

Some Basic Rules on how Cancer behaves:

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1 - Cancer loves and feeds on sugar – Cancer cells have up to 24X more glucose receptor sites than do normal healthy cells and they consume 10 -15X more glucose (sugar) than normal cells. Tumors of the central nervous system seem to be the most sensitive to glucose, but all cancerous growth is fed by glucose. Eliminate as much sugar from your diet as possible, even though you are craving sweets (the cancer is begging for food). Keep blood sugar levels and insulin levels as even as possible. You can still eat fruit if it's whole but not fruit juices. Books like Barry Sears – “Enter the Zone” and Sugar Busters have good information about keeping blood sugar levels even. The less high blood sugar level spikes – the less sugar for the cancer cells to consume and grow with.

2 - Tumors have a higher Sodium to Potassium Ratio than do normal cells. Keep your salt levels down and your potassium levels up. Use unsalted foods whenever possible. Processed foods tend to have very high sodium levels. Use herbal mixtures to season food with such as salt free spike. K – salt substitutes such as NoSalt use potassium chloride 650mg per _ teaspoon are excellent alternatives. A higher potassium diet tends to be more alkaline. Lots of vegetables and fruits will increase your potassium levels to a higher potassium to sodium ratio.

3 - Tumor cells favor an acid pH – they also produce a lot of lactic acid, which produces pain in the body. The supplement Alpha Lipoic acid helps deal with the high lactic acid levels. Purchase nitrazine paper from Brighter Day or an independent pharmacy – you can check your salivary and urinary pH with this. Brighter Day has a list of foods which are alkaline forming and which are acid forming. Ask for this list. Evamor water is a water that has a pH of 9 and can help with alkalining the body.

4 - Increase the oxygen levels of the body. Cancer is anaerobic and grows through fermentation – healthy cells are aerobic and function with oxygen. Deep breathing and exercise that doctor allows helps oxygenate the body. Saffron enhances the oxygen content of the cells add this spice to soups and recipes frequently. Olive oil contains squalene a compound that helps with oxygen. Direct squalene capsules are available also – check the big information notes on Cancer from Brighter Day.

5 - Limit Copper & iron intakes – the trace mineral copper when its too high can stimulate certain types of tumors to grow much more rapidly. Zinc supplementation can control high copper levels, vitamin C, alpha lipoic acid, and the trace mineral molybdenum. Eating the herb cilantro, avocados, limes and black beans can help also. Iron should not be supplements either. (the supplement IP-6 can help lower iron stores in the body)

6 - Enhance your connective tissue. Strengthen your connective tissue. As cancer is trying to spread and grow it tries to break down connective tissue in order to spread. Eating lots of berries can help strengthen connective tissue as well as vitamin C. The herb Gotu Kola is very helpful at strengthening connective tissue – read more about it in the cancer handout. Horse Chestnut extracts, Grape Seed Extracts and the amino acids L-lysine and Proline strengthen connective tissue. Mathias Rath MD a German medical doctor strongly believes that cancer can be controlled when the connective tissue matrix is strengthened.. Read his booklet about this. (It is available free from Brighter Day) to get a greater understanding.

7 – Cancer Loves Inflammation – 2 kinds of fats feed the inflammatory process of cancer. 1st Arachidonic acid found primarily in the fats of red meats, full fat cheeses, avoid corn oil, safflower oil (unless it is a high-oleic safflower oil or high oleic sunflower oil) and partially hydrogenated oils. Increase your consumption of purified fish oils, turmeric, quercetin, ginger, resveratrol, and all flavanoids. Your goal is to make your body as anti-inflammatory as possible. You are increasing Prostaglandin series 1 (GLA from primrose, borage or black currant oils), PG-3 your omega 3 oils such as fish oil and flax oils. Prostaglandin series 2 is the inflammatory – arachidonic acid cascade - it is what all Cox –2 inhibitors are all about.

8 - Hypothermia can induce tumor-cell death. High fevers have been reported to cause tumor regression. High fever induces systemic acidosis, which can also cause tumor cell death. Epsom salt baths have many benefits – buy it at any drug store or supermarket put 2 cups in a bath tub soak and drink hot diaphoretic herbal teas such as Yarrow or Boneset mixed with Peppermint. This can help raise body temperature and create an artificial fever. Because cancer seems able to hide itself from the immune system using diaphoretic herbs such as boneset, yarrow, and peppermint along with hot Epsom salt baths helps to activate a lymphatic-immune response. Diaphoretic Teas with Boneset, Yarrow, Elder, Peppermint and Ginger. Diaphoretics relax the vascular system, they move the lymphatic and increase the immune response.

To make a good diaphoretic tea blend take: 1 heaping tablespoon of Yarrow flowers and add 1 level tablespoon of Peppermint Leaves pour 2 cups of boiling water over the loose herbs and cover for 5 minutes – strain and carry it with you to the bath – drink it before and during your soak.

Cancer Cells are heat sensitive. Do a bath 3 nights a week

To take an Epsom salt bath – Put 2 cups of Epsom salts into a tub of hot water (as hot as you are comfortable with) add _ to a _ a cup of baking soda and soak for 20 to 40 minutes – 102 degree's is a therapeutic temperature. Drink the diaphoretic herb teas while in the tub – such as yarrow with peppermint or elder flowers with peppermint. Put 5 to 10 drops of lavender oil in the tub also.

