

**The Bottom Line:** "It's Not The Food In Your Life, But The Life In Your Food That Counts!" We agree with Chris Wark (Chris Beat Cancer), Ty Bollinger (The Truth About Cancer), the late Bill Henderson (Beating Cancer Gently), etc. These and others fully verify the classic health books "Live Food Juicing" by Dr. H.E. Kirschner and "Fresh Vegetables and Fruit Juices" by Dr. N. W. Walker. Between these, many documented health recoveries and juicing guidelines are cited, with both books highly recommended by the late Jay Kordich, "The Father of Juicing" and author of "Power Of Juicing." As Dr. Andrew Saul (at Doctor Yourself) says, "We need vegetation, not medication." Appropriate nutrition is a major key in preventing and/or resolving cancers (and other auto-immune diseases). The Phase 1 & 2 diets from Doug Kaufmann at web site [knowthecause.com](http://knowthecause.com) have resolved many issues, especially where fungal related. Cancers can generally call for a whole food plant-based diet, with a goal of 80% alkaline and 20% acidic type foods per Dr. Don Colbert. Live daily juicing of fresh fruits and vegetables is most helpful (with organic being preferred for the 30-55% more nutrients involved). Juicing reportedly transfers up to 92% of any consumed nutrients directly into body cells where needed within 15-20 minutes, whereas eating the same fruits and vegetables would take 2-5 hours for digestion routing and is only up to about 35% absorbed. Note: any meat consumed (if any) should be the grass fed variety such as offered at Texas Grass Fed Beef. Even better where cancer involved, was the deletion of all animal based and dairy, although healthy wild-caught fish can be allowed for protein. This was all brought to light by Irish medical doctor, John Kelly, confirming the earlier work of Dr. T. Colin Campbell in his ground breaking "The China Study" book ([NutritionStudies.org](http://NutritionStudies.org)). We would definitely recommend acquiring both books, including "Stop Feeding Your Cancer" by Dr. Kelly ([amazon.com](http://amazon.com)). Also, listen to his informative interview with Chris Wark via [ChrisBeatCancer.com](http://ChrisBeatCancer.com). Dr. Kelly reports his patients being able to stop cancer growths and reverse same via this diet regardless of type of conventional or alternative treatment being administered. He did note that pancreatic and stomach type cancers can generate their own enzymes, requiring additions of specialized treatments

Further, see the two "Juicing Longevity" and "Juicing Health Factors" pdf articles at Factor Ready under Downloads (in Health Tips folders). Plus, If you have previously had, or currently have active cancer or wish to know more, the information on many recognized cancer alternative protocols may be readily found at Cancer Tutor. This would include Chris Wark's Square One Program, the late Bill Henderson Protocol and the Collect-Budwig Protocol as coached by Mike Vrentras, which involves the proprietary Collect formula (such as for pancreas situations, etc.) As for juicing, Dr. Max Gerson (founder of the Gerson therapy) always called for a minimum of 16 oz. of fresh carrot juice be consumed daily (preferably organic and with skins intact) or at least 32 oz. if in the therapy mode (and for a minimum of 2 months). Celery, Spinach, Cabbage and Apples may also be added, but carrots should comprise the bulk (about 75-80% of any mixture). Reason; Carrots contain basically every major vitamin and mineral needed by the human body, along with falcarinol, a very anti-cancerous substance found mainly in the skins (God apparently knew what He was doing when He made them :-). See Ann Cameron's book, "Curing Cancer With Carrots" for her remarkable story. Use of a good masticating type juicer is often suggested such as the versatile and economical Samson 6-in-1 model. Important Note: With decline of mineral rich soils due to unhealthy farming practices, etc., we would recommend supplementing even modern juicing with a good all natural (not synthetic) whole food type multi-vitamins such as Mega Food, Garden of Life, New Chapter or Organixx (and taken 1 or more per meal per Dr. Saul). Extra vitamin D3 and C would also be very appropriate in most cancer concerned cases and general prevention efforts. Should active cancer currently be present, we would definitely suggest most patients look into the benefits of Vitamin C high dose therapies, They could be used as stand alone or to supplement traditional

*PS: always obtain any diet/supplement usage approvals from you medical doctor...*

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treatments. Either should be beneficial, as Vitamin C can delete dangerous cancer “stem” cells, which are normally by-passed with chemo/radiation, and are responsible for most regenerations and metastasizing. This could involve Vitamin C-IV and/or mega oral doses, such as the Liposomal delivery type, with administration and supervision of an experienced medical practitioner suggested, familiar with Vitamin C treatments. For more information on this, please explore web sites such as [DoctorYourself.com](http://DoctorYourself.com) (Dr. Andrew Saul) and Dr. Thomas Levy’s site, [peakenergy.com](http://peakenergy.com). along with the quality Liposomal such as offered at [LivOnLabs.com](http://LivOnLabs.com). Also, visit YouTube and view Dr Victor Marcial-Vega (Oncologist) Interview by Dr. Saul, concerning such Vitamin C use at: <https://www.youtube.com/watch?v=QDXtc-RrtFs&t=322s>. Definitely acquire the book, “I Have Cancer: What Should I Do?: Your Orthomolecular Guide for Cancer Management” by Michael J Gonzalez, Jorge R Miranda-Massari, Andrew W Saul (at amazon and others). Special Note: The Liposomal encased oral Vitamin C has reportedly allowed effective doses in lesser amounts than the IV administered, and even utilizing both appear even more beneficial. Should IV not be available, the oral Liposomal form can be simply purchased or even at home do-it-yourself encased. The latter of course is not medically endorsed, and may not provide professional lab quality. Nevertheless, certain economic cases may warrant such use, especially where IV usage not available. One web site that lists instructions is: <http://mjclive.com/healthy-living/how-to-make-your-own-liposomal-encapsulated-vitamin-c>

Other good supplement suggestions would include Turmeric (Curcumin) to help eliminate cancer cells, including stem varieties. The C3 Complex, Longvida or BCM-95 formulations provide superior absorption, whereas Bio-perine (black pepper) can help with lower cost types. Curcumin also helps with inflammation issues. See the Curcumin formulations at [lef.org](http://lef.org). Black Cumin seeds or oil are anti-stem cell too. Look into the Rain “Soul” product for a proprietary liquid and their “Fused” coffee blend. Plus, some Fish (or Krill) Oil and Green Tea. Definitely consider the Transfer Point brand Beta Glucan 1,3D, to safely “turn all the lights on in our immune system with no over modulation concerns” (see details at [BetterWayHealth.com](http://BetterWayHealth.com) and [VitaWithImmunity.com](http://VitaWithImmunity.com)). The immune system is 70% in the gut and is our first line of diseases defense. On a spiritual note, God wants us in good health (3 John 1:2 ) and Jesus Himself healed wherever he went (Matthew 9:35). Healing Prayer and visualizations of good wellness would certainly be of positive benefits. Per Dr. Maxwell Maltz, the subconscious mind is a goal seeking mechanism, so present it with positive rather than negative thoughts and images. The wellness music at [Wholetones.com](http://Wholetones.com) can aid relaxed meditations. Microscopic views of water drops even form beautiful crystal images when in the presence of such sounds. Further, see specific pdf health articles in the Health Tips folders under our Downloads tab at [FactorReady.com](http://FactorReady.com). Plus, we should all obtain and read the book, “Imagine Heaven” by Pastor John Burke. It can remove any Christian’s reservations about elderly age and/or severe injury or illness situations taking any toll on us. Visit [ImagineHeaven.net](http://ImagineHeaven.net) for the comforting details and free visual and audio book excerpts. In fact, Ray Comfort at [LivingWaters.com](http://LivingWaters.com) says "Passing for Christians is just the doormat they wipe their feet on before entering Heaven." For yet another Christian uplift visit You Tube and watch and listen as Grace Larson Brumley sings "The Promise." This awesome song is posted in a 13 minute presentation that has been viewed by over one million people on You Tube at... <https://www.youtube.com/watch?v=kV0ZIHxE4nM...> and don't forget to visit [ImagineHeaven.net](http://ImagineHeaven.net) and share the site with others for a glorious glimpse of the Promises that await all Christians in the Heavenly 1500x1500x1500 golden miles Heavenly Realm! So, Stay Well, Stay Prepared, and Stay Prayed Up! See pdf article “Christians Get Sick.” Not a Christian? Read our “Christian Factors” at [FactorReady.com](http://FactorReady.com) under Downloads (in Other Messages folder) and contact us to request the salvational booklet by Ray Comfort for free entitled “Why Christianity...”

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