

Cancer – Special Report # 1

Cancer

...What Your Doctor Doesn't Tell You!

The Institute Of Nutritional Science

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This Special Report does not intend to diagnose disease, nor to provide specific medical advice. Its intention is solely to inform and to educate. The author intends that readers will use the information presented in this report in cooperation with the advice of a qualified health professional trained in such field.

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Dr. K. Steven Whiting - Biography

Dr. Whiting is an Orthomolecular Nutritionist. His degrees include a Masters in Psychology as

well as a Doctorate in Biochemistry earned at International Universities.

Three decades of personal, practical experience in the field of human nutrition have earned him an international reputation, not only in the understanding of the human body and the profound effect that nutrition plays in protecting and preserving the body, but also in the outstanding results that he has consistently achieved while working with clients and patients on a global scale.

Dr. K. Steven Whiting

His commitment and dedication within the nutrition field has led him to extensive research into such chronic conditions as Heart Disease, Arthritis, Diabetes, Osteoporosis and Prostrate problems to name but a few. The result of this research has been pivotal in the development of nutritional protocols for the prevention, management and reversal of these conditions.

Studies he has conducted have led to a totally new system of weight management, based on '*Body Typing*', wherein HOW a persons body handles food is evaluated BEFORE they are put on a weight management program that's customized for them.

More recently, he has focused his attention on the human immune system. His subsequent research into deep viral infections has led to the use of oxygen therapy as well as other potent, all-natural immune boosters for the management of immune-compromised conditions.

Further, his work with AIDS and cancer patients, using meditation, biofeedback and visualization has received worldwide attention.

Dr. Whiting has served both as Consultant and Staff member to many of the leading alternative and complimentary hospitals in Europe and Latin America, where he has had the opportunity of applying his concepts to those individuals who were in most need. This has resulted in the development of nutritional support protocols for a variety of chronic health challenges.

Through his international affiliations, he remains current on the very latest progressive applications of nutrition for a wide variety of chronic degenerative disorders, for which orthodox medicine has offered little hope.

In 1991, Dr. Whiting founded *The Institute Of Nutritional Science*, an international organization, with offices in London, England, Den Haag, The Netherlands and San Diego, California. The purpose of The Institute is to gather information and conduct research on how natural supplements can prevent, manage or reverse disease conditions.

The Institute publishes *The Journal*, available by subscription, to disperse nutritional information, relevant to disease, in an easy to understand, user-friendly fashion.

As an author, Dr. Whiting has published a series of Self Help booklets and reports on nutrition and its role in preventing, managing and reversing disease. A text- book, entitled *Gaining and Maintaining Total Health*, and *Self Health –Your Complete Guide To Optimal Wellness*, which rapidly became a best seller after its first publication in 1996. He also authored *You Can Be ...Well At Any Age : Your Definitive Guide To Vibrant Health and Longevity*, is the most comprehensive work of it's kind, containing over 250 protocols for a wide spectrum of human health challenges. His most recent work, *Healthy Living Made Easy*, is designed for the busy, stressful lifestyles we all live and how to ensure we are still able to hedge our bet against chronic diseases.

Author, Lecturer, Teacher, Product Formulator and Consultant, Dr. Whiting is dedicated to helping others in helping themselves toward a more healthful existence, through a better understanding of the nutritional needs of the body. He is the exclusive formulator of all the nutritional products for Curves Fitness Centers, the largest business of its kind in the world.

He is committed to empowering individuals with the very latest nutritional information, safe in the knowledge that this will serve to enhance both the quality and the quantity of life for everyone in the years ahead.

Preventing and Conquering Cancer

.....What Your Doctor Doesn't Tell You!

Introduction

Cancer, the Big "C", the most feared disease of the twentieth century, is currently the second leading cause of death. Like most chronic diseases, it comes, often with little or no warning signs. Its diagnosis often means months of debilitating, invasive treatments, with a prognosis that is poor at best.

Recently, the American Cancer Society admitted that medicine is relatively no closer to finding a cure, or even effectively treating Cancer, than it was 40 years ago. The fact is that many Cancers are much more prevalent today than they were even twenty or thirty years ago.

These dismal results are all 'the establishment' has to show for spending billions and billions of dollars on 'research' into this dreaded disease. In spite of millions in donations and huge grants, they have not even detected the cause of Cancer, let alone the cure.

After many decades of denial, the National Cancer Institute has finally admitted that diet and nutrition are directly related to Cancer. Yet, precious little of those billions of dollars of research money have been dedicated to the diet and nutrition connection.

Further, the medical industry has spent tremendous amounts of money on denying what they have labelled "quack therapies". Modern medicine, with their radiation, chemotherapy, and surgery, would have us believe that they are the final judge relative to any and all approaches to Cancer. They are so vocal about their disapproval of any other method of managing this disease that they put such fear into already vulnerable people, who are often too insecure to even look elsewhere for help.

This is truly sad because what have been labelled as 'alternative therapies', consistently have a better success rate than the conventional therapies, which are so invasive that many Cancer patients die of the side effects of treatment long before the Cancer had a chance to take their lives!

In no other area of medicine is the restriction of treatment greater than that of Cancer. In many states, it is illegal for a patient to take any unapproved treatment for Cancer. Further, it is illegal for any health practitioner to administer a non-approved Cancer therapy. To do so can result in fines and/or imprisonment for both the practitioner and the patient!

Because of this 'Gestapo' like approach to controlling the treatment and economics of Cancer, anyone who wishes to give alternative concepts a try, must frequently leave the United States in order to seek quality care.

I have been working with Cancer patients at some of the most advanced alternative therapy hospitals in the world, and I can tell you that a diagnosis of Cancer need not be the preverbal 'kiss of death' as we often think.

In spite of the fact that we alternative practitioners usually see the Cancer patient only after all other treatments have failed, and their disease has severely advanced, we still have an amazing response rate. In fact, 50 percent of these people who come to us after being told "*there is nothing more we can do*", are still alive and well after five years!

The old saying, '*Still life, Still hope*', applies just as much to Cancer as it does to any other health challenge. This Special Report is designed to inform you of some of the options available, both in prevention and treatment of this dread disease. Many of these treatments may be self-administered at home. Others, usually for more virulent or advanced Cancers, are available at first class facilities outside the United States.

Cancer *IS* a conquerable disease and you *CAN* win!

What Causes Cancer?

Anyone who claims to have the complete answer to this question is exposing both their ignorance and their arrogance. The fact is that much of the process behind the development of Cancer is still somewhat of a mystery. Let us discuss however, what we do know.

Any discussion of the origins of Cancer cell development must certainly include the immune system and the volume of toxic substances present in the environment. Let's address the role of the immune system first.

In the past, doctors have seen the role of the Immune System in the body as fighting off infectious organisms and wound healing. Recently, however, they have begun to recognize that this same immune system is involved in both preventing and fighting non-contagious disease of a chronic nature.

Cancer cells are not foreign entities in our bodies. They are formed with our own tissues and cells, which somehow, have become altered to explosively multiply. The fact is that Cancer cells form in all of us practically on a daily basis, yet why don't we all have Cancer? The answer is quite simple. The Immune System is able to recognize the Cancer cells and altered cells and builds antibodies to swiftly destroy them.

When a Cancer cell forms in the body, the Thymus Gland sends out a messenger to take a chemical picture of the 'strange' cell. This messenger then returns to the Thymus, the seat of the Immune System, and the chemical pattern of this cell is analysed. If it is recognized as the abnormal cell that it is, antibodies are made, specifically, against that particular cell, and sent to the site of the cell growth, destroying them rapidly.

With this picture in mind, it is easy to see what might happen when the immune system fails to recognize these cells as abnormal. Let's paint this little word picture again, this time with an Immune System that is exhausted and under-active.

When Cancer cell forms somewhere in the body, the Thymus Gland sends out the little messenger to take a chemical picture of the abnormal cell and returns to the Thymus Gland with the information.

Now, instead of recognizing that the cell is abnormal, let us say that, because the immune system is overworked and exhausted, it somehow sees this cell as normal. Once this has occurred, that abnormal cell will be allowed to multiply uncontrolled. In fact, once the Immune System has given these cells its 'blessing', it will actually take extreme steps to protect and preserve it!

This is why so many Cancers are incredibly resilient and resistant even to the most invasive, aggressive treatments. The more we try to poison the Cancer cells, the more the Immune System actually tries to protect them!

This being the case, obviously, stimulating and feeding the Immune System with nutrients that will keep it strong, is one of the first lines of defense against the formation of uncontrollable Cancer proliferation. If the immune system is able to recognize these altered normal cells every time they develop, they will be destroyed even without our knowledge.

This brings us to the real paradox of conventional Cancer therapies. Treatments, such as radiation and chemotherapy, while they have been shown to slow down the growth of Cancerous cells, also leave the person's immune system completely devastated. Sadly, Oncologists (Cancer Doctors) never even consider the importance of rebuilding the patient's immune system after such therapies.

The immune system is what keeps all invaders, which enter the body, in check. When the Immune System weakens, the balance between the disease and the body's resistance to the disease swings in favor of the disease process and the body begins to lose the battle.

(For more information on The Immune System refer to Special Report #8 entitled Your Immune System – Why It fails and How To Fix It)

Poisoning The Sick

Medicine has declared a war on Cancer. In so doing, they are using such invasive procedures to try and kill the Cancer cells that, in many cases, the healthy cells cannot survive the process. It has been estimated that at least half of all the deaths attributed to Cancer were not caused by Cancer at all. These people actually died from the treatment of Cancer.

What medicine has not yet realized is that you cannot poison a sick person and make them well!

We often laugh at some of the barbaric methods employed by medicine in the past, such as bleeding the patients half to death or applying leaches to the skin. Yet, modern Cancer therapies are little better than previous bizarre and inhumane treatments and sadly, they are just as ineffective.

How Are Cancer Cells Born?

Cancer cells can be compared to orderly members of a community who have, for a variety of reasons, become disorderly and no longer fit into the society. There are three basic reasons why we feel this occurs and all may contribute to the formation of cancer, either singularly or in combination.

1. Genetics. There may be a defect in the genetic code of particular cells, which may have been passed from one generation to the next. This is why cancer often 'runs in the family' of some people and not others. Once certain genetic codes have been altered, they are capable of being transferred to offspring for many generations.
2. Cancer cells can come about as a result of electromagnetic damage to normal cells, which if they don't kill the cell, causes it to become malignant. Sources of electromagnetic damage come from electronic equipment, high voltage power lines, and other high powered emissions. Electromagnetic damage can come from internal sources as well. The human body is an electromagnetic machine. Energy entering the body from the atmosphere must pass through the body and be grounded out to the earth. When we wear rubber-soled shoes, we prevent this energy from escaping the body. It can build up and burn or mutate living cells.
3. Likely, the biggest source of all Cancers in our society today is the proliferation of toxins in the environment. There are literally tens of thousands of toxic chemical compounds in our air, food, water, and living and working environments today, which were completely unknown just a few years ago. When these chemicals enter the body, each one of them must be broken down into component parts in order for the body to eliminate them safely.

Our genetic wisdom, gathered from generations past, has no knowledge of how to handle these new chemical compounds. Consequently, they are stored in the body for long periods of time.

When the body breaks down any toxin, it does so, primarily, by oxygen through a process called oxygen reduction. A by-product of oxidation is the formation of free radicals, which have the ability to permanently alter the DNA of living cells through mutation. It is these mutation, which can come from chemicals, virus, bacteria, fungus, mould or nerve transmission that cause the majority of Cancers today.

This brings us to a discussion of toxicity and Cancer. If you consider all the thousands and thousands of toxins present in every environment today, it becomes an impossible task to try and avoid them. You often see people desperately avoiding everything in life in attempt to side step exposure to these toxins. They will not eat certain foods, only 'organic' foods. They only drink pure water and they often try and filter the air they breathe. While these methods are very valid and should be considered, the bottom line is that you cannot avoid all exposure to toxins no matter what you do.

A much better approach would be to provide the cells of your body with protection or insurance against the multitude of free radicals being formed within the body at any given time. For this reason, antioxidant and Free Radical Scavenging Nutrients play a vital role in our overall program for the prevention of cancer.

Cancer Prevention Protocol

Research has shown that many nutrients and nutrient co-factors can greatly reduce your risk of developing uncontrollable Cancer. These nutrients are discussed and protocol is provided in this section. We have included in this section, only those substances, which are readily available to most everyone. In the next section on treating existing Cancer, we will discuss many of the alternative treatment options and how you can gain access to them.

Nutrients to Prevent Cancer

Vitamin A.

The first immune/anti-Cancer nutrient we must discuss is Vitamin A. This has long been my favorite nutrient, not so much because medicine believes that it is toxic, but rather because it has so many beneficial effects in the body.

Doses of Vitamin A must be quite high in order to be of benefit in immune stimulation. Vitamin A is particularly important in preventing Cancers involving the mucosal lining of the body, such as may be found in all the openings of the body.

Good examples include the mouth, ears, nasal passages, urinary and anal canals. In order to benefit from Vitamin A, it is important to use an adequate amount of the nutrient. The only safe form of vitamin A to use as higher doses is an all natural Vitamin A from fish liver oil extract. Do not use synthetic Vitamin A or Beta-Carotene in high amounts!

Beta-Carotene.

This Carotenoid has demonstrated considerable anti-cancer effects in many clinical studies. You need to take this in addition to vitamin A. Many people think Beta-Carotene is Vitamin A. It is not! Beta-Carotene is converted to Vitamin A in the Liver, but only at a specific rate, no matter how much you consume. Taking Beta Carotene at rates higher than the conversion rate only results in the skin becoming orange! Not a very healthy appearance.

Selenium.

This mineral is a powerful antioxidant and therefore plays a pivotal role in the prevention of Cancer, an immune suppression disease. Selenium increases the effectiveness of Vitamin E, another powerful antioxidant. Selenium is so powerful that it has actually reversed some forms of Cancers in experimental animals. Sadly, little research money has ever been allocated for studies in humans. Numerous studies have linked Selenium deficient diets to an increase in Cancer risk. Along with Vitamin E, Selenium enhances immune response as well as being a powerful antioxidant, removing dangerous peroxides from the blood.

Essential Oils.

Fatty Acids play an important role in the prevention of a variety of Cancers. Fatty Acids protect the liver from excessive toxins and should be included.

Vitamin C.

This cardinal nutrient was made famous by the late Linus Pauling and remains one of the best anti-cancer nutrients we have. Vitamin C is a powerful antioxidant and prevents cross linkage of cells and collagen proteins. In the presence of other antioxidants, Vitamin C can act as a Free Radical Scavenger, gathering up specific free radicals and destroying them.

Zinc.

This essential trace mineral has long been linked with improved immune function. Quite high doses are necessary in order to achieve immune stimulation.

Heavy Hitting AntiOxidants.

While science has unleashed many potentially harmful chemical compounds into the environment in the recent decades, they have also discovered many powerful chemical substances, which act as antioxidants and free radical scavengers, protecting living cells against the ravages of free radical proliferation. Some of the most important antioxidant/free radical scavengers in the prevention of Cancer include N-acetyl Cysteine, CoQ10, Quercetin, Milk Thistle, and Lycopene.

Mushroom Extracts.

Specific nutrient/plant compounds have been shown to exercise powerful effects upon the immune system. Collostrum extracts are one such group. Another group of food extracts even more powerful than Collostrum come from mushrooms. Reishi, Shiitake and Maitake mushroom extracts, when combined with the right combination of synergistic nutrients, have demonstrated immune enhancement even beyond the most potent pharmaceuticals.

Based upon current knowledge in nutrition, the following represents specific known nutrients, which have been shown, under clinical studies, to enhance immunity and exercise anti-cancer benefits.

Please note that you should NOT consider taking any or all of these nutrients in the amounts indicated without first ensuring chemical synergy in your body by taking a Full Spectrum Nutrition program that offers all the necessary base-line nutrients you need on a daily basis.

This will guarantee that taking high amounts of these nutrients will not upset the delicate chemical balance in your body.

Anti-Cancer Nutrients

Selenium	200-400 mcg
Vitamin A (fish liver oil extract only)	5000 IU
Beta Carotene	25,000 IU
Vitamin E	400 – 800 IU
Folic Acid	5 - 10 mg
Calcium	1200 mg
Lactobacillus Acidophilus	6 – 10 capsules
Vitamin C	5 – 10 grams
Zinc	50 – 100 mg
N-acetyl Cysteine	500 – 1,000 mg
CoQ10	100 – 200 mg
Quercetin	10 – 30 mg
Lycopene	5 – 10 mg
Milk Thistle	100 – 200 mg
Mushroom extracts	20-40 drops tincture

(For more information on AntiOxidants, refer to Special Report #12 entitled How AntiOxidants & Free Radical Scavenging Nutrients can Prevent Disease)

Treatment of Cancer

Alternative treatments for various types of Cancer abound. Sadly, most of them are not available in many countries such as the United States and several European countries.

The good news is that these time-tested modalities are available around the world from modern, advanced holistic clinics and hospitals.

Before we begin a discussion of some of these specific treatment options, let's look at some additional nutrients that are available in virtually every country and the dosages shown helpful in treating existing Cancers.

Nutrients used in Treating Cancer

If there is an existing cancer, you can virtually double the dosages of the nutrients previously listed. In addition to that mega-dosing, add the following...

Bromelain	1000 – 2000 mg
Shark Cartilage (750 mg)	10 Capsules
Liquid Oxygen	3 – 6 ounces
(Oxygen must be taken on an empty stomach)	

What To Do If Cancer Must Be Handled Aggressively

The following represent some of the many holistic therapies currently available around the world. While these modalities are not recognized in the United States and elsewhere, their efficacy has been proven time and time again.

Remember, that through the use of the right combination of these therapies, persons who, for the most part, were deemed 'terminal' by conventional medicine have gone on to not only beat their cancer but to live healthy, happy lives.

In spite of the incredible odds against these therapies, over 50 percent of all the patients seen at our facilities are still alive 5 years later, even though they were virtually all given a death sentence by their medical doctors.

Pulse Modulated Microwave Hyperthermia.

Controlled microwave exposure of the Cancer tumor has proved to be very effective in not only destroying or reducing tumor mass, but also in undermining the Cancer cell's ability to survive in the long run.

Tumor Hyperthermia increases heat in the tumor, raising the temperature to bio-critical levels.

It is important to understand that Cancer tumors require more and more blood supply as they grow larger. Heating the tissue causes the cells to increase their metabolism, thus starving the Cancer cell of nourishment, while doing no harm to the surrounding healthy cells.

Since Cancer cells require huge amounts of energy, which they obtain from Glucose in the blood, the reduced blood flow caused by hyperthermia, reduces the available fuel, starving the Cancer cell.

Immune Modulator Blueprints.

Another modality, which has shown wonderful benefits, is the use of specific immune modulators. It is generally accepted that as much as 90 percent of all Cancers originate from environmental factors such as pollution, toxic chemicals, electromagnetic radiation, stress, dyes and stains. Further, certain viruses, bacteria and even fungi and moulds have been implicated as possible Cancer causing factors.

Drs. Virginia Livingston, von Brehmer and Enderlein have produced immune modulator vaccines, which have been very effective in certain specific tumors. Recent advancements on these concepts have refined and improved response tremendously.

(For more information on the Immune System, refer to Special Report #8 entitled Your Immune System – Why It Fails and How To Fix It)

Hydrazine Sulfate.

One of the great discoveries of our time was the work of Dr. Otto Warbury, who was awarded the Nobel Prize for his discovery that the major difference between normal cells and Cancer cells was the fact that the energy production of one required oxygen, and the other did not.

Both normal and cancer cells utilize glucose as the raw material necessary for energy, but healthy cells combine oxygen with the glucose which yields 30 energy units for each molecule of glucose. Cancer cells, not using oxygen in their metabolism, yield only 2 energy units.

Since the energy from glucose is so low in the Cancer cell, it needs very high amounts of glucose.

This consumption of Glucose actually starves the healthy cells and produces the common wasting away often seen in Cancer patients call Cachexia.

In order to meet the demand for Glucose by the Cancer cells, they direct the Liver to convert Lactic Acid back into Glucose.

Hydrazine Sulfate prevents the Liver from converting Lactic Acid back to Glucose, thus starving the Cancer cells of necessary nourishment.

Through the use of Hydrazine Sulfate, Cancer patients almost immediately experience several positive benefits, which include an increased appetite, feeling of well-being, increased strength, reduction of pain and a decrease in their tumor size.

Cesium Chloride.

Recent discoveries have shown that certain acids in the cells can produce enzymes, which can alter the chemistry of a cell so significantly that the cell can become Cancerous. Previous attempts to alkalize the body in order to prevent this process have led to damaging healthy cells as well.

Cesium Chloride specifically, enters the Cancer cell and makes the inside of the cell alkaline. It is estimated that when the pH of a Cancer cell reaches 7.6, Cancer cell growth is stopped and a pH of 8 to 8.5, the life cycle of the Cancer cell is limited to only a few hours. The best news is that there are virtually no side effects to using Cesium Chloride.

Laetrile.

One of the oldest 'alternative' modalities for the treatment of Cancer has to be Laetrile. Discovered by Ernst Krebs Jr. PhD, Laetrile helps to regulate excessive estrogens produced by all Cancer cells. Some of the early uses of Laetrile were less than successful because of two major reasons. Firstly, Laetrile is best used in conjunction with other forms of therapy. Secondly, Laetrile is best used on specific types of Cancers.

In the early days, it was one of the only treatments available and was used on everyone seeking alternative help. Because of these facts, Laetrile should be used as either a preventive of Cancer, if available, or as part of an overall metabolic approach to this illness.

Germanium, Hydrogen Peroxide, and DMSO.

One of the greatest contributions of Otto Warburg was our understanding that the Cancer cell is basically a result of oxygen starvation of the cells.

Further, once the Cancer cell forms, increasing oxygen can destroy it. This means that by raising the oxygen level in the body, we have a method of both preventing and destroying Cancer!

Germanium, a micro trace mineral, is an oxygen enhancer and should be a part of an overall oxygen boosting program.

DiMethyl Sulfoxide (DMSO)

This is a universal solvent that not only provides pain relief from a variety of conditions, it also serves to carry anything that is placed with it deep into the interior of the body tissues. When used in conjunction with food grade hydrogen peroxide intravenously, we not only have a combination that oxygenates the cells of the body, but both ingredients, individually, have been proven to destroy Cancer cells.

Oxygen remains one of our most important weapons against the Cancer cell. In the presence of high oxygen environment, Cancer cells cannot replicate and may even be destroyed. Hydrogen peroxide, given orally and by infusion, has the ability to increase the oxygen content of the blood, which reaches every cell of the body.

Even though food grade hydrogen peroxide is available in the United States, it cannot be infused into the body without being properly prepared. To do so can result in serious side effects and even death. Oral oxygen products are readily available and safe to use as long as you are sure that the oxygen does not come from Chlorine Dioxide, which produces Chlorine Free Radicals – another known carcinogenic substance.

(For more information on Oxygen, refer to Special Report #14 entitled Effective Oxygen Therapy For Chronic Conditions)

Clodronate.

Bone cancer is one of the most deadly and devastating cancers. The pain from bone Cancer is indescribable. Until recently, there was little or nothing that could bring relief to the patient while slowing down the progression of this disease. Bone Cancer is an all too frequently seen Cancer since it is the result or by-product of two very common forms of the disease.

Both Breast and Prostate Cancers very frequently metastasise to a bone. In fact, oncologists estimate that this will occur in 90 percent of these cases.

Clodronate, while having virtually no negative side effects, prevents the outflow of Calcium that occurs from the bone. This prevents further metastasis, buying precious time to treat the disease aggressively.

Further, most of the patients who begin using Clodronate experience a cessation of pain to the manageable level in as little as three days of use.

Flutamide.

One of the most feared Cancers, certainly by men, is Prostate Cancer. The second most common cancer among men, prostate cancer is one of the leading causes of cancer deaths worldwide.

The conventional method of handling this problem revolves around attempting to cut off the production of the male hormone testosterone, produced by the testes. Measures such as the Orchiectomy where the testes are removed and estrogen therapy have severe physical and emotional side effects while being only temporarily effective.

Once the testes no longer produce testosterone, the Adrenal Glands take over and slowly increase the production of this missing hormone. After a period of time, they can produce enough testosterone to once again activate the Cancer condition.

(For more information on Prostate Cancer, refer to Special Report # 13 entitled Secrets To A Healthy Prostate)

Flutamide has the ability to regulate testosterone levels. Clinical studies have shown excellent response.

In one study, signs and symptoms of Cancer disappeared in 87 previously untreated males in a test group. Twenty-five percent of the patients showed a complete disappearance of bone cancer and 55 percent of the patients demonstrated at least a 50 percent reduction in bone metastasis. Further, a two year study of these patients showed an 81 percent remission rate for the disease.

Through the use of Flutamide in conjunction with hydrogen peroxide and perhaps Clodronate to prevent metastasis to the bone, even advanced Prostate Cancer can be put into remission.

There are many other treatment methodologies involved in Cancer treatment. It is important to remember that every case of Cancer, even cases of the same type of Cancer, *are* different.

Cancer is a metabolic disease and no two cases are exactly alike. For this reason, a variety of treatment modalities must often be employed and these must be combined and adjusted according to the individuals' body chemistry.

Many people call our Institute and ask about such treatments as Live Cell therapy, Thymus Gland Stimulation, Immune Stimulation, Bio-Magnetic Therapies, Carbatine, Shark Extract and even Micro-Dose Chemotherapy. The answer is yes, we can and do use any and all of these if the individual situation requires it.

Through a shotgun type of approach, we avoid the loss of precious time trying to find the right combination of treatments. Through a multi-faceted treatment program, the patients receive the best possible care and support.

What Do I Do If I Have Cancer?

Okay, let's say you are reading this because you have Cancer. What should you do? While this is a very personal question and one that each individual must answer for themselves, perhaps we can give you some food for thought.

Chemotherapy and radiation, the standard treatments for Cancer are not always bad. Under controlled conditions, they can actually be effective.

It is imperative, however, that if these methods of treatment are, or have been used, you must rebuild the immune system with Full Spectrum Nutrition and specific nutrients, which have proven to help rebuild the precious immunity that has been lost. It is likely that much of the reoccurrence we see in Cancer patients is caused by the devastation of their immune system by conventional Cancer therapies.

If you have explored much of the Cancer options available to you in your own country, perhaps you may want to consider some complimentary therapies as described in this Special Report. If so, you can contact The Institute for an evaluation and referral to an alternative hospital offering those therapies.

If you have had Cancer and are in remission or if you just want to do whatever you can to prevent the occurrence of Cancer in your body, we suggest you follow the guidelines below.....

- 1 Include Full Spectrum Nutrition as part of your daily nutrition intake (See section on Full Spectrum Nutrition that follows).
- 2 Take the immune enhancing nutrients outlined earlier in the potencies recommended.
- 3 Exercise or take an oral liquid oxygen supplement or both. Remember that Cancer cells cannot multiply in an oxygen-rich environment.
- 4 Manage stress through relaxation techniques, meditation, anti-stress nutrition or your favorite method. Remember, that stress is the cardinal cause of all illness in the human body and stress has a direct depressing effect upon the immune system.
- 5 Get adequate rest by sleeping enough hours every night. While sleep requirements differ for each person, we all know when we are getting enough sleep. You can miss a few hours here and there, but prolonged sleep deprivation is a proven immune system depressant.
- 6 Try to eat a pure a diet as possible, with an emphasis on whole natural foods eaten in their natural state.
- 7 Try to eat your biggest meals earlier in the day.

8 Do not consume vegetable oils or margarine. They are both massive sources of Free Radicals, which can lead to Cancer. The only oil that is acceptable is olive oil.

9 Do not consume coffee. When the caffeine molecule is heated to high temperatures such as in the roasting of the coffee bean, it alters the molecular structure, resulting in a substance that may be carcinogenic.

10 Reduce or eliminate refined sugars in the diet. The consumption of refined sugars is the worst possible food for the Cancer patient. Use whole foods such as fresh fruits instead.

What Is Full Spectrum Nutrition

The very heart of our prevention and treatment program for cancer has to be Full Spectrum Nutrition. Just what do we mean by this?

Everyday, our body needs at least 120 nutrients and nutrient compounds in order to live and function in optimal health. The absence of even a few of these essential nutrients causes the body to constantly perform a juggling act, trying to balance the internal body chemistry.

After years of these deficiencies, the chemistry of the body becomes tired and begins to lose its ability to compensate for dietary deficiencies. The ultimate outcome of this prolonged deficiency is Chronic Disease. Virtually, every Chronic Disease known to mankind may be directly linked back to the absence of some or many of the essential nutrients needed on a daily basis.

The single greatest thing that you can do for your body is to provide these nutrients to your chemistry every day by taking a Full Spectrum Dietary supplement.

Following is a list of the 120 essential nutrients, which must be present in the diet of everyone wishing to stay healthy.

1. 8-12 Amino Acids. These are the building blocks of all cells in the body. Actually there are hundreds of amino acid combinations and the body can make all of them except 12. These must be taken daily from the diet.

2. 3 Fatty Acids. Again, there are dozens of Fatty Acids formed in the body, all of which may be made from these Essential Fatty Acids.

3. 16 Vitamins. Vitamins are probably the best known of all nutrients. Most of them are water soluble, meaning that they cannot be stored in the body. This means that they must be taken into the body every day.

4. 70+ Minerals. Major and trace minerals make up the largest group of nutrients in human nutrition. Because of this, attention to this group of nutrients is an absolute must if good health and longevity is expected.

5. Phytonutrients. Organic chemical compounds from plants, Phytonutrients are on my essential supplement list because all too few of us eat enough fresh fruits and vegetables on a daily basis. In cold climates during the fall and winter seasons, many people don't eat anything fresh for months at a time.

6. Heavy Hitting Antioxidants. The last group of 'essential' nutrients are relatively new and are very powerful Antioxidants and Free Radical Scavengers. We have already illustrated the direct connection between free radicals and many forms of Cancer.

The Free Radical can permanently alter the DNA of genetic material of a living cell, causing it to become Cancerous. The extra protection provided by additional Antioxidant protection is simply a must.

(For more information on AntiOxidants, refer to Special Report #12 entitled How AntiOxidants & Free Radical Scavenging Nutrients Can Prevent Disease)

If you take this list into your local health food store and try to fill it, you can, but you will likely come home with 10 or more bottles of pills and capsules, and a fair amount of money left behind. Fortunately, you can obtain Full Spectrum Nutrition in a much more convenient way.

Each of the formulas and protocols detailed in this Special Report are available exclusively from Phoenix Nutritionals.

Contact www.PhoenixNutritionals.com or by telephone at 1-800- 440-2390 or email Questions@PhoenixNutritionals.com

Conclusion

In closing, I must say that writing about Cancer was a difficult subject. Yet, the information and treatment methods available in many places around the world continue to offer more and more hope in this desperate situation.

If you are currently Cancer free and wish to remain so, we have given you what represents a very good comprehensive program to maintain your good health. If you currently have Cancer, we have offered you some food for thought, some options in the management of your situation.

Our goal here, at The Institute, is to provide you with the very latest, cutting edge options for a wide range of chronic conditions. Cancer is no exception.

I have worked with Cancer patients now, in a variety of ways, for over twenty years. During that time, I have seen the choices available to Cancer patients increase tremendously. Sadly, many people are never made aware of these options because their conventional Cancer doctors refuse to even discuss it with them.

Through nutrition, complimentary therapies, stress management, and visualization therapies, I have seen even very advanced cases of Cancer move from terminal to remission. In cases of Cancer, perhaps more than with any other disease, I believe in the concept of '*Still life, Still hope*'.

If enough people tell you that you are going to die, you will likely fulfil their prediction. But remember, it's YOUR life until you draw your last breath. You do have choices.

I hope that the information in this Special Report has provided some choices for you and those in your life that may be living with these illnesses along with you.

*"Take charge of your health, and your future and know,
that many times, your destiny is truly in your own hands."*

- Dr K Steven Whiting

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