kill malignant growths internally or externally, leaving no bad after-effects. (Blood-purifying herbs are given on p.50). Cancer will not live in a system when the bloodstream is pure.

While it may be all right to treat symptoms, the cause of a disease must be ascertained and removed before there can be a permanent cure.

Since I have been asked many times about my experiences with cancer cases, I will give a few.

Many years ago I was asked to see a man who was in a charity hospital. His trouble had been pronounced cancer. In fact, he had no outward sign of cancer, just a little swelling on the underside of his jaw, which was not painful; but he complained of pain in the region of the navel. There was no outside swelling on or near the navel, but a tumor could be felt there. Something gave way in this region that caused his death. A postmortem was held and it was found that the cancer had eaten through the bowels. It had not only spread through all the bowels, but had also affected all his organs, from the crown of his head to the soles of his feet, the tissues of his body were full of cancerous growths.

Another man—quite fleshy—who had been sick for some time and whom I had nursed for nearly a year, died suddenly. The attending physician, who was a prominent surgeon, said to me, “We will have a postmortem on this man.” We found this man’s bowels to be full of cancerous growths. His liver was very much enlarged and full of tu-

mors, large and small. His heart was much enlarged and upon opening it, we found a large amount of fat in each part. There were no growths in the stomach, but it was full of mucus and the walls were a very dark color. This man was a big user of pie, ice cream, iced tea and coffee, white bread, peeled potatoes, denatured foods, liquor, tobacco, and other harmful things. Many times when I talked to him about his eating and drinking he would reply, “I’m going to have what I want while I live.”

Another man had a cancer on his cheek. It was in the form of a tumor about the size of a fist and was extremely painful. The cancer had eaten completely through the cheek and spread on the inside of the cheek to his gums on both upper and lower jaws and had started to eat his tongue. Pus ran out of his mouth and he was kept alive by inserting a tube in the other side of his mouth, through which he took liquid nourishment. This sore was so painful that it could not be touched with a little cotton without excruciating pain. After about seven weeks of treatment as I have outlined, this cancer healed so that this man could sit at the table and eat with his family. The last I heard from him he was doing some work. To heal this cancer, the herbs which I have enumerated were used.

In another patient the cancer had spread from the gums to the throat and it then progressed to the stomach. Pus was exuding freely on the outside and also from the throat. The patient was kept alive by tube feeding and by treatment with the herbs and other natural remedies. In seven weeks this man was able to sit with his family again, and to eat at the table. The last I heard from

him he was once again able to do some light work.

Another woman who had cancer of the breast, had had one breast removed and had been overtreated with radium and x-rays. She was burned from it so that the flesh came off her ribs and she could not eat or drink anything, even water. I did not try to do anything for her except to make her as comfortable as possible.

A man who had cancer of the rectum had his folks come for me. I injected some of the herbs I mentioned, and the terrible pain stopped about the fourth day. In about seven days a lot of slush came from the rectum, including a big chunk that looked like a crab. In seven or eight weeks after I began to treat him, he said he felt as well as he ever did in his life, and began to do some light work.

A woman had developed a painful, swollen breast, which was surgically removed. A short time later she developed a large tumor in her bowels. This also was removed. Then she developed another tumor larger than the first one. When the surgeon attempted to remove it, he found that the cancer had spread through the entire abdomen. He simply closed up the incision without removing anything, stating that she could not live more than three to ten days. She was taken home to die and her nurse was instructed to give her plenty of medicine to relieve her pain.

Her husband was advised to get in touch with me. He came for me and took me to see his wife. When I arrived at their home and examined her, I found that nothing would go through her bowels. She had a tube in one side of her colon, through which the waste

matter came out. In another side of her abdomen, there was an opening through which the urine passed. There was another opening through which pus oozed all the time. She had to lie flat on her back and could retain nothing on her stomach, not even water.

Her husband and family wanted me to try to help her. I gave them no hope whatever, but I said I would try. It indeed took some courage to undertake to help a person in that condition.

We did not give her any more hypodermics to quiet her, but tried to soothe her pains with fomentations, liniment, massage, etc. We gave her herbal enemas, which cleaned out the impaction and swelling from the colon until she had a natural bowel movement through the rectum. Then I removed the tube from her colon and healed the opening. I worked hard to heal the side where the urine passed; but this was harder to heal, as a little urine oozed away all the time. It finally healed, however. Just as soon as her side was healed, we gave her hot tub baths, so she would sweat freely.

At first she was so weak that it took four persons to put her in the tub and take her out again. There was improvement from the first day we put her in the bath. She perspired freely. We gave her a hot sweat bath every day until she got well, followed by a salt glow, cold towel rub, and a massage. She also had fomentations every day over the stomach, liver, spleen, spine, and over the entire abdomen, after which her abdomen and back were thoroughly saturated with the liniment (Liniment recipe is on p.33). Her abdomen was thoroughly massaged several times a day for quite a while to assist in re-

moving the poisons and cancerous growths.

This treatment was followed for about four months. In the mean time she went to Florida in a touring car, stayed there for a while, and came home on the bus. She stood the trip by bus fine, and after returning, went every day to visit some of her many friends. Soon she began to do her own home work and has done it ever since, besides raising beautiful flowers and helping materially in the family vegetable garden.

She took the herbs and diet as given in this book (**Back to Eden** book has lots of health food recipes suited for cancer patients) and also made many meals of fresh, vine-ripened tomatoes for some time. In addition, she ate freely of leafy greens.

This was six years ago and today she is the picture of health. My wife and I were invited to her home some time ago and what a fine dinner she had prepared! It was delicious and all of the dishes were healthful dishes. We enjoyed this dinner immensely for two reasons: seeing this woman enjoying life in the nice new home that her husband had built for her and partaking with them of the fine dinner she herself had prepared.

Right here I must say that part of the credit for the recovery of this outstanding case I give to my wife and youngest daughter Naomi, who were the faithful nurses on this case. The following is a letter from this patient.

“I write this for the benefit of others. During the summer of 1933, I was taken seriously ill, and was taken to a large institution in the civinity of Washington, D.C. They found that I had cancer of the breast, so they removed the

entire breast. A little later it was discovered I had a large tumor in my abdomen. They then operated and removed it, and then another tumor developed in the bowels which was larger than the first one, so much so that it completely shut off any movement from passing through the bowels to the rectum. They then made an opening in the colon and put a tube in to eliminate the waste matter. My suffering was so intense that they kept me under heavy opiates all the time. I was failing fast and they told me there was no chance for any recovery. I was taken home in an ambulance, and my family was told I could not live more than three to ten days. My husband purchased a burial plot, and about that time we learned of a man by the name of Jethro Kloss that could cure cancer, so we looked him up and my husband brought him to our house. He made no promises, as the case was very hopeless; nothing would go through my bowels, I could keep nothing on my stomach, and was paralyzed with opiates. But he said that he would try to help me but would not make any promises.

He treated me with natural remedies, herbs, proper diet, water treatments, massage, sunshine, fresh air, and rest. I was treated by him for four months, when I made a trip to Florida with Mr. Kloss in an auto and stayed there under his care for one month. I then left Miami and went to visit relatives elsewhere in Florida, returning home to Washington from there by bus. This was five years ago and I am a well woman today, doing my own housework, working in my garden, etc. I write this so that others suffering from the dread disease of cancer may know



that there is help for them.” — Mrs. John Rhine.

Taken from the Book, **Back to Eden**, pp.284-298, Original Copyright 1939.

**About the Author:** Mr. Jethro Kloss was a world renowned herbalist, food scientist, inventor, lecturer, writer, teacher—and most widely known advocate of cooperation with Nature’s healing resources. In all his treatments, he emphasized that health and restoration is to be found in herb, root and bark. He was a soyfood pioneer. He lived to a ripe old age of 83. He was a Seventh-day Adventist.

Mr. Kloss challenged the doctors of the National Cancer Research Institute in Washington, D.C. that he could cure any terminal cancer patient without radiation, and wanted them to observe his treatment methods so as to leave a legacy for the benefit of the world, as he was aging. But they replied that they could not accept his offer, and asked him to write it out, which he did, in the book he authored: **Back to Eden**, which is an international bestseller even today. **Back to Eden** is available at Amazon.com for Rs.500. Ω

## Cancer: The Risks and the Routine

### How Not To Get Cancer And What To Do If You Do Get It

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#### THE RISKS

Cancer is the result of the simultaneous action of at least three factors: a virus, an injurious agent and a native weakness. We can determine cancer susceptibility early in life and keep up the body’s defenses by carefully managing lifestyle. Animals may be the reservoir for cancer viruses. Animal products figure highly in cancer risks. Viral particles have been found in certain cancers and in milk and eggs. Cooking may not be adequate to make animal products safe, as even heat-killed viruses have caused cancer in hamsters. In countries where dairy industries are well developed, cancer rates are high; where poultry industries are well-developed, leukemia and early maturation of children are high. There have been “clusters” of cancer cases associated with sick pets as well as with certain places. Implicated as can-

cer virus carriers are monkeys, chickens, cows, cats, and dogs.

Eighty-five percent of cancers are directly related to the environment in one way or other, and another 10 percent are indirectly related. Estrogens and bile acid derivatives are internally produced carcinogens which are recognized as being related to environmental factors. Examples of environmental factors include the following: There is a three times higher risk in women to develop bladder cancer if as little as one cup of coffee per day is taken. Any X-rays to the mouth, head, neck, and even diagnostic X-rays, increase the risk of developing thyroid cancer. Atromid-S (Clofibrate for lowering cholesterol) is associated with a higher incidence of cancer and gallbladder disease. Amphetamines, once used in weight reduction programs and now used for hyperactive children, may in-

## Herbal Liniment

Good for all pains, painful swellings, bruises, boils, skin eruptions of any kind, and pimples. Apply herbal liniment every few minutes for an hour or two. It will stop a sty from developing on the eye in a short time if used freely. **BE CAREFUL NOT TO GET IT INTO THE EYE.**

Herbal liniment is also very useful for headaches. Apply to the temples, the back of the neck, and the forehead. It is very effective for rheumatism. For toothache, apply in the cavity and all around on the gums and on the outside of the jaw if necessary. It will take the swelling and soreness away. It is excellent for pyorrhea and sores in the mouth. Satu-

rate a piece of cotton and thoroughly wash the mouth with liniment; or take a mouthful, rinse themouth with it and spit it out. It is very good for pain located in any part of the body. It is also useful for the control of athlete’s foot. Apply frequently, saturating the affected parts thoroughly.

To make herbal liniment, combine two ounces powdered myrrh, one ounce powdered golden seal (saffotin), one-half ounce cayenne pepper and one quart rubbing alcohol (70 percent). Mix together and let stand seven days; shake well every day, decant off, and bottle in corked bottles. —Jethro Kloss Ω

## Herbal Laxative

To make herbal laxative, combine equal parts of buckthorn bark, rhubarb root, cascara sagrada bark, calamus root, and fennel seed. Mix thoroughly. These herbs are nonpoisonous, are soothing to the stomach and will help to prevent gas and fermentation.

**Dose:** One-fourth teaspoonful in one-fourth glass of water. Follow with a glass of hot water. Take after each meal if the digestion is slow, or you can take a half-teaspoonful in the same manner upon retiring. Increase or decrease the amount taken to suit your personal need, but take enough so that you have a good elimination every day or at least so that bowels stay open. Children should be given proportionately less according to age. This laxative should be made of the

powdered herbs as it can then be used in the gelatin capsules. Two No.00 capsules are the usual dose for an adult. If making a tea of granulated herbs, steep a teaspoonful to a cup of boiling water for thirty minutes and drink.

If you do not have on hand or cannot obtain all the herbs used in the above laxative, any one of the following three will bring good results when used singly in the same dose as given in the preceding paragraph; buckthorn bark, rhubarb root, or cascara bark.

Other herbs that act as a laxative are: horehound, hyssop, mandrake, mullein, peach leaves, psylla, sage, senna, wahoo, blue flag, wild Oregon grape, fringe, and aloes.—Jethro Kloss

crease six-fold the risk of later development of Hodgkin's disease. In the United States, about 32,000 deaths per year are attributed to Hodgkin's disease.

Since so many different things cause cancer, it is difficult to put one's finger on any one thing as the cause of a specific cancer. A number of common agents in the environment are repeatedly incriminated as factors in increasing one's risk of developing cancer and these should be considered. Where possible these items should be eliminated from one's close-by surroundings, as the working together of many different factors can eventually overcome the defenses of the body and encourage the growth of cancer.

## GENERAL CANCER RISKS: ALL AREAS

Following is a listing of certain factors known to increase risks for cancer, at least under certain circumstances:

- High meat and fat consumption
- Coffee, tea, colas
- Aflatoxins (especially in peanuts and soy sauce)
- Lack of iodine, Vitamins A, C, E
- Amines in unrefrigerated foods, processed meat, cheese
- High intake of certain vitamins
- Habit of overeating (associated in 35% of all cancers)
- Some species of mushrooms
- Diet high in refined foods

## Psyllium (Hindi: Isabgol)

**Parts Used:** Seeds. Leaves may be eaten raw or cooked. Husk is used in making poultices, thickener in ice creams and frozen desserts.

**Medicinal Properties:** Demulcent, purgative, detergent. Medical use for Constipation, Diabetes, High Cholesterol, Weight loss and Obesity.

**Description and Uses:** Psyllium assists greatly in cases of colitis, anal fissures or ulcers, and hemorrhoids by relieving the stress occasioned during difficult evacuation of the bowel. It relieves auto-intoxication, the cause of many diseases, by cleansing the intestines and removing the putrefactive toxins. Psyllium, being purely vegetable product, causes no harmful effects, either physiological or chemical. It is superior to emulsions, oils, and agar compounds, which are widely known and used.

For adults, take two teaspoonfuls after meals, or an hour before meals in a glass of water, warm water being preferred. For children

the dose is one-half to one teaspoonful after meals. Vary the dose according to the individual needs.

When soaked in water or any liquid, the seeds swell into a jelly-like mass that lubricates the intestines and stimulates the normal muscular activity without causing cramps and griping in the bowels. Psyllium could really be called a colon broom, as it cleans out the colon. Some psyllium preparations come with natural flavors, such as lemon, which makes it easier for children to take.

India dominates the world market in the production and export of psyllium. It produces 60% of world's psyllium. US is world's largest importer of psyllium husk, 60% going to pharmaceutical firms for use in products such as Metamucil, Fybogel, and Ispaghula husk. Why purchase the husk in the form of capsules and bottles when you can purchase the seeds from Ayurvedic whole sale shops since it is a native of India, Bangladesh and Pakistan? Ω

- Diet high in fat or protein
- Diabetes
- Overweight
- High "transit time" through colon
- Estrogens
- Hair dyes
- Asbestos fibers
- Drugs: certain antibiotics (Tetracycline, probably penicillin), aspirin, diuretics, immunosuppressants, Azolid, Butazolidin, Presamine, Tofranil, SK-Pramine, Tapazole, Methotrexate, antihistamines, amphetamines, Atromid-S, antidepressants, etc.
- Use of tobacco, alcoholic drinks, caffeinated and decaffeinated drinks
- Excessive exposure to chemicals, industrial fumes, hydrocarbons, cleaning solvents, vinyl chloride
- Stress
- Exposure to cold, heat, and radiation
- Long contact with sick pets
- Chronic irritation or infection
- All viral illnesses (flu, colds, rashes, diarrhea)
- Early sexual activities—cervical and foreskin cancer
- A kidney transplant
- History of any previous cancer
- Nonspecific factors: age, race, sex, occupation, family history of cancer
- Food preservatives such as BHT
- Deficiencies of essential fatty acids in the diet, which can be obtained from nuts, seeds, whole grains, legumes, olives, and avocados, may be a factor in encouraging tumors to occur. Such tumors may be benign, precancerous, or actual cancer. A serving of nuts or seeds to be

taken is about 1-2 tablespoons; a serving of cooked dried legumes is ½ cup; a serving of 6-8 olives or 1/8 of a medium avocado.

- Studies done with mice revealed that stressful situations such as poor housing conditions, overcrowding, and social tensions between mice were factors in causing the mice to fail to respond well to treatment for cancer
- Childhood leukemia has been linked to electric and magnetic fields near residential areas for the last 25 to 30 years. Supportive research is continually being reported, although not as major factors. Major electrical lines or transformers should be at least 100 feet away.
- Processed fat intake is linked to cancer in older women, especially the fat found in red meat, dairy butter, margarine, mayonnaise, fried foods, cooking fats, and salad oils.
- The consumption of cured meats, most notably bacon, increases one's risk of getting cancer, as it increases the dietary sources of certain nitrogen-based compounds which are precursors of nitrosamines, strong cancer-producing chemicals.
- The use of common table sugar (sucrose) and monosaccharides such as fructose have been shown to encourage an increased risk for getting certain types of cancer of the liver and gallbladder.
- Chlorination of water has been proclaimed a risk factor for bladder cancer.

## COLON CANCER RISKS

In some countries where colon cancer is unknown, the diet is chiefly fruits, vegetables and whole grains, and the

dietary fiber is 12-15 grams daily. In USA, where colon cancer is high, many people average only 3-5 grams daily. Low-fiber animal products are suspect. A lifestyle that encourages diabetes will also encourage cancer, as more cancer of all kinds occur in diabetics. A lack of exercise, irregularity in sleeping and eating times and a diet high in protein, refined sugars, grams, and oils are all associated with a greater cancer risk. Animal experiments indicate a much higher incidence of cancer on high protein diets. There are some encouraging results from treating leukemic children with a low protein diet. Fats are repeatedly incriminated in medical reports as being likely to promote cancer when used in large quantities.

The following list shows factors connected to colon cancer:

- High meat diet
- High fat diet
- Low fiber diet
- High “transit time” for intestinal digestion
- Aromatic spices, pepper, etc.
- Alcoholic beverages
- Beer consumption (rectal cancer)
- Previous cancer of breast, colon, or endometrium

### Prevention

Prevention, as with cause, has many aspects. A lifetime of healthful living by one’s parents, as well as by oneself, gives the very best protection. Some aspects of prevention have been particularly emphasized, however, and should be given special consideration by all who wish to protect themselves against cancer.

The first item of consideration must always be to remove any known causes. Study the causes listed above and diligently aim at eliminating all of them.

A certain process of maturation occurs in cells of the intestinal tract making them resistant to cancerous changes. This process is brought about by folic acid, a substance found in generous supply in fruits and vegetables. It is believed that one of the reasons vegetarians have less cancer of the colon is because they naturally take in more folic acid. Vitamin B12 also beneficially affects the maturation process that protects against cancerous changes. The most favorable diet for both prevention and slowing down the spread is a totally vegetarian diet without animal products, even eggs.

Exercise has been demonstrated to reduce both the risk of the development of cancer, and to retard the spread of already present cancers.

### THE ROUTINE

The objectives of the cancer routine are to improve circulation to and oxygenation of the cells, to change the intestinal flora with a high fiber diet, to discourage cancer cell growth with hot baths, to stimulate the immune mechanism for cancer resistance, and to combat toxins which cause anemia and loss of appetite.

### NUTRITION

- Vegetables. Eat freely.
- Fruits generously.
- Grains moderately.
- Nuts and seeds sparingly.
- Avoid oils, margarine, shortening, greases, and fried foods.
- Omit all animal products meat, milk, cheese, eggs, butter, yogurt, ice

cream.

- Use only whole grain cereals, bread, pastas. Make sure the cereal grains are well cooked, usually from 2 to 4 hours.
- Use legumes (beans) five or more times weekly.
- Take two tablespoons of Barley Green two times daily in water (6 oz.).
- If you feel compelled to use a sweetener, use honey, molasses, barley malt, maple syrup, or turbinado sugar instead of white sugar, brown sugar or confectioner’s sugar. In any case, use these all sparingly.
- Dried fruits use moderately.
- There is a great advantage in skipping the third meal. The two meal plan allows the digestive organs to rest. Never snack. Not a sip or a taste of a morsel between meals.
- Have a set time for meals. Establish regularity and regimentation as far as meal schedule is concerned.
- Read labels for irritants and harmful foods and additives such as vinegar, monosodium glutamate, pepper (black, cayenne, hot), baking powder, soda, animal products, ginger, cinnamon, nutmeg, cloves, all spices.
- Omit one to three meals weekly unless underweight.
- Eat a lot of your fruits and vegetables raw.
- Eat slowly and chew well.
- Cook grains thoroughly for three hours at least. Use Crock Pots overnight if desired.
- Omit liquid foods at meals except on rare occasions. Liquid foods are pops, juices, water-based soups, other beverages.

- Use frozen fruit blended with a little fruit juice, as an ice-cream substitute.
- Shop at health food stores and produce markets as much as possible.
- Put five hours between the end of one meal and the beginning of the next. Eat a substantial breakfast and lunch, supper, if eaten, should be only whole grains or fruit.
- Never use soft drinks, coffees, teas, medicines, and chocolate. May use herb teas.
- Take one clove of raw or steamed garlic, or four garlic pills (two capsules) four times per day at meals.

### Summary:

- Drink 1/4 cup of Aloe Vera juice two times per day, at meals.
- Drink 6-8 oz. of fresh carrot juice daily, at lunch.
- Eat carrots, grapes, cabbage, asparagus, Brussels sprouts, beets, broccoli, dark greens, kohlrabi, cauliflower—one or two servings daily.
- Eat plenty of raw fruit including fresh lemon and grape juice or raw vegetables including carrot juice (but not both fruits and vegetables at the same meal). If possible, fifty to eighty percent of the meal should be eaten raw. Asparagus and garlic have both been ascribed anticancer qualities.
- Choose cooked grains or vegetables from the following list. These foods are selected because of their low phenylalanine and lysine content.
- Potatoes, white or sweet
- Wheat
- Corn
- Rice
- Oats

- Barley
- Carrots
- Millet
- Buckwheat
- Rye
- Use field peas or green peas not more than twice a week, as they are high in phenylalanine and lysine. Select only one at a meal.
- Use frequently whole grain cereals or quick breads without sugar, baking powder or soda, or excessive salt, to avoid overusing yeast products.

### EXERCISE

- Swim
- Split wood
- Cycle: Stationary, or three-wheeled, etc.
- Walk, walk, walk
- Jog on padded surfaces as appropriate
- Rebounders
- Gardening
- Spas
- Lawn care
- Stretching exercises
- Exercise daily, progressively, and religiously, especially after meals for at least 20 minutes and up to 10 miles walking daily. Exercise produces brain substances (endorphins) that “doeth good like a medicine”.
- Massage for passive exercise.
- Range of motion exercises.

Exercise is your best friend. Twenty minutes per day is minimal. One hour daily is better, but on certain days three or more hours may be needed. Do not get sunburned and do not make your muscles sore with too much exercise. Both of these are unhealthful. Gradu-

ally build to a good exercise level without ever developing sore muscles. Do not become exhausted by too much exercise. Exhaustion is exertion from which you cannot recover well from with a night’s sleep. Exercise helps keep your appetite under control, neutralizes stress, lowers blood cholesterol, promotes digestion, and normalizes blood sugar. Make it your companion. Breathe deeply while exercising and meditate on nature as you work out. By active exercise in the open air every day the liver, kidneys, and lungs also will be strengthened to perform their work. The studied habit of shunning the air and avoiding exercise closes the pores, the little mouths through which the body breathes, making it impossible to throw off impurities through that channel. This burden is then thrown upon the liver, lungs, kidneys, etc., and these internal organs are compelled to do the work of the skin. When the oxygen is cut off from normal cells, they are damaged to the extent that they are no longer able to burn foodstuffs down to carbon dioxide and water, because oxygen is needed for this reaction. The cells then have to depend upon the energy obtained from metabolizing sugar to lactic acid, which does not supply adequate energy to maintain normal structure and function. As a result, the cell can turn cancerous. Morning exercise, walking in the free invigorating air of heaven is the surest safeguard against colds, coughs, congestions of the brain and lungs... and a hundred other diseases.

### WATER

- Drink 6-8 cups of water, as pure as possible to obtain, between meals each day. Also, regular bowel move-

ments daily are very important. Two cups of very warm water upon arising in the morning are very helpful for this.

- Drink four cups of Pau d’Arco tea daily (Make the tea by boiling 4 teaspoons of the herb in four cups of water for 15 minutes, then steep for 15 minutes more).
- Drink 2-4 cups of Chaparral tea daily (Make by steeping one teaspoon of leaves per cup of preboiled water for fifteen minutes).
- Do not use sweeteners in your teas. Though they are medicinal and may not appeal to your taste, the herbs were given to us by our Creator for healing. Drink them faithfully!
- Drink blue violet and red clover tea freely, made the same way as chaparral. The herb teas may be continued indefinitely if desired.
- A daily bath is essential; personal hygiene is a must. Wear a clean change of clothes daily.
- Clean and neat living conditions, and fastidious kitchen facilities are important.
- Take 15-20 hyperthermia treatments (3-5 per week, depending on the strength of the patient, no more than one per day) (See 1-7).
- Use a hot bath of 104-110 degrees F. to accomplish this “fever” or “hyperthermia” treatment.
- Obtain 102-105 degrees F. orally and maintain it for 20-40 minutes, as tolerated.
- When oral temperature goes above 100 degrees F or patient begins to sweat, keep head very cool with icy cloths changed often. Keep bath water of sufficient temperature to maintain an oral temperature of

102-105 degrees F. Do this by draining cooling water and adding hot water.

- End hot treatment with tepid shower, brisk rubbing to dry, and one hour of bed rest with a cold pack on forehead.
- Prevent chilling after treatment.
- Abort treatment if heart rate rises above 140. For more details on fever treatments, see the book **Home Remedies**. (We will try to get this book for you if you need.)
- For superficial tumors, use ice massage for seven to twelve minutes; follow by twenty minutes of hot compresses and end with cold compresses of one minute.
- Water is the best liquid to cleanse the tissues. Drunk freely, it helps to supply the necessities of the system, and assists nature to resist disease. Pure water to drink and fresh air to breathe invigorate the vital organs, purify the blood, and help nature in her task of overcoming the bad conditions of the system. A good sign: Drink water till urine is pale.

### SUNSHINE

Twenty to sixty minute sunbath daily will be helpful. Expose at least face and arms.

Sunlight increases the production of lymphocytes. The lymphocyte is also capable of producing a substance called interferon which is effective against several different kinds of cancer including carcinoma, sarcoma, and leukemia. This fact spurred the American Cancer Society to spend 2 million dollars to purchase interferon from Finland for experimental use. Dr. Hans Strander of Finland discovered that he could give interferon to terminal bone

cancer patients and double the number of long-term, disease-free survivors. The lymphocytes in our own bodies manufacture this wonderful interferon that can help so dramatically in cancer and viral infections. Sunlight is a great stimulus for increased lymphocyte production and thereby increases the production of interferon. Sunlight also generates vitamin D. Sunlight destroys bilirubin. To the sick it is worth more than silver and gold to lie in the sunshine or in the shade of the trees.

### TEMPERANCE

God will supply power and help to overcome once and for all health-destroying practices. A few of these are: overeating, snacking between meals, indulgence of unhealthful habits such as caffeine, nicotine, alcohol, purging, prescription or nonprescription drug usage, masturbation and all other improper expressions of sexuality, overworking, television viewing, late bedtimes, use of harmful food items or overuse of marginal items (such as salt).

True temperance teaches us to dispense entirely with everything hurtful and to use judiciously that which is healthful. Drugs never heal, they only change the features of the disease.

### AIR

- Fresh, outdoor air. Avoid smog, motor exhaust, hydrocarbons, and tobacco smoke.
- Keep correct posture.
- Keep sleeping rooms well aired, being careful not to sleep in a draft.
- Spend more time out-of-doors.
- Take 20 deep breaths outdoors or near an open window 2-4 times per day.

- Blow up balloons to encourage oxygenation of tissues.
- Hike.
- Spend time out of cities as much as possible.
- Remember that prayer is the breath of the soul.
- A group of rats with cancer were allowed to breathe charged (outdoor) air while an equal number breathed common indoor air. After one month the cancer in the rats breathing the indoor air was twice the size of the cancer in the rats breathing the charged air.

### REST

- Reinstate regularity, routine, order, and predictability in daily activities.
- Simplicity and quietness of living is the goal.
- Stop overworking.
- Readjust your overly stressful job and whittle various involvements out of your life.
- Prioritize your life with much prayer.
- Keep the Sabbath holy. You need a day of rest. God made the Sabbath for man and specially blesses those who commune with Him that day by spending every possible moment in Bible reading, meditation, prayer, study of spiritual lessons in nature, and innocent family pleasures.
- Rise and retire at set times.
- Omit TV, Rock n' Roll, novels, love stories, idle talk, frivolity, and other exciting but unnecessary activities.
- Learn to live more simply, spend less money on yourself, and utilize more to help others.
- Refuse to defend yourself, argue, worry, or complain. If you are not

sleeping at night, do not nap during the afternoon. Do not sleep late and take breakfast off schedule. A nap before lunch can be taken instead.

- If you work afternoon or night shifts, change job assignments if at all possible.
- Make sure you have one day off each week besides Sabbath. Use this day for personal chores and private projects; this is not selfish. Your first duty to God and to others is that of self-development.

### TRUST IN DIVINE POWER

- Reevaluate your relationship to God.
- Begin each day or end each day with a quiet hour or so alone with God in prayer and Bible reading.
- Keep your joys (thanks), your wants (needs), your sorrows (sins), your cares, and your fears before God.
- Talk to Him all day. Practice His presence.
- Read Desire of Ages, Ministry of Healing (Health and Happiness), Steps to Christ, and Counsels on Diet and Foods by Ellen G. White.
- Resume or continue morning and evening family devotions.
- Become a Christian anew every day.
- Accept the circumstances of daily life even if they are not what you may have planned or chosen.
- Pray for God's will to be done and do not insist on healing. He does not heal everyone but He intends to save every soul. Have faith that God will accomplish the very best thing for your life.
- Be thankful, cheerful, and prayerful. These attributes produce endorphins. These are merry hormones

and happy chemicals that fight cancer and promote a sense of well-being.

- Consider being anointed by the church elders.
- You will need the Lord to make these lifestyle changes and to maintain them.

### DRESS

- Simple, modest, healthful, clean, and attractive.
- Natural fibers and blends are best.
- Keep your limbs warm.
- No tight bands and restrictive garments.

### Additional Treatment Suggestions:

- In the treatment of malignant disorders there are some factors that seem rather specific for certain cancers, but most agents having a beneficial effect on one cancer will also have a beneficial effect on all kinds of malignancies. Therefore, the advantage of a cancer treatment which helped one type of cancer should be employed in all types of cancers. A listing of factors that have been proven, or believed to be beneficial, or even curative, are given below:
- Flaxseed lignans, a type of fiber, has a variety of anticancerous actions. Flaxseed contains vastly more lignans than the next highest known source of lignans—lentils.
- The immune system is benefited by a variety of activities which could be said to bring peace or joy. A meaningful religious experience is one of the most effective means in this group of immune system stimulants. Charitable deeds for the poor or distressed also fall in this cat-

egory. Creative activity such as playing a musical instrument, reading or writing poetry, planting a flower bed or a vegetable garden, or arranging flowers for a gift to a friend, can substantially benefit the immune system.

- The use of vitamin supplements have appeared protective in people who were using cured meats, a source of ever increasing risk of getting cancer.
- Reduced risks for brain tumors have been associated with reduced risks from the intake of vegetables such as bell peppers.
- Tobacco in any form is definitely a risk factor for cancer, including cancer of the brain.
- Coenzyme Q10, "CoQ10" has led to the complete regression of tumors in two cases of breast cancer reported in 1993. Three additional breast cancer patients later took 390 milligrams of CoQ10 over a three to five year period. The numerous metastases in the liver of one of the three, a 44-year-old patient, disappeared, and no signs of metastases were found elsewhere. Another, a 49 year-old patient revealed no signs of tumor in the pleural cavity after six months, and her condition was excellent. A 75-year-old patient with carcinoma in one breast after lumpectomy treated with CoQ10 showed no cancer in the tumor bed, nor were there metastases.
- There were measurable effects reported from beta carotene and vitamins A, C, and E in benefiting cervical cancer. It might be well to try a routine of all raw foods for abnormal pap smears, cervical carcinoma in situ, or invasive cervical carcinoma.

noma.

- Isoflavones, such as those found in soybeans, are not absorbed as efficiently when a lot of wheat is eaten at a meal. Since Americans are heavy wheat eaters and eat fewer beans containing isoflavones, Americans lose the benefits of these anticancer substances. For women who are highly susceptible to cancer, it would be well if they limited the intake of wheat to fairly small quantities, and that only two to four times a week, rather than with each meal as is the custom in the typical western diet. Perhaps the use of rice, oats, millet, corn, and rye may be helpful, rather than a steady diet of large quantities of wheat.
- Grapes, particularly the purple kind, contain large quantities of a substance called resveratrol, which can block cancers during three major stages of development before a tumor ever appears. Mulberries and peanuts also contain resveratrol; but grapes and grape products are the richest source. While grapes have not been found curative, they have been found preventive for cancers, and retarding to their growth. The resveratrol is present in the grape skins.
- Ginseng works to tie up estrogen receptors in much the same way that Tamoxifen, a toxic chemotherapeutic agent used widely in hopes of preventing estradiol from the ovaries from binding to breast cells to stimulate cancer.
- Bladder cancer has been helped by instilling into the bladder a vaccine used against tuberculosis called Bacillus-Calmette Guerin (BCG). Furthermore, bladder cancer was

treated successfully to prevent recurrences after surgery by instilling 25 milligrams of vitamin B6. This work was first done in the Veterans Administration hospitals in 1977.

- Skin Cleansing and Stimulation: Take three showers daily for ten days; precede each shower by a dry, stiff bristle brushing of the skin. Then use two showers daily for thirty days.
- Chemicals and Pharmaceuticals: Avoid cosmetics, deodorants, hair sprays, and all chemicals, especially pesticides, and herbicides.
- Some may wish to follow a daily routine such as the one that follows:
  - 1 Day 1: On the first day or two of the program have a total food fast. Repeat the fast one to two days a week as macrophages and lymphocytes are the most active and effective in fighting cancer cells after fasting.
  - 2 Day 2: Take sixteen ounces of fresh (or canned, if necessary) grape juice three times a day. The juice may be diluted if it causes a stomachache undiluted.
  - 3 Day 3: Switch to sixteen ounces of fresh carrot juice three times a day.
  - 4 Day 4: Use grape juice at breakfast and supper, carrot juice at dinner.
  - 5 Days 5-10: Use the same juices. In addition to grape juice, eat any kind of raw fruit. In addition to carrot juice, eat any kind of raw vegetables.
  - 6 Days 11-15: Begin adding stewed or canned fruit to the fruit meal menu, and steamed vegetables to the vegetable menu. Serve hot. Use as little salt as possible, and never over one-half teaspoon per day. Never

overeat.

- 7 Day 16: Begin taking three almonds with breakfast and dinner. Continue a very small fruit supper if essential, but it should be omitted as soon as possible.
- 8 Day 17: Continue the present food plan, but begin serving one-half cup of brown rice at breakfast and dinner.
- 9 Days 18-20: Increase the quantity of rice by one-fourth cup per day until serving one cup.
- 10 Serve with dry or chopped fruit, or onions, tomatoes, lemon juice, or green peas for seasoning.
- 11 Day 21: On the twenty-first day, increase the number of high protein foods served to supplement the rice, keeping the variety of dishes to a minimum, and using three items only at each meal as follows:
- 12 Eat plenty of raw fruit including fresh lemon and grape juice, or raw vegetables including carrot juice (but not both fruits and vegetables at the same meal). If possible, fifty to eighty percent of the meal should be eaten raw. Asparagus and garlic have both been ascribed anticancer qualities.
- 13 Choose cooked grains or vegetables from the following list. These foods are selected because of their low phenylalanine and lysine content:
  - Potatoes, white or sweet
  - Wheat
  - Corn
  - Rice
  - Oats
  - Barley
  - Carrots
  - Millet
  - Buckwheat

- Rye
- 14** Use immature legumes such as field peas or green peas not more than twice a week, as they are high in phenylalanine and lysine. Select only one at a meal.
- 15** Use whole grain cereals or quick breads without sugar, baking powder or soda, or excessive salt.
- 16** Bowels: A bowel movement daily is essential, even if an enema or colonic irrigation is required. All foods that ferment in the bowel should be avoided.
- 17** Massage: For the weak patient who is unable to exercise out-of-doors a daily massage is essential, but

should not be done directly over tumor. After about ten days, the rubs may be reduced to one or more weekly.

- 18** Country Quarters: Avoid noise, smog, television, stress, and confusion. Do not overstudy, but get some reading or study each day. Remember that a rejoicing heart doeth good like a medicine.
- 19** These are just a few suggestions. Your future is in the hands of the Lord. He has loved you with an everlasting love and if we believe that, we have the peace that passeth all understanding. May God bless you as you seek to implement these suggestions.      Ω

## Foods to Treat Cancer - 1

- Alkaline diet, an - it kills cancer microbes
- Apples - prevent cancerous tumors in colon
- Apricot seeds
- Basil - has chemo-protective potential for colon cancer, and reduces colon tumors.
- Beans, black, red or pinto - cancer-fighters - regular intake decreases cancers of the pancreas, prostate, and endometrium.
- Beets - anticarcinogenic
- Berries: Straw berries, red raspberries, black raspberries, blue berries
- Broccoli - keeps cancer-causing toxins from binding to DNA, thereby reducing DNA damage
- Brussel sprouts
- Cabbage - prevents pancreatic, breast and ovarian cancer
- Carrots - best cancer fighting vegetable - cures throat cancer
- Cauliflower
- Chilli peppers
- Cilantro (Coriander) - fresh herb removes heavy metals and free radicals and has anti-cancer properties
- Citrus fruits - neutralize cancer-causing substances that cause stomach and breast cancer - oranges
- Collard greens (Kale)
- Cucumber peel
- Endive
- Fiber - high fiber intake reduces high-fat and high-cholesterol intake
- Flaxseeds
- Fruits, large amount
- Garlic - has anti-cancer properties. Lowers the risk of cancer of the stomach, breast, endometrium, and bladder - prevents the development of tumor cells - helpful in the treatment of cancers of the stomach and colon
- Gauvas
- Ginger - has anti-cancer properties such as 6-gingerol and 6-paradol

## Foods to Treat Cancer - 2

- and others.
- Gongura - the Telugus' favorite. Excess chillies cause stomach cancer.
- Grains - wild rice or brown rice, wheat, rye, oats, ragi are good source of fiber - wheat and wheat bran have anticarcinogenic properties - fiber prevents cancer by acting as a sponge to mop up and remove excess hormones from the body - reduce the risk of breast cancer.
- Gratitude
- Green scallion
- Green leafy vegetables
- Kiwifruit - provides protection against DNA damage
- Lettuce
- Mustard greens
- Natural fats high in omega-3s - are anti-inflammatory and have anticarcinogenic properties - Walnuts, flax and olive oil - olive oil reduces breast cancer by 33%
- Onion - has anti-cancer properties
- Oregano - among the dried herbs, oregano has the highest anti-oxidant levels. Cures colon cancer.
- Pears
- Peas
- Peppers- have Vit. A and C which are anticarcinogens
- Pineapple - prevents stomach cancer
- Prayer before eating
- Prunes/dried plums - help with bowel movement - they decrease colon cancer by mopping up toxins such as bile acids coming out of the liver
- Radishes
- Raw foods (carrots, cabbage, asparagus, broccoli, beetroot, beet tops, cauliflower, peppers) - cure cancer and protect liver
- Red or Purple grapes - grind the seeds and skins to make a mush.
- Rejoicing
- Rest
- Retinoids
- Spinach - prevents cancer of the throat, breast, colon and bladder
- Squash
- Soya beans, soya products and tofu - possess anti-inflammatory properties - protect against cancer of the lung, prostate, breast, colon, endometrial, rectum, stomach and lung.
- Sweet potatoes
- Thyme - dried herb has high levels of anti-oxidants - reduces DNA damage
- Tomatoes - have cancer-fighting nutrients. Protect against cancers of the mouth, esophagus, stomach, colon, rectum and prostate
- Trust in God
- Turmeric - anti-oxidant curcumin present in turmeric prevents or slows the growth of many cancers such as tumor of esophagus, stomach, intestine, breast, and skin cancer. External cancerous lesions could be cured with turmeric powder.
- Turnips
- Vegetable juice
- Vegetables, large amount
- Vitamin A - through carrots
- Vitamin K - helps blood clotting
- Water - helps in excreting wastes from the liver, kidneys, lungs, and sweat glands - drink 8-12 glasses
- Watercress
- Whole grains
- Yellow orange vegetables - reduce the risk of cancer of the lungs, prostate and pancreas      Ω

*Note: Attitudes which give health to the body have been included.*

## Foods Cancer Patients Should Avoid

Additives, foods that contain	Drug abuse
Alcohol	Mobile phones - excessive use of
All animal products - meat, butter, eggs, milk	Over-eating
All processed and genetically engineered foods	Refined sugars
Avoid high cholesterol diet - meat, liver, milk	Synthetic fabrics
Avoid water with meals	Tobacco - smoking or chewing
	Trans and oxidized fats - they cause cancer
	Unhygienic living conditions

Ω

## Herbs for Cancer<sup>+</sup> - 1

Abstemiousness	Brahmi ( <i>Bacopa Monniera</i> ) - has anticarcinogenic activity.
@Agrimony - helps dry up skin cancers.	@Burdock root - treats many skin diseases - destroys bacteria and fungus
Air, pure -	*Cancer tree, Happy tree, tree of life, <i>Camptotheca acuminata</i> - is a fern-like tree. It has cancer-fighting properties. Useful parts: bark, tender leaves, root, fruit. This tree is in China. Can be highly toxic if not moderate.
Alfalfa - counteracts the effects of chemotherapy	Cat's claw ( <i>Uncaria tomentosa</i> ) - treats digestive complaints, arthritis, wounds, cancer; builds immune system.
@Aloes	@Cayenne pepper
Andrographis - leaves kill cancer cells - helps prostate and breast cancer. Works for AIDS also.	@Chaparral, Indian Arrow - is a natural medicine for treating cancer
*Artocarpus Integer ( <i>Selaginella corymbosa</i> ), <i>Cempedak</i> , is a species of tree in the family <i>Moraceae</i> ( <i>Fig</i> ), and in the same genus as breadfruit and Jackfruit. Fruit is anti-hypertension and anti-cancer.	@Chickweed
Autumn crocus ( <i>Colchicum autumnale</i> ), Meadow Saffron - has chemotherapeutic properties	Cinnamon - aids to fight cancer
Benevolence	@Dandelion root - yellow flowered weed found in the lawns - cures liver diseases such as hepatitis or jaundice; purifies blood. Its name in Latin, <i>Taraxacum officianale</i> , means "official remedy for disorders."
*Bamboo Grass ( <i>Loathatreum gacies</i> ) - Bamboo leaves have anti-tumor activity	Diet, proper
*Bamboo rope ( <i>Asparagus cochinchinensis</i> ) - has anti-cancer activity	@Echinacea
Birch ( <i>Betula alba</i> ) - there are 60 varieties. Kills cancerous cells with no side effects. Helps HIV.	*Echo China ( <i>Smilax china</i> )
Blessed thistle - reduces size of tumors	Exercise
@Blue violet - the whole plant	Fig, Banyan, Peepal - Fruits crushed and laid on cancer tumors as plaster
@Blue flag	
@Blood root	

## Herbs for Cancer<sup>+</sup> - 2

will reduce to the tumors to 1/3 size. Useful parts: leaves, bark, fruits.	nighshade - has anti-cancer activity
*Fruit makassar ( <i>Bruca javanica</i> ) - from Indonesia - is said to cure cancer in a short time - new research	Manjistha ( <i>Rubia cordifolia</i> ) - 'herb of choice for total health' - has blood purifying anti-oxidant properties
*Garlic ( <i>Allium sativum</i> ) - Increased intake reduces risk of certain cancers	May apple ( <i>Podophyllum peltatum</i> ), Devil's apple, Indian apple, Umbrella plant, Wild lemon - this plant resembles a fan-like structure with wide leaves that are edible and medicinal. It has compounds which kill cancer cells.
*God's Crown ( <i>Phaleria macrocarpa</i> )	Nothapodytes tree ( <i>Nothapodytes foetida</i> ) - the wood has anti-cancerous compounds. <i>Camptothecin</i> found in this tree is an inhibitor of the DNA topoisomerase found in cancerous cells.
Gratitude	Nuts - Brazil nuts have selenium, which is a potent anti-cancer agent.
@Gravel root	Oxalis - has anti-tumor activity
Graviola - has anti-cancerous properties - effectively targets and kills malignant cells in 12 different types of cancer including colon, breast, prostate, lung and pancreatic cancer - is 10,000 times stronger in killing colon cancer cells than <i>Adriamycin</i> , a chemotherapeutic drug - selectively hunts down and kills cancer cells without harming healthy cells, unlike chemotherapy, with lethal precision. Parts used - bark, leaves, roots, fruit and fruit seeds. Big Pharma spreads negative propaganda about this tree.	*Periwinkle ( <i>Vinca Rosea</i> , <i>Catharanthus roseus</i> ) - the young leaves treat breast cancer, leukemia, Hodgkin's disease, malignant lymphomas, neuroblastoma, Wilms tumor, Kaposi's sarcoma, mycosis fungoides, improve cerebral blood flow and treat high blood pressure. Make tea with 4 leaves and 2 flowers or add these to your cancer-fighting tea. <i>Vinca</i> alkaloids are used in chemotherapy for cancer. From such a useful medicinal plant, the BIG Pharma produces <i>Vinca</i> alkaloids synthetically, which are used as drugs in cancer therapy and as immunosuppressive drugs. Periwinkle is a life-saving plant. I believe in using the whole plant sparingly, and not in the form of a pill. The plant contains 70 alkaloids, many of which demonstrate medicinal value. The first use of Periwinkle comes from Jamaica where they make periwinkle tea, because of which the scientists discovered its
Guggulu, Kanchanar guggulu, Indian Ebony, Orchid tree, Camel Foot tree - is beneficial in cancer treatment - treats enlarged prostate cancer. Leaves are in the shape of a camel foot print. Edible parts: leaves, flowers, bark.	
Ground Ivy - helps to dry up skin cancers.	
@Gum Myrrh	
*Handsome ( <i>taraxacum mongolicum</i> )	
*Job's tears ( <i>Coix Lachryma-Jobi</i> ) - Vitro anti-cancer activity on colon, pancreas, lung, liver, breast and leukemia.	
Lapacho tree ( <i>Tabebuia impetiginosa</i> ) - an evergreen tree with red or purple flowers - it has a compound, <i>Betalapachone</i> which has anti-cancer properties.	
*Leunca ( <i>Solanum nigrum</i> ), black	



## Herbs for Cancer<sup>+</sup> - 3

value; and now they tell people not to self-administer it, lest they lose sales on their products and patients. It is better to use all herbs in natural state than the highly toxic drugs they make from this plant. Vinblastine, an anti-cancer drug extracted from the periwinkle plant has shown to be effective in slowing down the effect of tumors. One tonne (1000 kgs.) of *Vinca rosea* leaves yields 50 grams of Vincristine sulphate. No wonder this drug causes side effects such as bone pain, depression, dizziness, constipation, hair loss, stomach pain and loss of appetite.

In Peurito Rico, they make tea with one flower, steeped in hot water for 1 minute. On the next day, they add 2 flowers, until they reach 5 flowers on the fifth day. This they drink early morning for 2-3 months until the disease is gone. All the above ground parts are useful. Likewise take a few leaves and make tea.

Ⓒ Red clover blossoms - have anti-oestrogen to beat breast and prostate cancers

Rejoicing

Rest

Ⓒ Rock rose

\*Rodent tuber (*Typhonium flagelliforme*) - treats several cancers

Rosemary - found all over - helps to prevent cancer from ever forming. 1 tsp. leaves to be steeped 15 minutes in a cup of hot water, strain and

drink.

Shatavari (*Asparagus racemonus*)- is an ayurvedic treatment for cancer - has strong cancer inhibitive effect.

Simarouba - a tree of solace for cancer patients - leaves are very effective in treating cancer.

\*Sunflower seeds (*Helianthus annus*) - High in zinc and natural vitamin E - accelerates healing time. Also has selenium.

Sunlight

Thunder god vine or Lei gong ting - a Chinese plant - is said to cure cancer in 40 days. Has anti-cancer properties. - Natural News.

Trust in God

ⒸTurmeric (safforin) - May fight root cause behind 'thousands of diseases'

Violet leaves - make tea and also apply the tea on affected part

ⒸYellow dock root

Yew, Pacific - is a common evergreen tree. Alkaloid Taxol from it is used to treat ovarian cancer. Useful parts: bark, needles, and heartwood. Chemicals extracted from clippings of this tree are used to make two chemotherapy drugs, docetaxel and paclitaxel.

Woad (*Isatis tinctoria*) or glastum, Asp of Jerusalem, is a flowering plant. It prevents cancer, and is also used for blue dye in inkjet printers.

\*Zedaory (*Curcuma zedoaria*), White turmeric, Kachur in Hindi - treats several cancers - is available in Karnataka. Ω

*Note: The Attitudes which give health to the body have been included.*

Ⓒ Mr. Jethro Kloss's list of herbs for cancer.

<sup>+</sup> **Always use the whole plant and not pills and extracts.** Fresh leaves are more potent. But if you are unable to get fresh leaves every day, gather as many of these items as possible and dry them. Follow Mr. Jethro Kloss's method of making the tea.

\* **Anti-cancer plants which the pharmaceutical companies use to make drugs for cancer treatment.** Some plants have natural ability to prevent the spread or risk of developing various forms of cancer. There are around 460 species of plants that can be used as herb for remedy. Revelation 22:2 mentions of a "tree of life" in heaven which leaves will be used for medicine to heal the nations. Likewise, on this earth, God has put medicinal properties in the leaves of various trees and plants. In Brazil, Jamaica, and the Phillippines, they make *Vinca* tea for various diseases. The problem arises when you take extracts from the food or plant and put them in a pill or powder form. When you get a month's worth from each serving, there is a problem. When you take one element out and refine it and consume it without the many other elements, there are a lot of risks, no matter how natural you want to claim the item is. For example, 1000 kgs. of Periwinkle leaves are used to make 50 grams of the drug: Vincristine and Vinblastine. This is "biopiracy." No wonder this drug causes side effects such as bone pain, depression, dizziness, constipation, hair loss, stomach pain and loss of appetite. Ω

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The following Section is an answer to the debate that is going on among the Seventh-day Adventist doctors in India who say that both systems are needed. Is this true? Let us find out from Inspiration and Doctors.

## Only One Way

Ellen G. White

"There are many ways of practicing the healing art, but there is only one way that Heaven approves. God's remedies are the simple agencies of nature that will not tax or debilitate the system through their powerful properties. Pure air and water, cleanliness, a proper diet, purity of life, and a firm trust in God are remedies for the want of which thousands are dying; yet these remedies are going out of date because their skillful use requires work that the people do not appreciate. Fresh air, exercise, pure water, and clean, sweet premises are within the reach of all with but little expense, but drugs are expensive, both in the outlay of means and in the effect produced upon the system...The time is near when all these wicked inventions will come to an end." — EGW

- A terrible account to be Rendered to God.
- Out of accord with God's plan.
- Originated in perverted knowledge
- Lack of faith made up by use of drugs.
- Drugs and narcotics used by worldly physicians.
- After seeing so much harm done by the administering of drugs, I cannot use them, and cannot testify in their favor.

I must be true to the light given me by the Lord. In The Vision of June 6, 1863: I was shown that more deaths have been caused by drug-taking than from all other causes combined. If there was in the land one physician in the place of thousands, a vast amount of premature mortality would be prevented. Multitudes of physicians, and multitudes of drugs, have cursed the inhabitants of the earth, and have car-

## Blood Purifying Herbs to take Internally as Tea For Eczema, Psoriasis, Elephantiasis and Leprosy\* & Cancer

Arjuna - tree with four-sided sour fruit - stem, bark, powder extract  
 Ashwagandha, Indian ginseng, Winter Cherry - root  
 Ashoka leaves - skin troubles, itching  
 Dandelion - lawn weeds with yellow flowers - tea  
 Babul chall - Gum Arabic tree -  
 Bakuchi - ever green tree which lives 100 years - seeds, root, fruits - externally and internally - sweet smelling, essential oil  
 Bala, Country mallow - heart disease, thyroid disease, prostrate disease or diabetes. Avoid if you have high BP,  
 Bhumi amalaki - Nela usiri in Telugu - Stone break in English - useful in skin problems - whole plant - make tea or apply paste on skin  
 Basil -  
 Bibitaki - healer of tissues - internal and external - large tree - fruit, seed, bark - dried fruit pulp with honey for asthma - anti-HIV - crush dried fruit, use the outer layer, throw the seed.  
 Bilwa, Bael fruit - tea of leaves and fruit.  
 Brahmi, sambrani chettu, Indian Pennywort, Herb of grace - special action on blood circulation in the brain - perennial creeping herb in wetlands, edible plant - tea treats skin diseases.  
 Bringraj - Gunta kalagara - creeping moisture loving herb - hair care - oil makes hair darker - skin diseases - 3ft tall - lawn creeper with white, yellow, blue flowers  
 Chairata, Gentian - bitter tonic to the liver - available in the market - important ingredient in our diabetic tea  
 Chitrak - management of skin disorders - long whiteflowered plant - 3-6 ft tall, 5 petal flowers - root  
 Erand, castor oil plant - castor oil internally and externally  
 Gokshura, Puncture vine - seeds and

roots to make tea  
 Gotu kola - psoriasis, elephantiasis, leprosy, blood purification (PELB)  
 Guduchi - entire plant  
 Guggulu - Kai-shore - PELB - small shrub, thorny branches - gum guggul is tapped from stem of the plant - fragrant yellow latex oozes and solidifies - helps weighloss, arthritis, lowers cholesterol - 500 mg of gum 3 times a day  
 Haritaki - skin troubles, itching  
 Jatamansi - eczema, as oil to restore hair color - spikenard perfume - Himalayas - rhizomes, root  
 Ji wanti -  
 Kachnar, Orchid tree-leaves, flowers  
 Kanta Kari - asthma, stone in bladder  
 Kapi kacchu, velvet bean -  
 Kutaj -  
 Kutki, Indian Gentian - tea  
 Licorice, Yasti madhu - tea - include with Gentian, etc. to sweeten your tea  
 Manjistha, Indian Maddar - cancer, detoxifies blood  
 Musta, Nutgrass -  
 Nageshkar -  
 Neem - leaves as tea, oil on skin  
 Nirguidi, Chaste tree, Vitex negundo  
 Pipli, Long pepper -  
 Prasarni -  
 Sarasparilla - root is 6-8 ft. long - good for skin ailments - blood cleanser for psoriasis, leprosy, psoriasis, tea or capsules  
 Shardunikha, Gymnena sylvestra -  
 Shilajit, Asphaltum - mineral pitch ejected out of rocks - cures all curable diseases  
 Tagar, Valeriana sitchensis -  
 Tulsi, Sweet flag - tea or eat the leaves  
 Vamsha rochana, Bamboo manna -  
 Vasak, Malabar nut, Adhotoda vasika  
 Vadanga, Embelia - Ω  
 \*Externally, use WUI's ointment for Eczema & Psoriasis.

ried thousands and tens of thousands to untimely graves.

- If I were sick, I would not trust myself in the hands of the doctors for the principles of kill or cure. I fear it would be to kill. I have positive light that this is tampering with human life.
- I told Dr. B not to make so wonderful a speciality of methods of drug using. I told him after the whole system of drug medication had been laid open before me, I was shown of God that we should have an institution conducted on hygienic principles. In that institution lectures should be given, not on how to use drugs, not to lead minds and educate them in the methods of drug using, but how to live healthfully and without drugs. The words were repeated, Educate! Educate! Educate!... Then I was taken from room to room and shown disease and its causes, and the result of drug medication. I was then shown through rooms of a hygienic institution that was conducted on hygienic principles and these simple means: sunlight, pure air, and healthful habits. Constant instruction needs to be given, line upon line, precept upon precept, in regard to the necessity of clean bodies, clean houses and clean premises. Breathing clean air would preserve health without the use of drugs.
- When the great question of health reform was opened before me, the methods of treating the sick were plainly revealed to me. The old school cruel practice and sure results, where one claimed to be benefited, thousands were made life-long invalids, who, had they never seen a physician, would have recovered of themselves without implanting in their systems diseases of

a most distressing character. Electrics and homeopathy were far less evil.

- Dr. Kellogg's influence has much to do with the abolishing of drugs to a large extent, and the introduction of nature's own restoratives. This work has not been done by making a raid upon drugs, for it needed the wisdom of a serpent and the harmlessness of a dove. Dr. Kellogg's connection with God enables him to take the presence of the Holy Spirit with him into assemblies. The people respect the doctor's religious principles, and show that they are somewhat under the influence of this faith.
- The Drugging business has done more harm to our world and killed more than it has helped or cured.
- The Lord has a controversy with the inhabitants of the earth. They are no longer of benefit to the world in advancing truth and righteousness. They are about to be gathered, ready to be burned. They are as faggots ready to be cast into the fire.
- Competent physicians to teach drugless therapy. Our physicians need not administer drugs. It is not necessary that our medical missionaries follow the precise track marked out by medical men of the world. They do not need to administer drugs to the sick. They do not need to follow the drug medication in order to have influence in their work.
- To those who have thought that the only way to success is by being taught by worldly men and by pursuing a course that is sanctioned by worldly men, I would now say, Put away such idea. This is a mistake that should be corrected. It is a lack of faith in the

power of God that leads our physicians to lean so much on the arm of law.

- We should not at this time seek to compete with worldly medical schools. Should we do this, our chances of success would be small.

- **Many will never receive heavenly diploma.** Drug medication must be left out of the question, if the human physician would receive the diploma written and issued in heaven. There are many physicians who will never receive this diploma unless they learn in the school of the great Physician. This means that they must unlearn and cast away the supposed wonderful knowledge of how to treat disease with poisonous drugs. They must go to God's great laboratory of nature, and there learn the simplest methods of using the remedies which the Lord has furnished. When drugs are thrown aside, when fermented liquor of all kinds is discarded, when God's remedies, sunshine, pure air, water, and good food are used, there will be far fewer deaths and a far greater number of cures.

- Dr. Kellogg, in no case are you to stand as do the physicians of the world to exalt Allopathy above every other practice, and call all other methods quackery and error; for from the beginning to the present time the results of Allopathy have made a most objectional showing.

- The medical fraternity, represented to me as Free Masonry, with their long, unintelligible names, which common people cannot understand, would call the Lord's prescription for Hezekiah quackery. Death was pronounced upon the king, but he prayed for life, and his prayer was heard. Those who had the care of him were told to get a bunch of

figs and put them on the sore, and the king was restored. This means was taken by God to teach them that all their preparations were only depriving the king of the power to rally and overcome disease. While they pursued their course of treatment, his life could not be saved. The Lord diverted their minds from their wonderful mysteries to a simple remedy of nature. There are lessons for us in all these directions.

- We must leave drugs entirely alone, for in using them we introduce an enemy into the system. We want the door closed against the enemy before the lives of human beings are imperilled.

- **Physicians to unlearn much.** The education in drug medication and the false religious theories have brought forth a class of practitioners who need to unlearn much they have learned. Till they obtain such an experience, the great Physician does not acknowledge them as medical missionaries.

- **The spirit of Free Masonry manifested.** According to the light the Lord has given me, something of the spirit of Free Masonry exists, and has built a wall about the work. The old regular practice has been exalted as the only true method for the treatment of disease.

- Not to advocate one above another. Not one of the schools of medicine highly lauded in the world is approved in the courts above, nor do they bear the heavenly superscription and endorsement. You are not justified in advocating one school above the others, as though it were the only one respected above the others.

- On one occasion a physician came to me in great distress. He had been called to attend a young woman who

was dangerously ill, so much worse that it was feared she would not live. The physician, Dr. Merrit Kellogg, came to me and said, "Sister White, have you any light for me on this case?" I replied, "Send to a blacksmith's shop and get some pulverized charcoal; make a poultice of it, and lay it over her stomach and sides." The doctor hastened away to follow out my instructions. Soon he returned, saying, "Relief came in less than half an hour after the application of the poultices. She is now having the first natural sleep she has had for days." (There were times when SDA doctors consulted EGW about God's methods. What about the present day doctors following her written instructions on natural remedies now?)

- One patient, successfully treated, will have a testimony to bear of the virtue of the simple methods of treatment, the simple, healthful remedies that nature has provided, without the use of any drugs.

- Tell them to cease rebelling against nature's laws. If they move in God's

way, physicians of the same faith will be linked together in a strong brotherhood, aiding one another to reach the highest standard.

- The light was given that we should have a sanitarium where the sick could be relieved of suffering, and that without drug medication, God declared that He Himself would go before His people in this work.

- It would have been better if, from the first, all drugs had been kept out of our sanitariums, and use had been made of simple remedies.

- Our medical missionaries should be given the opportunities to know the very best things done by the allopaths, the eclectics, the homeopaths, the osteopaths, and the water-cure doctors, but none of these systems should be adopted as comprising that which our physicians need to know; nor should the name of any of these systems be adopted as "the sign of our order." Neither are our medical men to give the credit or honor of the results of their labors under God, to any system. Ω

To be continued.

## Medical Interventions: Are They Of God?

By Dr. John Clark (May-June 2015 Newsletter)  
www.NorthernLightsHealthEducation.com]

**Introduction:** In our last newsletter (this may be obtained from their website) we explored our charge from God to medical selfdetermination. In other words our Creator-Redeemer determines the care of our bodies—not others who are created, redeemed or unredeemed. He, God determines our care by His instructions or health laws which He intends to be carefully followed and which are necessary for our

health from His perspective as God. Health care legislation is therefore moral legislation, which, when they are at odds with God's instructions confronts one with the choice to obey God rather than man. But what determines if a Medical Intervention is of God?

“I went to her because the church members said she was good and now I have found out I have a heart problem so I

have not been doing my hydrotherapy treatments you gave me for fear of exacerbating my heart problems.”

A patient I was working with was taking hydrotherapy treatments that I recommended for a life threatening disease, but had suspended the treatments after **visiting someone who examined her feet** and told her she had a heart problem.

It seems that in the area of health care there are as many variations of winds of doctrine blowing as in the area of Bible doctrine. Paul warns: “That we henceforth be no more children, tossed to and fro, and carried about with every wind of doctrine, by the sleight of men, and cunning craftiness, whereby they lie in wait to deceive;” Ephesians 4:14.

So how do we judge the validity of a proposed medical intervention in light of God’s wisdom and counsel? (Intervention is anything a health practitioner does or prescribes)

### **(1) Does It Fit The Blueprint?**

A good question to ask is: Does the intervention fit the blueprint? And if not we are told: “To the law and to the testimony: if they speak not according to this word, it is because there is no light in them.” Isaiah 8:20.

### **Are We Deists?**

Paul lets us know that we are all God dependant, sustained every micro-second by His personal intervention: “He giveth to all life, and breath, and all things;” “For in him we live, and move, and have our being;” Acts 17:25,28. Therefore one is given pause to wonder, ‘if God sustains us every moment of our lives, why couldn’t He just as well sustain us healthy as sick’? And

what would make the difference? I look to Exodus 15:26 to help me with this: “And said, If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I [am] the LORD that healeth thee.” God being able to work miracles for you is proportionate to your adherence to His injunctions. God is only limited in His ability to work miracles for you by your straying from His will to the follow the will of His enemy. Therefore it behooves us to be well acquainted with the care of our bodies from the divine perspective.

### **Statistical Analysis**

What if you have leprosy and God asks you to go dip seven times in a muddy river (2 Kings 5:10), when others were told to respect quarantine (Numbers 12:14,15), or told to take a walk (Luke 17:12-14), or were touched (Luke 5:13)?

In my working with God in health care I have come to adopt as my motto this very helpful quotation: “Natural means, used in accordance with God’s will, bring about supernatural results. We ask for a miracle, and the Lord directs the mind to some simple remedy. We ask to be kept from the pestilence that walketh in darkness, that is stalking with such power through the world; we are then to cooperate with God, observing the laws of health and life. Having done all that we possibly can, we are to keep asking in faith for health and strength.” {2SM 346.4}

### **Natural or Supernatural**

Do natural means bring about supernatural results in and of themselves? No, they don’t. Only God brings miraculous results. And if (in and of themselves) natural means do not work miracles, could we expect that artificial or synthetic means could work miracles? No. The passage above says that if we want miracles, we pray to a miracle working God and that the channel chosen by Him for miraculous interventions involves our engagement in simple remedies, not mega human remedies. And, God will work when we adopt and practice all His good admonitions on healthful practices and not until such. If He healed us in disobedience to His stated health laws He would trivialize the instructions given and become a minister to sin.

### **Only Hope!**

While the above quotation has become my motto, the following has arisen as my aim: “The only hope of better things is in the education of the people in right principles. Let physicians teach the people that restorative power is not in drugs, but in nature. Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health. In case of sickness, the cause should be ascertained. Unhealthful conditions should be changed, wrong habits corrected. Then nature is to be assisted in her effort to expel impurities and to re-establish right conditions in the system.” “Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power—these are the true remedies.” {MH 127.2}

We are quick to quote Paul when he says, “One Lord, one faith, one bap-

tism,” (Ephesians 4:5), but did we ever stop to think that there might also be only one medical approach approved by God? “There are many ways of practicing the healing art, but there is only one way that Heaven approves. God’s remedies are the simple agencies of nature, that will not tax or debilitate the system through their powerful properties.... Fresh air, exercise, pure water, and clean, sweet premises, are within the reach of all with but little expense; but drugs are expensive, both in the outlay of means and the effect produced upon the system.” {CH 323.2}

### **Only Two Healthcare Options**

If you are going to violate the tenets of God’s health reform model, to whom are you going to turn to for healing? And do you really want to be under their power? Paul warns, “Know ye not, that to whom ye yield yourselves servants to obey, his servants ye are to whom ye obey; whether of sin unto death, or of obedience unto righteousness?” Romans 6:16. In other words, whoever’s system of healing we turn to is the one of whom we worship.

### **(2) Be 100% Committed To Being Healed God’s Way**

If we turn to God for healing we need to be resigned to the will of God, regardless whether His plan for us is the same as our plan for ourselves. “God knows the end from the beginning. He is acquainted with the hearts of all men. He reads every secret of the soul. He knows whether those for whom prayer is offered would or would not be able to endure the trials that would come upon them should they live. He knows whether their lives would be a blessing or a curse to themselves and to the

world. This is one reason why, while presenting our petitions with earnestness, we should say, Nevertheless not my will, but Thine, be done.’ Luke 22:42.” “The consistent course is to commit our desires to our all-wise heavenly Father, and then, in perfect confidence, trust all to Him. We know that God hears us if we ask according to His will. But to press our petitions without a submissive spirit is not right; our prayers must take the form, not of command, but of intercession.” {MH 230.2}

Our will is not always the best to follow; remember Hezekiah? (Isaiah 38:1-5). God shared with Hezekiah that he was going to die and that he was to get his house in order. Wouldn’t it be nice to know when you were going to pass away, and also be assured that you would be able to get your house in order to meet such an event? Not Hezekiah, he turned his head to the wall and begged and pleaded until God gave him 15 more years. And what did Hezekiah do with 15 more years? He sold his kingdom out to the Babylonians, and gave life to his son Manasseh, one of the worst kings ever to reign. Now, I am not making a case for dying, but in my estimation, Hezekiah just did not know when to die.

### **Only 100% Brings Healing**

In seeking God’s intervention in health we need to be unwilling to do anything that would displease the Lord. “Those who decide to do nothing in any line that will displease God, will know, after presenting their case before Him, just what course to pursue. And they will receive not only wisdom, but

strength. Power for obedience, for service, will be imparted to them, as Christ has promised.” {DA 668.4}

### **(3) Who Receives All The Glory, Honor, and Worship**

Of utmost consideration as to whose healing method you are evaluating is the question, who receives the glory? At the end of the day, and the patient seems to have netted a positive result from the intervention and they are singing praises, who or what receives the praise, honor and glory? When Jesus heals, He receives the praise, honor, and glory. “I say unto thee, Arise, and take up thy couch, and go into thine house. And immediately he rose up before them, and took up that whereon he lay, and departed to his own house, glorifying God.” He was healed of the leprosy of sin, healed of the maladies that had afflicted his body, healed every whit. “And they were all amazed, and they glorified God, and were filled with fear, saying, We have seen strange things today.” {RH, August 15, 1899 par. 10} It really is a matter of worship. “When sickness is the result of their transgression of natural law, they do not seek to correct their errors and then ask the blessing of God, but they resort to the physicians. If they recover health they give to drugs and doctors all the honour. They are ever ready to idolize human power and wisdom, seeming to know no other God than the creature—dust and ashes.” {5T 194.1} Sometimes the processes are so disguised that we miss the significance, but worship is invoked all the same. “The history of King Ahaziah’s sin and punishment has a lesson of warning which none can disregard with impunity. Though we do not pay homage to

heathen gods, yet thousands are worshipping at Satan’s shrine as verily as did the king of Israel. The very spirit of heathen idolatry is rife today, though under the influence of science and education it has assumed a more refined and attractive form.” {5T 192.3}

Ultimately the destiny of each person hinges on worship. “If any man worship the beast and his image, . . .” Revelation 14:9. Are our health care patronages establishing our worship loyalties?

### **(4) Is It Simple, Natural, And Of Universal Access?**

Is it simple? (As opposed to complex). “God’s remedies are the simple agencies of nature that will not tax or debilitate the system through their powerful properties.” {5T 443.1}

Is it natural? (As opposed to manufactured or synthetic). “Natural means, used in accordance with God’s will, bring about supernatural results.” {2SM 346.4}

Is it of universal access? (As opposed to limited access, or proprietary). “Fresh air, exercise, pure water, and clean, sweet premises are within the reach of all with but little expense, but drugs are expensive, both in the outlay of means and in the effect produced upon the system.” {5T 443.1}

### **(5) Is It Expensive?**

The forgoing quote also brings up financial considerations: to follow the money trail, as is said. Is it expensive? As an example, in the Bible, we read of the story of a woman who found some venders of health exorbitantly expensive, “And a woman having an issue of blood twelve years, which had spent all her living upon physicians,

neither could be healed of any, Came behind him, and touched the border of his garment: and immediately her issue of blood stanch’d.” Luke 8:43,44. God’s remedies are “within the reach of all.”

### **(6) Have we exhausted all God’s recommended interventions?**

Have we exhausted all God’s recommended interventions? Has the patient renounced all health destroying practices or is our intervention a sneaky way to acquire health while remaining in defiance of our Creators plain commands? “Nature will want some assistance to bring things to their proper condition, which may be found in the simplest remedies, especially in the use of nature’s own furnished remedies—pure air, and with a precious knowledge of how to breathe; pure water, with a knowledge how to apply it; plenty of sunlight in every room in the house if

possible, and with an intelligent knowledge of what advantages are to be gained by its use. All these are powerful in their efficiency, and the patient who has obtained a knowledge of how to eat and dress healthfully may live for comfort, for peace, for health, and will not be prevailed upon to put to his lips drugs, which, in the place of helping nature, paralyzes her powers. If the sick and suffering will do only as well as they know in regard to living out the principles of health reform perseveringly, then they will in nine cases out of ten recover from their ailments.” {MM 223.4}

Sometimes people will approach you with requests for prayers when they are

sick, but without the slightest intent to follow the recommendations of the God to which you will be praying. God does not want these kind of prayers, neither will the Lord hear your prayers. “To those who desire prayer for their restoration to health, it should be made plain that the violation of God’s law, either natural or spiritual, is sin, and that in order for them to receive His blessing, sin must be confessed and forsaken.” {MH 228.1}

### **(7) Anointing In Healing**

Prayer is good when we and the patient are ready and it can be accompanied by anointing. “When human help fails, God will be the helper of His people. Is any sick among you? let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord: and the prayer of faith shall save the sick, and the Lord shall raise him up.’ If the professed followers of Christ would, with purity of heart, exercise as much faith in the promises of God as they repose in satanic agencies, they would realize in soul and body the life-giving power of the Holy Spirit.” {5T 196.2}

Again, the question needs to be asked; Is the use of medical interventions or even anointing, our effort to circumvent God?’ Have you prepared for anointing by heart searching and doing all God has said to do? Anointing comes largely from James where it says, “Is any sick among you? let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord: And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be

forgiven him.” James 5:14,15. But I was surprised to discover that anointing was one of the ways that the early disciples engaged in the healing ministry of Christ, “And they cast out many devils, and anointed with oil many that were sick, and healed them.” Mark 6:13.

When human help fails, when all the natural simple remedies God brings to mind are not working, do we turn from God to someone else or do we turn to God and anoint the patient, and trust them to God’s love and care? “God and Satan never work in copartnership.... A good tree cannot bring forth corrupt fruit, neither can a corrupt tree bring forth good fruit. By their fruit ye shall know them. God has spoken. Who has trembled at His word? {5T 98.2}

### **(8) What Is Its Origin Or History?**

In analyzing the acceptability of an intervention under consideration it is important to assess its Origins. Who are its advocates? What is its origin or parentage; commercial greed or of God? Does it have pagan or mystical history? Eastern religion? Satan? New Age? “Not a few in this Christian age and Christian nation resort to evil spirits rather than trust to the power of the living God. The mother, watching by the sickbed of her child, exclaims: I can do no more. Is there no physician who has power to restore my child?’ She is told of the wonderful cures performed by some clairvoyant or magnetic healer, and she trusts her dear one to his charge, placing it as verily in the hands of Satan as if he were standing by her side. In many instances the future life of the child is controlled by a satanic power which it seems impos-

sible to break.” {5T 193.5} God is not indebted to interventions of Satanic origin for your healing.

### **(9) Are Unacceptable Reagents Used In Its Preparation?**

Are unacceptable reagents used in its preparation? Is God obligated to Satan and sin for a little alcohol in order that we can make a tincture considered necessary to the healing of a certain disease? “Patients are to be supplied with good, wholesome food; total abstinence from all intoxicating drinks is to be observed; drugs are to be discarded, and rational methods of treatment followed. The patients must not be given alcohol, tea, coffee, or drugs; for these always leave traces of evil behind them. By observing these rules, many who have been given up by the physicians may be restored to health.” {MM 228.6}. We could go on to explore modalities such as mold (PCN, nutritional yeast, mushrooms), vinegar, alcohol, vaccines with unclean animal ingredients, etc. but the point is: if the preparation necessitates the use of things otherwise condemned in holy writ, why would disease sanctify their use?

### **(10) Is The Intervention A Known Commodity?**

Is the intervention a known commodity? Is it known what the intervention really is and what it actually does? Has it been studied? Is it physiological? Do you know what you are doing? “A practice that is laying the foundation of a vast amount of disease and of even more serious evils is the free use of poisonous drugs. When attacked by disease, many will not take the trouble to search out the cause of their illness. Their chief anxiety is to rid themselves

of pain and inconvenience. So they resort to patent nostrums, of whose real properties they know little, or they apply to a physician for some remedy to counteract the result of their misdoing, but with no thought of making a change in their unhealthful habits. If immediate benefit is not realized, another medicine is tried, and then another. Thus the evil continues.” {MH 126.2} “Were I sick, I would just as soon call in a lawyer as a physician from among general practitioners. I would not touch their nostrums, to which they give Latin names. I am determined to know, in straight English, the name of everything that I introduce into my system.” {PC 14.7}. What does Prozac, CoQ10, or monoglycerides mean?

### **(11) Is The Intervention Illegal?**

Ready To Face Jail If You Try This? Is it illegal? Now this is a relative contraindication. But you better believe whole-heartedly in an intervention that the government has outlawed if you are going to presume to use it, especially if they are prosecuting those who do. “Let every soul be subject unto the higher powers. For there is no power but of God: the powers that be are ordained of God. Whosoever therefore resisteth the power, resisteth the ordinance of God: and they that resist shall receive to themselves damnation. For rulers are not a terror to good works, but to the evil. Wilt thou then not be afraid of the power? do that which is good, and thou shalt have praise of the same.” Romans 13:1-3.

### **(12) First Do No Harm**

Every health care practitioner is taught, “first do no harm”. Which leads to the question is it free from possible adverse side effects? “When drugs are intro-

duced into the system, for a time they may seem to have a beneficial effect. A change may take place, but the disease is not cured. It will manifest itself in some other form. In nature's efforts to expel the drug from the system, intense suffering is sometimes caused the patient. And the disease, which the drug was given to cure, may disappear, but only to re-appear in a new form, such as skin diseases, ulcers, painful diseased joints, and sometimes in a more dangerous and deadly form. The liver, heart and brain are frequently affected by drugs, and often all these organs are burdened with disease, and the unfortunate subjects, if they live, are invalids for life, wearily dragging out a miserable existence. There are more who die from the use of drugs, than all who could have died of disease had nature been left to do her own work." {4aSG 135.1} Is this true? "There are 225,000 deaths annually from medical errors including 106,000 deaths due to non-error adverse events of medications" (JAMA, Volume 284, No. 4, July 26, 2000).

Some of these questions are on the order of Heaven verses Hell, "Those who make a practice of taking drugs sin against their intelligence and endanger their whole after life...if all would seek to become intelligent in regard to their bodily necessities, sickness would be rare instead of common. An ounce of prevention is worth a pound of cure." {PC 15.1}

### **(13) Was I Lead Of God To Use This Intervention?**

Was I lead of God to use this intervention? This begs your experience in following the will of God. We seek: "We ask for a miracle, and the Lord directs

the mind to some simple remedy." {2SM 346.4}. We wait: "Rest in the LORD, and wait patiently for him: fret not thyself because of him who prospereth in his way, because of the man who bringeth wicked devices to pass." Psalms 37:7. We check everything out with the Bible: "God reveals His will to us in His word, the Holy Scriptures." 5T 512. We determine if providence is at work, "His voice is also revealed in His providential workings; and it will be recognized if we do not separate our souls from Him by walking in our own ways, doing according to our own wills, and following the promptings of an unsanctified heart, until the senses have become so confused that eternal things are not discerned, and the voice of Satan is so disguised that it is accepted as the voice of God." {5T 512.1}. Our leading to a certain natural remedy may also come through impressions. "Another way in which God's voice is heard is through the appeals of His Holy Spirit, making impressions upon the heart, which will be wrought out in the character. If you are in doubt upon any subject you must first consult the Scriptures." {5T 512.2}. Some of how God leads a certain person can be learned from how the Lord has led in their past experience. "We have nothing to fear for the future, except as we shall forget the way the Lord has led us, and His teaching in our past history." {LS 196.2}. God tends to use a similar way of leading over time with a given individual. And lastly, we must not forget that we are not the only ones who have had to consider these options. Only a fool has to learn everything by his own experience. There are people willing and ready to share their personal experi-

ence in these things, "Where no counsel is, the people fall: but in the multitude of counsellors there is safety." Proverbs 11:14.

### **A Matter Of Faith**

In looking to God for His leading we have to remember that, "whatsoever is not of faith is sin." Romans 14:23. And, "That which we lack in faith we make up by the use of drugs." {19MR 51.2}. Any intervention not founded upon genuine faith cannot be of God. There is no way you can have faith in an intervention if it proceeds from God's adversary.

## *Editorial*

"One cannot drink the cup of the Lord and the cup of demons. You cannot partake of the table of the Lord and the table of demons." 1 Cor. 10:21.

I have always found that to be true to my conscience; and to walk according to the light I have received, is the safest course for me.

Freemasonry or Illuminari was created by the Roman Catholic Church, which church has more falsehood than any church and system on earth. It is Satan's system in the guise of a church. All the major chemical and drug companies are run by the Illuminati and they make mind-altering, body-altering and disease-promoting drugs.

The term allopathy is applied to that system of medicine whose dogma is the law of opposites. A disease is held to be curable by a drug or a remedy which produces symptoms of an opposite kind or nature than the disease itself. Physicians of this school apply a drug to a patient who has a spasm that will cause relaxation. Coma is dealt with by a drug that causes convulsions. Pain is handled by a drug that abolishes sensibility.

Medical Interventions: are they of God? We need to know. "There is a way that seemeth right unto a man, but the end thereof are the ways of death." Proverbs 16:25. We are told, "Except the LORD build the house, they labour in vain that build it: except the LORD keep the city, the watchman waketh but in vain." Psal 127:1. To extrapolate we might also say that unless the Lord heals a person, are they really healed at all? And if it was not the Lord who healed a person, under whose healing power have they come? If or when I become sick, I want God to be the One that heals me. How about you? Ω

Diarrhea is handled by an agent that produces constipation, and so on. In this system, where is consideration for the total health of a man?

If they want a little girl to develop breasts they might give her hormones. Neuroscientists are familiar with chemicals which cause personality traits. If one wants to create raving paranoia, simply provide the brain with too much dopamine in the emotional centers of the brain and too little dopamine in the seat of reasoning area of the brain. An examination of the drugs that are used in mental hospitals to alter the minds of patients offers a clear indication of what is being used in the Monarch Mind Control programming. The CIA/Illuminati programming centers have more than 600-700 different mind-controlling drugs, a sample of which has been provided.

The Seventh-day Adventist Church often took a middle ground by not rejecting emergency medical treatment

from the hospitals, and I myself have had several surgeries in the hospitals. The laboratory tests to help in the diagnosis of a patient is a contribution of Allopathy. However, as we near the end, and as more and more of Satan's intentions to destroy man through pharmaceutical drugs are coming to light; one needs to stop and think.

Unclean animal body parts in polio drops? Dried blood of AIDS in Aspirin pills? AIDS virus in small pox vaccination? EBOLA, Swine flu, AIDS created in the labs to kill people? Do you think God is in all these inventions? Who are the useless eaters the Illuminati is trying to get rid off, for who Christ shed His precious blood? In a speech in April 2010, Bill Gates mentioned the use of vaccines in the effort to reduce world population. Gates made his remarks to the invitation-only Long Beach, California TED2010 Conference, in a speech titled, "Innovating to Zero!" Along with the scientifically absurd proposition of reducing manmade CO2 emissions worldwide to zero by 2050, approximately four and a half minutes into the talk, Gates declares, "First we got population. The world today has 6.8 billion people. That's headed up to about 9 billion. Now if we do a really great job on new vaccines, health care, reproductive health services, we lower that by perhaps 10 or 15 percent."

In plain English, one of the most powerful men in the world states clearly that he expects vaccines to be used to reduce population growth. When Bill Gates speaks about vaccines, he speaks with authority. In January 2010 at the elite Davos World Economic Forum, Gates announced that his foundation would give \$10 billion

over the next decade to develop and deliver new vaccines to children in the developing world." —Source.

Now, will you want your baby to take these vaccinations? Recently, the State of California made it mandatory for school children to be vaccinated or they will not admit them into the school. However, there is a clause that conscientious objectors may be excused, but they won't reveal this clause to the students.

As a doctor, will your conscience bother you when you make your patients take such vaccinations and harmful drugs? When we were in ignorance, God excused. But when light comes to us, if we continue to walk in darkness, it will be equal to rejecting the light and we will be judged accordingly.

Some years ago, I had a surgery for removal of a fibroid tumor, and the hospital bill came to \$8,000. After a week, I managed to go to a fabric store to buy some fabric to pass my recuperation time in sewing, and met an Indian woman there who told me that she, too, had a fibroid tumor ten days ago, and that she went to a lifestyle center and got the fibroid shrunk with natural remedies without surgery; and that including her air travel and two days' stay, her cost came to \$1,000+. "If only I knew about you before, I would have advised you," she said. Truly, if I had known about this place, I would have learned about natural remedies years before.

Last month, I hiked with a young lady who has breast cancer. She went to a lifestyle center where she was treated with food, and natural remedies; and she lived for 1 1/2 years without medication. I was very surprised at the knowledge she has about the cancer

diet. But what surprised me more was the fact that when she let go off her guard, the cancer cells multiplied and she rushed back to the hospital for chemotherapy. I told her that there is a very thin line between success and failure; and that she should have trusted God to heal her with natural remedies. I just got news that this lady passed away with complications from the treatment. I am sure that she would have lived longer if she had not gone to the hospital. Sometimes we panic, exhibit lack of faith, and without knowledge, run to the hospital without taking time to think about alternate methods.

You have read that Mr. Jethro Kloss cured stage IV cancer patients without radiation. You now know that cancer drugs are made from cancer-curing plants, but that the quantity and methods of manufacturing the drugs are wrong. If you follow the suggestions given by all the three doctors in this newsletter; may I challenge you as to why you may not be cured? It is proved that Allopathy will not cure cancer; and that there is hope for cancer patients only in naturopathy. We need to learn about natural remedies.

If you are struggling with cancer, you have a support group in us. You could write to Dr. Agatha Thrash, you could write to Dr. John Clark or you could write to us at WUI and we will get expert advise for you from these doctors.

In my village there is a newly married young man with two damaged kidneys and someone told him about me. The poor parents visited me one day when it was getting dark. I went with them to their home and applied a charcoal poultice to his kidneys, asked him to keep it for 6 hours; and asked him to do this twice a day; and told the parents to tell their doctor that they wish

to postpone the surgery for a week to see if his kidneys will recover. On the next day when I called, they said that the surgery already took place and that both mother and son are on two different beds in the hospital, as the mother had donated her one kidney to him. How bad I feel now about this young man that due to the immunosuppressive drugs that he needs to take till his death in order to make his body to accept the foreign kidney, that he could be a victim of cancer?

Friends, if you are really sick and you are in a state of panic, before confusing yourself and your family, may I request you to calm down, talk to God, and take a decision which is right according to your conscience; according to the knowledge you have received; and in line with God's natural remedies? We are all being tested according to our faith. Who knows that you have this sickness so that you can glorify God?

Over 3,000 years ago, there was a king by name Saul who ruled over the country Israel. When he was good, he killed all the soothsayers, magicians and those who did witchcraft in his country.

One day, it so happened that the enemy country of Philistines came to war with him. Prophet Samuel, who used to advise him, was dead. King Saul panicked, was afraid, and his heart greatly trembled. When he prayed to God, God did not answer him neither by dreams, nor by prophets. God did not answer him because king Saul's ways were contrary to God. Instead of mending his ways, he asked his servants: "Seek me a woman that hath a familiar spirit; that I may go to her, and inquire of her." In conclusion, King Saul sought her, and was killed in the battle the next



day. After learning that God's method of healing is only through natural remedies, rushing to allopathy hospitals, won't it be like Saul going back to witches, leaving God?

Won't it be wrong to cut away body parts due to gangrene without giving them a chance to recover with natural remedies? Won't it be wrong to remove damaged kidneys without giving them a chance to recover with charcoal poultices? And won't it be wrong to put this patient on immunosuppressive drugs knowing that he will be susceptible to cancer in the future? Where are the moral and spiritual ethics to help save a man from his bad habits and to make him useful to God and to the society?

If you have cancer patients in the hospital, if you do not prescribe herbal teas when you know that there are herbs that can kill cancer cells in place of chemo, because this practice does not suit allopathy, won't it be wrong? Even the heathen doctors prescribe such things to the patients.

Ellen White gave hints that Freemasonry controls the pharmaceutical companies. In the flourishing of Allopathy, God has allowed Satan to fill his cup of sin. But He said that in the end, all truths will be revealed; and all falsehoods will come to light.

And now God is drawing the battle lines, and is closing the probation. We will be either in God's army by faith or in Satan's army without faith. At such a time as this, honestly, if I were a doctor, I would not practice Allopathy, knowing that it is rooted in a corrupt system, which God condemns. Since we are living close to the judgment hour, we need to make quick decisions. Dear Seventh-day Adventist doctors in India, of all the people in

the world, you are privileged to know the health message of Ellen G. White, and this you are supposed to share it with your patients and your co-workers. This message was given to us to be given to the world. If we do not practice nor give this message, are you being obedient to the Lord? Surely, the ignorance and loss of lives in India will be charged to you since you failed to be the light to the world.

The time has come to part our ways from pharmacopia (witchcraft) and illuminati. God has blessed you thus far wherever you are, but He will bless you more when you stand up for Him and practice His methods. You will become a wonder when you choose His way. **There is only one way.**

Not all of Satan's plans and methods have been revealed yet. But when they are revealed, you will surely find yourselves in straight places, far from God, and devoid of conscience. I hope that you will not allow such a thing to happen to your soul.

The day to take a stand for God is when there is calm and peace around you; and not during the storm. When the storm begins, it will be too late and God won't need your help then. God is waiting to pour His Spirit on the doctors who choose to walk in His light. When you use natural remedies, and pray, EGW said that God will hear your prayer, will heal the sick, and will pour His Holy Spirit on you and will save your patient into heaven. He will do miracles through you, which He said He will do in these last days. I hope that there will be one Seventh-day Adventist doctor, and invitation is given to other doctors as well, who will be touched by this call, will heed, and will answer God and say: "Here am I, send me," is my prayer. — Ellen Ω

## Flaxseed

**Common Names:** Linseed, common flax, winterlien, lint bells.

**Parts Used:** Ripe seed

**Medicinal Properties:** Demulcent, pectoral, maturing, mucilaginous, emollient.

**Description and Uses:** Ground seed, when mixed with boiling water, makes a thick mush that is excellent for use in poultices. Any herb may be added for this purpose, such as smartweed, elm bark, granulated hops, mullein, or any of the other herbs recommended for use in poultices. These herbs mixed and used as a poultice with flaxseed make one of the best poultices for all kinds of old sores, boils, carbuncles, inflam-

mations, and tumors. Charcoal is also good to mix with flaxseed. The oil made from crushing the flaxseed is good for coughs, asthma, and pleurisy, and has been used externally as an application for burns, sores, scalds, etc.

A normal person needs 1 tbsp. per day. Place one teaspoonful of the seed in a cup of boiling water, let cool, and take one or two mouthfuls three times a day.

**Ellen's recipes:** Eat roasted seeds; make flaxseed candy like the peanut candy; Use in place of mustard in seasoning; make chutney or churney powder; sprinkle on your rice or salads—roasted, ground flaxseed. Helps keep colon clean due to free elimination. —Jethor Kloss, Ellen Ω

## CANCER: 12 WARNING SIGNS

1. Persistent headache.
2. Shortness of breath.
3. A cough or hoarseness that refuses to go.
4. Indigestion or difficulty in swallowing.
5. Loss of appetite.
6. A sore or bruise that does not heal.
7. A change in bowel or bladder habits for no reason.
8. Unexplained changes in fingernails.
9. Blood in urine, stool or spittle.
10. A mole that changes shape, size or bleeds.
11. Unexplained weight loss or tiredness.
12. New lumps or growth on skin.

### Drugs Used for Mind Control

Anectine - (succinylcholine, a strong muscle relaxant that makes one feel suffocated and drowning. The person feels terror at thinking he is dying.)  
 Aphrodisiacs (sexual manipulation by programmers)  
 Atropine (speeds heart rate given with I.V.

Demerol (a hypnotic)  
 Ipecac (to induce vomiting for eating disorder programming)  
 Lorazepam (sleep induction, may destroy memory of previous day)  
 Niacin (helpful to stop an LSD trip)  
 Pentobarbital (hypnotic sedative)

Scopolomine (truth serum that makes people willing to do whatever they are told).  
 Sodium Pentothal (truth serum that makes people willing to do whatever they are told)  
 Zolpidem tartrate (hypnotic sedative)

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## Price List

Item	Description	Qty	Cost
1	Activated Charcoal Powder	500 gm	Rs.300
2.	Activated Charcoal Powder	250 gm	Rs.180
3.	Activated Charcoal Powder	125 gm	Rs.110
4.	Activated Charcoal Tablets, 250 mg	500 tablets	Rs.400
5.	Activated Charcoal Capsules	30 capsules	Rs.120
6.	Anti-cancer tea	250 gm	Rs.100
7.	Amazing Health Adventure Series	10 DVDs	Rs.300 each
8.	Blood-Purifying tea	250 gm	Rs.100
9.	Chamomile Cleansing tea	250 gm	Rs.100
10.	Charcoal Remedies.com This book has over 200 charcoal success stories for various diseases.	book	Rs.240 each
11.	Charcoal Magazine Order this magazine with every Activated Charcoal Powder/Tablets bottle to know when and how to use charcoal.	Book	Rs. 25 ea
12.	Diabetic Tea	125 gm.	Rs.100 ea
13.	Past issues of Health Reformer	Book	Rs. 25 ea
14.	Evidence of Modern Science in the Bible Find the original periodic table in the Heavenly Sanctuary.	Book	Rs.100
15.	Handwriting for School and Church (Class 4-7). This book has wise sayings of King Solomon, King David, Jesus, etc. Teaches excellent morals.	Book	Rs.50
16.	Health Reformer yearly subscription (4 issues)		Rs.100
17.	Hymns, Choruses, School Songs, Plays, Puzzles and Poems It has nearly 600 songs and a great gift for children.	Book	Rs.80
18.	Ointment for Eczema, Psoriasis, Elephantiasis z& Leprosy	50 ml.	Rs.80
19.	Papaya Diabetic wound ointment	50 ml	Rs.80
20.	Psyllium (seeds)	250 gm.	Rs.150
21.	Soya-Multigrain Milk Powder	500gm	Rs.250

Please add postage. For parcel weighing 1 kg = Add Rs.100 for registered parcel postage by India Post, packing and transportation. Call or email us and we will calculate the postage cost. Payment may be made by a bank transfer, MO or MPaise to the address and the cell phone number. Please pay only after getting confirmation from us. Thank you.



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2. Diabetes: The Butter With The Sweet.
- (03) 1. Osteoporosis: Nothing To Crack Up About  
2. High Blood Pressure: Control It Naturally.  
3. Glorify God In Your Body.
- (04) 1. Arthritis: Don't Let Joint Pain Slow Your Journey.  
2. Oh, My Aching Back.
- (05) 1. Cancer: What's Eating You?  
2. Alzheimer's Stroke and Parkinson's.
- (06) 1. Pandemic Influenza, Ebola And Other Viral Diseases.  
2. Pandemic Influenza Home Treatments.
- (07) 1. Autoimmune Inflammatory Diseases: When Self Is The Enemy!  
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- (08) 1. Stress Management Workshop.
- (09) 1. Healthy Mind, Happy Body.
- (10) 1. Why Charcoal?  
2. Heads Or Tails: Snake Behind The Tree.  
3. Sanctuary Health: Purity and Health.

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