

Anyone confronted with cancer should acquire the late Bill Henderson's helpful book, "Cancer-Free," available from Amazon and others, including Terry's (Mrs. Henderson) web site at [Beating-Cancer-Gently.com](http://Beating-Cancer-Gently.com). Even if undergoing conventional treatments, his alternative book suggestions should assist in conquering any existing cancers, lighten side effects, and help prevent further episodes. So, by all means get the book for all the details and do subscribe to the free e-mail newsletter at his web site (and read the archives too).

A brief Summary of BHP (Bill Henderson Protocol) Essential Daily Steps include...

1. Immune System Enhancer: Use [TransferPoint.com](http://TransferPoint.com) brand Beta Glucan 1,3D. Take 1# 500mg capsule per each 50 lbs. of body weight for adult therapeutic dose, early mornings on empty stomach, at least 30 mins. before eating. Maintenance dose would generally call for 1 or 2 daily capsules. Transfer Point is the recognized purest brand and up to 160 times stronger than many competitors. See further documentation at [VitaWithImmunity.com](http://VitaWithImmunity.com) and [BetterWayHealth.com](http://BetterWayHealth.com) (a supplier). This is the proven brand advocated by Bill to accomplish safe and effective immune boost functions. Note: The immune system is our first and foremost line of any disease defense!

2. Cottage Cheese & Flaxseed Oil Smoothie: Use six tablespoons of low fat cottage cheese (organic preferred) mixed with three tablespoons of organic flax seed oil with an immersion electric hand blender. Put in a blender and liquefy with berries and nuts and a little stevia and pure water and consume promptly (Bill used Barlean's brand oil). If in a maintenance mode, the above amounts may be cut in half. This basic formula was developed by Dr. Johanna Budwig and acts synergistically to put vital needed anti-cancerous oxygen into our body cells (See the pdf Budwig Mix article by Dr. David Jockers at [FactorReady.com](http://FactorReady.com) under Downloads tab (in the Health Tips folder). Also information found at [Budwig-Videos.com](http://Budwig-Videos.com).

3. Heart Plus and Green Tea Extract. Six capsules of Heart Plus (taken 2-2-2) and three Green Tea caplets (taken 1-1-1) with or without food. Supplier sources include [BetterWayHealth.com](http://BetterWayHealth.com) and [OurHealthCoOp.com](http://OurHealthCoOp.com), etc. Note: You can eliminate this combination if wanted, once a non-active cancer maintenance stage is reached.

4. Barley Powder: Take 20 tablets per day (6 or 7 approx. 15 mins. before meals) or any balances after 2 hours if not eating 3 meals daily. Source at [GreenSupreme.net](http://GreenSupreme.net) direct or via various health outlets. Maintenance would involve 6 or 8 per day with 2 or 3 tablets before each meal. Do a weekly alkaline test with pH testing strips.

5. Cancer-fighting Diet: Avoid sugar, processed foods, dairy and gluten. Eat raw whole vegetables plus smoothies and juice, lentils, beans, seeds and nuts (not peanuts). etc. See book for further recommendations. Add a little animal protein (fish, chicken, eggs) about twice weekly once outside any therapy mandates. Note: Bill basically advocated a Mediterranean type plant food based diet such as [NutritionStudies.org](http://NutritionStudies.org) [MyHdiet.com](http://MyHdiet.com), [FoodMatters.tv](http://FoodMatters.tv) and the [BudwigCenter.com](http://BudwigCenter.com), along with the important fresh juicing of fruits and vegetables.

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6. Vitamin/Mineral Supplement: Bill recommended taking multi-vitamins & minerals. He personally used 2 packets daily of Daily Advantage from [drdavidwilliams.com](http://drdavidwilliams.com) (We like the all natural choices at [NewChapter.com](http://NewChapter.com), [Optimaxx.com](http://Optimaxx.com), and [GardenOfLife.com](http://GardenOfLife.com)).

7. Vitamin D3: Take 25,000 IU per day until a blood level test (25-OH vitamin D) reads at a 70 level or higher. Then back off to 10,000 IU per day for indefinite maintenance per Bill. He liked the gel capsule form, and D3 natural is advised over the D2 synthetic type. Important Health Note: Read our Health tab article at [FactorReady.com](http://FactorReady.com). Any high dose Vitamin D should be accompanied with appropriate Magnesium minerals. See book "The Magnesium Miracle" by Dr. Carolyn Dean, MD, ND.

PS from [FactorReady.com](http://FactorReady.com): Therapy regiments listed need to be diligently followed for at least 6-8 weeks per Bill. Longer may be needed if overcoming conventional treatment side effects. Also, these BHP regiments should help offset such effects if adopted beforehand. Note: Per Mr. Henderson, progress can be monitored via an HCG Urine Test from [navarromedicalclinic.com](http://navarromedicalclinic.com) (see test kits at [joeballcompany.com](http://joeballcompany.com)). Once such tests register below 50 would allow moving from therapy to maintenance intervals. Per [CancerTutor.com](http://CancerTutor.com), BHP offers an inexpensive protocol for literally any type of cancer. However, if dealing with fast spreading forms, or cancer has already spread or a particularly dangerous type, a stronger protocol is recommended, such as the Collect-Budwig, Cesium Chloride or High RF Frequency Protocol Considerable cancer alternative information may also be found at sites such as [chrisbeatcancer.com](http://chrisbeatcancer.com), [thetruthaboutcancer.com](http://thetruthaboutcancer.com), and [cancerfreeareyousure.com](http://cancerfreeareyousure.com).

Keep in mind too, cancer returns are quite common, especially if nothing changed that caused the initial bout. Also, cancer stem (mother) cells can generate such returns, and they are generally not knocked out with normal chemotherapy and radiation procedures. In fact, cancers now occur in 1 in 2 American males, and 1 in 3 females. We are fully convinced most occur over a period of time due to a weak immune system which can be brought on by (1) Defective basic diets with insufficient real nutrition. (2) Dental toxins resulting from leaking mercury fillings or defective root canals. (3) Excessive environmental toxins, such as smoking, etc., or even major long term stress can limit immune response. Therefore, any of these or a combination thereof can be strong cancer causing factors. An important benefit of the affordable Henderson protocol is it addresses the four characteristics of all cancers, not just the symptoms. It delves into the lack of oxygen uptake by the cells, excess acidity, excess toxins, plus a weak immune system. Note: this protocol creates a die-off of cancer cells, which can spike CEA and CA-125 type blood tests readings for up to several weeks, therefore that should not cause alarm. Visit [AntiCancerMom.com](http://AntiCancerMom.com) for great input from Corey Campbell, who used this protocol and testing herself. She also includes a list of Christian alternatives to most medical insurance.

From what we've learned, for both cancer prevention and recovery, the juicing of fresh fruits and vegetables (preferably organic) is a much needed major key to promptly supply and maintain vital vitamin and mineral nutrition to our body cells. See our pdf articles, "Juicing Health Factors" and "Juicing Longevity" at [FactorReady.com](http://FactorReady.com) under

Downloads tab (in the Health Tips folder). We also strongly recommend at minimum, a plant food based general diet, with any meat consumed being the grass fed variety. Also, a good all natural whole food multi-vitamin with extra D3 and C. Plus, Turmeric (Curcumin) and/or Black Cumin Seeds to diminish cancer stem cells, along with Fish Oil and Green Tea. See our complete tips in the Health tab article at [FactorReady.com](http://FactorReady.com). Stay Well, Stay Prepared, and Stay Prayed Up!