

Curing Cancer with Carrots...

An article posted by FactorReady.com with permission of author, Ann Cameron...

Ann Cameron is the respected author of 17 children's books, and a past finalist for the National Book Award for Young People's Literature. In 2013, she cured Stage 4 cancer with carrot juice only--no radiation, no chemo. Her book about her experience and that of others reporting similar healing, is *Curing Cancer with Carrots* (also available in a Spanish translation as *La Cura del Cáncer con la zanahoria*). She states, "I believe from personal experience that carrots can cure cancer – and rapidly, without chemotherapy, radiation, or other dietary changes." On June 6, 2012, Ann had surgery for Stage 3 colon cancer. After reading about the damaging effects of the chemotherapy her oncologist was recommending, she declined it. She had recovered from her surgery and was feeling fine when, on November 9, 2012, a CT scan revealed two tumors between her lungs. A PET scan on November 27 confirmed the existence of the tumors, which were growing rapidly. She was diagnosed with Stage 4 colon cancer metastasized to the lungs.

Her colon cancer surgeon predicted a two to three year life expectancy. Her oncologist said that radiation would be useless, but recommended the same chemotherapy as before, saying that although Ann's cancer was incurable by chemotherapy, it might extend her life by twenty months. Ann declined chemotherapy once again, feeling that being sick from the chemotherapy for at least half a year and possibly much longer, was too high a price to pay for no cure and the uncertain promise of twenty months' longer life. Note: Ann's husband, had died of lung cancer in 2008. During the six and half months of his illness, Ann had pressed him to take about 20 different antioxidants in capsules every day. Looking at the heap of pills by his plate, he'd said, "But how am I going to have room to eat anything?" Nevertheless, to please Ann, he downed all the pills, as well as meals, three times a day. Ann now has read a Swedish study that shows that too many antioxidants actually accelerate lung cancer. Ann ruled out using the supplements her husband had taken, and also complicated protocols recommended on the internet, which had many variables and no evidence about which of them actually worked. She embark on an intensive but quick internet research campaign to find an alternative protocol that would heal her--and not cost megabucks or occupy her every waking hour.

Ann came across a memo from a man who had treated his cancer with nothing but carrots. He wasn't selling juicers, carrots, carrot seed, or anything else, which impressed her. His name was Ralph Cole. Ralph's memo contained his phone number, and Ann called. In 2005, he'd had squamous cell cancer--two egg-sized tumors on his neck--treated with radiation. The radiation caused him to lose all his teeth and permanently damaged his salivary glands, but it also eliminated the tumors. Unfortunately, a few months later in 2006, eight new tumors the size of grains of rice appeared on his chest. A woman who had eliminated ovarian cancer with Gerson therapy told him that she thought that carrot juice was the most effective part of that regimen, so Ralph juiced carrots. In eight weeks he eliminated the new tumors by drinking 5 cups (1.2 liters) of carrot juice daily--a bit more than a quart. Ralph shared his 'carrot curing protocol' freely with anyone who would listen. He warned that he had first tried juicing three pounds of carrots daily without success, but that five pounds per day did the trick. He has been cancer free for seven years now. He now only juices occasionally.

On November 17, 2012, Ann began a daily regimen of juicing 5 pounds of carrots, which produced one quart to a quart and one-third. Ann juiced in the morning, drank a glass or two and then refrigerated the rest, which she finished off throughout the day. Ann faithfully continued juicing five pounds of carrots daily. In eight months, she skipped the juicing only twice for five

days, when traveling. Ann also had no chemo, no radiation and no other dietary modifications except the added carrot juice. She continued eating some meat and didn't make any dietary changes to her already mostly healthy diet. But she did have a small serving of ice cream nightly in her first eight weeks of juicing. Ann cautioned: "I don't recommend ice cream for cancer, but only want to emphasize that drinking carrot juice was the only change I made in my life, besides gratefully accepting prayers and good energy from friends. Daily I told the cancer that I wasn't afraid of it but that it had to go. I told my body that I knew it had the means to heal and eliminate the tumors."

On January 9, after eight weeks of carrot juicing, a new CT revealed that the tumors had stopped growing and shrunk slightly. On March 13, 2012 another CT showed no tumors and no swollen lymph nodes: Ann's lungs were normal. A July 30, 2013, CT scan confirmed that the cancer was gone. Repeat scans have shown to be cancer free for two years. Ann says that it's important to get a scan in eight weeks or less after beginning the carrot cure. If above hasn't occurred, turn to other treatments besides or instead of carrots. During the treatment, don't peel the carrots. The most powerful anti-cancer compound in the carrots is falcarinol. Falcarinol is mostly in the carrot skin; it protects carrot roots from black licorice rot and other carrot diseases.

Laboratory studies by Dr. Kirsten Brandt in the U.K. have shown that in rats with induced cancers, falcarinol or shredded carrots in their chow reduce the formation of large tumors by a third in comparison to controls. It's large tumors that kill, not small ones, so that's a very important finding. The rat doses used in Dr. Brandt's experiment are equivalent to a human dose of a pound and a half of carrots daily. Dr. Brandt is eager to continue experiments to see if, with more carrots in chow, or a larger dose of falcarinol, all tumor formation in the rats might be prevented, but she has not so far encountered funding for further animal experiments. In her experiments, betacarotene in carrots had no effect, positive or negative, on tumor formation in the rats. Ann says that carrots have been found to enhance the effects of conventional cancer treatments. She wrote her book, *Curing Cancer with Carrots*, not only to provide the scientific evidence for the carrot cure, but also to provide reliable information about both natural and conventional treatments--information she couldn't find in any book about cancer when she was first diagnosed.

PS from FactorReady.com: Although this limited summary might suffice for starters, obtaining her book is a must for complete details and associated information. Ann has fully documented her carrot cancer cure in her book on Amazon, "Curing Cancer With Carrots." It is available in Kindle or printed editions. Others that beat their cancer with carrots we are personally aware of include Ralph Cole at CancerIsOver.Blogspot.com and Chris Wark at ChrisBeatCancer.com (the founder of the Square One anti-cancer program). Note that Chris made major changes in his diet and did employ various supplements, etc. Ralph mentions sugar elimination. Although we unfortunately are not aware of any clinical trials on carrots from the USA medical and drug industry there is considerable anecdotal evidence of carrots benefitting cancer patients. Carrot juice remains heavily employed as example in the renown Gerson therapy at the Gerson Institute (Gerson.org). Cancer patients under their protocol consume 12-13 juice glasses per day along with other therapies such as coffee enemas, etc. Dr. Max Gerson established early on that carrot juice is molecularly almost identical to human blood (so the Good Lord must have known what he was doing when he made them!) Dr. H.E. Kirschner, MD, in his classic book "Live Food Juicing" (per his 1975 edition) documented many cases where various diseases, including cancers, were resolved with juicing of fresh vegetables and fruits. This especially included carrots, celery, spinach, cabbage and apples. Carrots contain Falcarinol, a natural

Curing Cancer With Carrots...per excerpts from author, Ann Cameron...Update 8/2017

pesticide and fatty alcohol, primarily contained in their skins, thought to largely explain their anti-cancer status. So leave skins intact but do cut off the very top where pesticides can accumulate. Plus, report research at <http://www.greenmedinfo.com/blog/25-cancer-stem-cell-killing-foods-smarter-chemo-radiation> reflects that the beta-carotene content of carrots and leafy greens kill cancer “stem” cells. These are the dangerous mother cells that create the daughter cells that generate cancers, regrowths and spreads, etc. Although chemo and radiation can often reduce tumor cells they normally do not resolve the stem cell problem, and can even make them more resistant and aggressive. Another verifying book on juicing health is “Fresh Vegetable and Fruit Juices” by N.W, Walker. The late Jay Kordich (jaykordich.com) the “Father of Juicing”, and author, “Power of Juicing,” also fully endorsed the rapid nutrition afforded by fresh juicing. It quickly allows up to 92% of needed nutrients to reach body cells within 15-20 minutes, whereas eating delivers only about 35% in 2-5 hours. Plus, using organic varieties can reportedly provide 30-55% more nutrition than non-organic. We are personally convinced that active juicing (along with an appropriate diet) is a major key to major health!

Juicing Notes: It was found that carrots boiled in water – for 12 minutes – results in a 70% reduction in falcarinol. Long-term frozen storage and blanching of carrot pieces saw a 30% reduction in falcarinol. Bottom line, raw (fresh) carrots are your best option – always. Ann Cameron utilized a Champion brand (masticating type) juicer with plain (non-organic) carrots less stalks with skins intact, and drank a total of 5 (8 oz.) glasses throughout the day. Ralph Cole used a Juiceman II brand (centrifugal type) juicer and drank his 5 glasses basically during one early morning setting. Although the 5 lb. daily consumption figure was apparently sufficient for an average size adult, larger persons might require more. Ralph advised Ann he felt the proper ratio might involve 1 lb. of carrots for every 30 lbs. of body weight. Chris Wark consumed 8 glasses per day of veggie juice (mainly carrots) but feels the 40 oz. figure would be a minimum effective daily dose for cancer patients. He utilized organic carrots which he thinks is best, and had a Champion juicer. Note: Masticating type juicers are generally considered the most efficient. We personally have a versatile Samson 6-in-1 model, which can even do greens well. However, If you don’t have a juicer or subject to travel, you may wish to consider carrot powders, such as the Activz brand. They advise their special processing retains the natural ingredients, with approx. 5 year shelf life, and may be mixed with filtered water or juice at 2 tbsp. per 8 oz. glass. They also offer beets, kale, spinach, wheat grass, etc., which could be mixed into the carrot juice for taste variations. It is unknown by us if the powder formulations actually offer 100% of available nutrients afforded by the live juicing of fresh produce (see our Health tab article at FactorReady.com). The folks at MyHdiet.com also offer carrot and/or barley supplement powders. From our view, some factors do indicate that juicing may be superior overall to the powders, but both are nutritious and well worth utilizing. As for any juicing concerns with sugar feeding cancer, Ty Bollinger (TheTruthAboutCancer.com) in a TTAC documentary, a doctor discussed recent research which showed that cancer cells ignore fruit sugar. The fructose molecules in fruit are said to rotate to the left (counter-clockwise). Reportedly, cancer cells feed only on the sugars whose molecules rotate to the right (Go Figure) ...Stay Well, Stay Prepared, and Stay Prayed Up!



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