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The Down-Low on Dietary Fats: Are You Getting Enough of the Right Ones?

By Ty Bollinger

It was March 1984 when *TIME* magazine published a famous issue featuring on its cover a plate containing two eggs cooked sunny side up with a single strip of bacon placed directly underneath them. The two yolks and their surrounding whites were positioned as eyes, and the bacon strip below was curved downwards to look like a frown. Printed above this face-like display of breakfast food was the word "CHOLESTEROL" in bold, followed by the ominous words, "And Now the Bad News..." immediately below it.¹

Eager to learn what was so bad about these two foods that they had grown up eating, concerned readers across America opened that chilling cover and flipped through the pages until they were greeted with the headline of doom...

"Sorry, It's True. Cholesterol Really Is A Killer." The succeeding article text went on to declare that cholesterol and dietary fats of the saturated persuasion are both unhealthy. It was the nutrition shot heard around the world that would spark the low-fat diet craze of the 80s, setting off several decades' worth of misguided dietary advice.

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Message From Ty Bollinger



Greeting Heroes Against Cancer readers. How's your summer been so far? Hopefully fantastic! It's been a great summer for me, Charlene, and the kids, although a busy one. At the moment we're hard at work on a brand new special project which I'm excited to share with you very soon.

In June, a particular news article in *USA Today* got a lot of interest and made the rounds on social media (at least in health circles). The headline proclaimed "Coconut oil isn't healthy. It's never been healthy." The reason for the headline? The American Heart Association's recent report on saturated fat. In case you happened to read this article and/or report and were concerned, I'm setting the record straight on fats & oils in my article this month.

July's newsletter featured a great article from Marnie Clark on how to safely use essential oils with children and babies. This month she's back with tips on how to use essential oils with your "fur babies" and other animals. I even learned some new uses for essential oils! If you're caring for any animals, this is a must read.

Also this month we've got an entertaining, albeit maddening history lesson from Tony Isaacs about how the modern medical system is so often rigged against the common man (and woman). These are the kind of shocking truths I've uncovered in my research over the past decade, and you'll likely recognize a few of the names (both hero and villain) from my docu-series.

Enjoy this month's issue and until next month...



Ty Bollinger

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The public was encouraged to avoid foods like butter in exchange for margarine, and so-called “vegetable” oils were pushed as a healthy alternative to animal fats. In recent years, we’ve seen more and more people shying away from this advice and returning to a more traditional view of fats. But the overall sentiment shared by many is still largely the same as it was 30 years ago: saturated fats and cholesterol should be avoided because they clog arteries and cause heart disease. And, by the way, and they also make people fat.

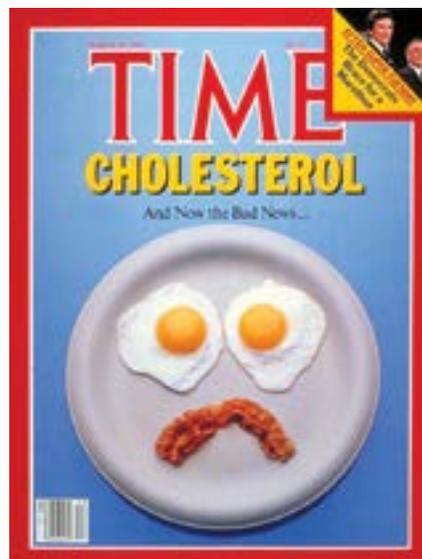
None of this is true, mind you. But this toxic narrative has been so drilled into the public psyche over the past several decades that many people still cling to it as gospel truth. Even in spite of what the latest science has to say to the contrary. The good news is that the industries pushing this propaganda (which profit handsomely from all the low-fat hysteria), are starting to lose their grip on the narrative. But you can be sure that they’re not going down without a bitter fight.

Since my mission in life involves unearthing the truth wherever it might be found and sharing it with you, I’m committed to entering the ring and delivering a one-two punch on this important issue. After talking with various experts on the subject and conducting my own independent research, I’m convinced that misconceptions about dietary fat that stem from years of misinformation are harming Americans in a major way. In fact, I believe that the way people eat with regards to what they *think* they know about healthy fats versus unhealthy fats is a leading cause of disease in our modern context.

The Lipid Hypothesis Myth: Saturated Fats and Cholesterol Are NOT the Enemy

Simply put, *TIME*’s 1984 analysis of cholesterol and saturated fat couldn’t be further from the truth. But it would be a mistake to peg all the blame on *TIME*, as these major

fallacies about fat technically got their start back in the 1950s. A man by the name of Ancel Keys was among the first to propose the notion that saturated fat and cholesterol contribute to coronary heart disease – an ideology that would later be called the lipid hypothesis.²



This Time magazine cover from 1984 played a key role in kicking off the low-fat craze that still has many people fearful of saturated fat

The lipid hypothesis was just that – a hypothesis (and a failed one, at that). But when the vegetable oil and food processing industries saw that it could benefit their bottom line, they began pumping gobs of money into research efforts designed to support it, aka “fake science.” This would eventually create the illusion, through confirmation bias, that industrial oils mass-extracted from plants are superior to both saturated fat and cholesterol as found naturally in other foods.

The late inventor and nutrition guru Nathan Pritikin would later pick up the baton in spreading the myth that low-fat contributed to better health. He also proposed cutting out refined sugar, white flour, and really all processed foods to keep chronic disease at bay. He advocated in favor of consuming only fresh foods and whole grains, stressing that vigorous exercise is duly important for maintaining a healthy lifestyle.

To his credit, many of Pritikin's ideas made sense. But the mainstream media chose to adopt only the low-fat portion of his research, which it began perpetuating with a vengeance during the late 1970s and early 1980s as part of its war against saturated fat and cholesterol. Consequently, Americans were systematically indoctrinated, driving many of them to buy more vegetable oil products, including margarine, which was marketed as a "healthy" alternative to real butter.

Interestingly enough, Pritikin would eventually abandon the low-fat part of his hypothesis in favor of simply eating whole, clean foods. His research would end up showing that sticking to a fat-free or low-fat diet actually *harms* health, causing things like memory problems, difficulty concentrating, chronic fatigue, depression, weight gain, and mineral deficiencies.³ But none of this was ever reported, and mainstream health authorities (in lockstep with the industrial oil industry) chose to push the low-fat diet anyway – even as they abandoned all of Pritikin's other tenets.

If the food industry and major media would have been honest about Pritikin's discoveries, they would have told the public that dietary fats are important for keeping the body running smoothly. Instead, they adopted a corrupted version of this, urging people to consume only certain types of dietary fats: polyunsaturated fats (PUFAs) and monounsaturated fats (MUFAs).

Why Industrial "Vegetable" Fats and Oils Aren't Good for You

It was right around the time when *TIME* published its hit piece on cholesterol and saturated fat that the food industry offered up vegetable oils containing mostly PUFAs and MUFAs as the healthy alternative. PUFAs derived from corn, soy, and even cotton (which isn't actually a food, by the way) were the first to be promoted. That is, until it was no longer defensible through science that PUFAs were beneficial.

When evidence began trickling in to suggest that PUFAs can cause cancer, the industry switched its narrative to MUFAs. That's when canola oil (a hybrid of rapeseed oil) and olive oil, both of which are higher in MUFAs compared to PUFAs, emerged to take their place. Because it contains very little saturated fat – roughly 5 percent by volume – and higher levels of omega-3 fatty acids, canola oil was aggressively marketed as being the true "heart-healthy" alternative to saturated fat and cholesterol.



Quality olive oils made using traditional methods are far healthier than heavily processed olive oils found on most supermarket shelves

Olive oil was also adopted because of its similar compositional profile, marketing well as a key constituent of the "Mediterranean Diet." The public was quickly attracted to olive oil as it conjured up images of toned, bronzed beauties relaxing on sun-drenched Grecian beaches snacking on Kalamata olives – who *wouldn't* want a healthy lifestyle like this, right?

No doubt there's much to be said about the Mediterranean Diet in terms of its health benefits, including olive oil consumption. But the idea that industrially-processed oils bearing these names somehow lend to amazing health benefits for the body is a bit of a stretch. Neither canola oil nor olive oil – at least not the commercial varieties you get at the grocery store – are really all that healthy when you consider what typically goes into producing them. When all is said and done, they're often among the most toxic oils you can put inside your body, and here's why:

» Rancidity

One of the biggest problems with vegetable oils in general is that they're simply not stable when exposed to light, oxygen, and heat. These exposures tend to turn vegetable oils rancid, which greatly minimizes their nutrient potential. Rancidity turns otherwise healthy constituents like omega-3s, for instance, into toxic poisons.

» Solvent-based extraction methods

Most industrially-processed vegetable oils (even some olive oils) are derived from plant materials using caustic chemical solvents like hexane. These solvents are mostly removed once these oils reach the refining stage of their processing, but trace amounts can still remain, causing damage to the body.

» Deodorization

To get rid of the foul-smelling odors associated with rancidity and chemical processing, vegetable oils further undergo a process of deodorization that alters the structure and shape of their fatty acids. This results in the creation of what are known as "trans" fats. These are a type of unnatural fat material that even mainstream doctors now admit is the *worst* type of fat that a person can consume. Trans fats are known to elevate levels of so-called "bad" cholesterol while lowering good cholesterol, and studies indicate that they can significantly increase one's risk of developing heart disease.⁴

» Hydrogenation

To mimic the properties of saturated fats that remain solid at room temperature (i.e. butter and coconut oil, which I'll get into more below) and that don't go rancid, food manufacturers will oftentimes subject vegetable oils to a process known as hydrogenation that deliberately turns them into semi- or fully-solid trans fats. Hydrogenated vegetable oils are commonly found in things such as processed nut butters, baked goods, fried foods, and candy.

Furthermore, the science is clear that neither PUFAs nor MUFAs are healthy in abundance. Here's what we know about how they affect the body:

» **Polyunsaturated fats.** Research suggests that polyunsaturated fats, which are high in omega-6 fatty acids, inhibit nearly all bodily systems. This is mainly because they inhibit enzyme and metabolic activity. Unsaturated fats in general are detrimental to the immune system, and are known to kill white blood cells.

Generally speaking, PUFAs interfere with not only immune function but also cellular respiration and insulin response. They've been shown to exhibit cardiotoxic effects, and a plethora of scientific evidence suggests that they further promote the formation of cancer.⁵



Polyunsaturated fats (PUFAs) such as corn oil were heavily promoted for decades as a healthy choice, but the evidence now shows they're anything but

Some of the more common vegetable oils that contain high amounts of PUFAs include soybean, corn, sunflower, safflower, canola, sesame, peanut, and flax. Conventional feedlot cattle also produce high amounts of PUFAs in their meat and fat because they're usually fed corn and soy products.⁶

» **Monounsaturated fats.** They're similar to PUFAs, but MUFAs are slightly healthier in that they don't go rancid as easily. They're much better suited for cooking

than PUFAs, though most vegetable oils typically contain some ratio of PUFAs to MUFAs (as opposed to just one type of fat or the other).

Where MUFAs go wrong is in their overabundance of oleic acid, which research shows can create serious imbalances at the cellular level. One negative effect of their consumption is inhibited production of prostaglandin. This is a hormone-like grouping of lipids that help maintain homeostasis throughout the body, including by balancing the body's inflammatory response.⁷

Vegetable oils that are dominant in MUFAs include olive, peanut, rapeseed, and canola oils (along with lard, which because it also contains high amounts of saturated fat is considered to be a healthy fat).

The good news is that many of these oils have lost much of the allure they once had. But there's one vegetable oil in particular (and several others also coming up in the ranks, which I'll discuss further below) that is still considered by many people to be a health food: canola oil.

The processed food industry has perhaps seen its greatest successes with canola oil. It's an omega-3-rich fat that, because of its high levels of MUFAs, became the obvious choice once PUFA-dominant oils were exposed as being unhealthy. Canola oil was quickly branded as having heart-healthy properties similar to those of olive oil, and it's persisted as one of the most popular vegetable oils ever since.

A modified, low-erucic acid version of rapeseed oil, canola oil represents yet another heat-processed, chemical-extracted oil with many destructive properties. Unlike traditional oils of old that were extracted using things like stones – and always with low temperatures – modern canola oil is just another industrial oil with altered constituents. Even though it has impressive

levels of omega-3, these fatty acids are so damaged that they provide few, if any, health benefits.

Intake of canola oil, especially apart from saturated fat (which acts as a protective buffering agent), can lead to:

- Fibrotic lesions in the heart
- Vitamin E deficiency
- Undesirable changes in blood platelet composition
- Shortened lifespan (resulting from cell membranes becoming more rigid)
- Growth retardation



Canola oil, which is produced from the rapeseed plant, is so heavily processed that any health benefits are virtually eliminated

Interestingly, when saturated fats are included as part of a diet containing canola oil (or another type of vegetable oil), these undesirable effects have been shown to recede. This suggests that the body benefits greatly from saturated fat – even when other bad fats are present – helping to protect it against breakdown and disease.

Just to be clear, it's not that all vegetable oils are inherently bad. Many of them have a rich history of safe use in traditional diets all across the globe and throughout history: rapeseed, peanut, and sesame oils being among these (so long as they're extracted using traditional methods). It's primarily that, in our modern context, vegetable oils are processed using toxic methods, and that

people are being told to consume copious amounts of them while avoiding saturated fats and cholesterol.

The Weston A. Price Foundation (WAPF) warns that people today consume as much as 30 percent of their diets as PUFAs, when people throughout history consumed no more than about 4 percent of their diets as PUFAs. And again, the small percentage that they did consume came from natural sources, not from chemical factories.

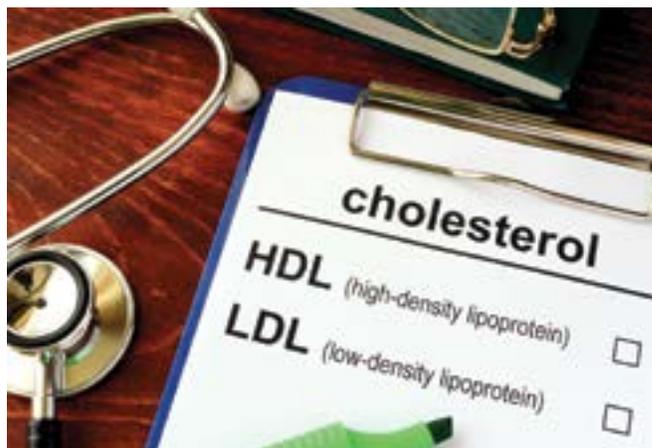
There's simply no good reason to consume industrial vegetable oils *period*, especially when truly healthy alternatives exist that are more than capable of nourishing our bodies without causing harm. PUFAs, MUFAs, and omega-3s all exist for a reason, of course. But the takeaway here is that we don't need nearly as much of them as health authorities claim, and especially not from industrial vegetable oils. Some of the best natural sources of these fats include raw nuts, whole vegetables, avocados, eggs, fish, and animal meat and fat.

Cholesterol and Saturated Fat: the Real "Superfoods"

What many of us do need more of is cholesterol and saturated fat. These important nutrients, which I would consider to be "superfoods," are key components of a healthy diet. They perform so many vital functions inside the body that it would be a grave mistake to avoid them – despite what the media, public health authorities, and possibly even your doctor claim to the contrary.

Cholesterol

As I mentioned earlier, cholesterol usually gets a bad rap because people think it's responsible for clogging arteries. But this is only half of the story. When cholesterol builds up in the arterial system, it's because there was some pre-existing issue (inflammation being one example) inside the blood vessels that necessitated the body having to use it for repairs. That's what cholesterol does, after all, is repair structurally weak or damaged tissue.



Many doctors are overly focused on cholesterol numbers without understanding the actual role that cholesterol plays in the body

Endogenous cholesterol (meaning from inside the body) is primarily manufactured in the liver, as well as in human cells. It's a highly-nutritive, high-molecular-weight alcohol compound that the body uses to:⁸

» **Maintain strength, stability, and elasticity in cell membranes.** (Too many PUFAs does the exact opposite, forcing out saturated fats and causing cell membranes to become flabby and weak)

» **Produce vital corticosteroids.** This includes sex hormones like androgen, testosterone, estrogen, and progesterone, as well as stress hormones like cortisol and various other hormones that the body needs to protect against heart disease and cancer

» **Generate vitamin D,** a vital, fat-soluble vitamin that strengthens bones and the nervous system, as well as facilitates growth, nutrient metabolism, muscle tone, insulin production, reproduction, and immune system function

» **Produce bile salts,** which are essential for digestion and the assimilation of fats and other nutrients

» **Protect against free radical damage** (which could explain why cholesterol levels increase with age)

» **Facilitate the proper function of serotonin receptors for balanced brain chemistry** (which explains why low cholesterol has been linked to overly aggressive and violent behavior, as well as depression and suicidal tendencies)

» **Promote growth and development** (hence why cholesterol is a key constituent in breast milk)

» **Maintain the integrity and health of the intestinal wall** (low-cholesterol, vegetarian diets, on the other hand, are linked to leaky gut syndrome and other intestinal disorders)

» **Protect against infections**

It's important to note that cholesterol can become damaged or oxidized much in the same way as other fats. Powdered eggs and milk are one source of unhealthy cholesterol, as are meat products and fats derived from feedlot cattle fed chemical- and additive-laced grains. Frying or otherwise cooking meats at very high temperatures can also be damaging to the integrity of cholesterol.

Another thing to keep in mind is that high cholesterol levels aren't an indication that cholesterol needs to be lowered. Rather it can be a sign that the body needs more cholesterol to perform a certain function, such as antioxidant protection against free radical damage. If you think of your body like a neighborhood, and systemic damage and maintenance demands as crime, then cholesterol is the responding police force. You wouldn't blame heart disease, say, on high cholesterol, just as you wouldn't blame crime on the police officers that are sent in response to it.

Saturated Fats

While the human body is able to synthesize saturated fat from carbohydrates, there is much debate over

whether or not it can produce enough – especially to offset heavy intake of PUFAs and MUFAs, which are in almost *everything* these days. However, we do know for sure that saturated fat is absolutely essential for the body to function as it should.⁹



Your skin and cells both benefit from consuming sufficient quantities of healthy fats

Without saturated fat, your body wouldn't be able to produce hormones or energy, for instance. Your cell membranes would also quickly degrade without it, as would the protective padding around your vital organs. Saturated fat further facilitates important cell signaling and stabilization processes throughout the body, and serves as a catalyst for the delivery of calcium into bones.

Unlike the other types of oils we discussed, saturated fat is unique in that it's immune to oxidation reactions because it contains no double bonds. In other words, it isn't vulnerable to toxic changes from extreme heat, for example. This makes it a much safer alternative to both PUFAs (which contain two or more double bonds) and MUFAs (which contain one double bond).

For this reason and many others, Dr. Mary Enig, PhD, recommends that up to 50 percent of the fats in one's diet be saturated.¹⁰ This isn't hard to achieve if one knows the types of foods that contain them, which include both animal and plant sources.

Foods with the highest percentages of saturated fat:

- Coconut: 86%
- Palm kernel: 82%
- Cocoa butter: 60%
- Butter: 51%
- Beef tallow: 50%
- Palm oil: 49%
- Lard: 39%
- Duck fat: 33%
- Chicken fat: 30%
- Cottonseed: 26%
- Salmon oil: 20%
- Peanut oil: 17%
- Soybean oil: 16%
- Olive oil: 14%

Keep in mind that some of these fats also contain lesser amounts of PUFAs and/or MUFAs, which is fine as long as they're extracted without chemicals or high heat that might damage these volatile constituents. When consuming any of these fats, it's advisable to stick with clean, organic sources whenever possible, and in the case of animal-based fats only pastured and grass-fed varieties.

Here's a full breakdown of animal- and plant-based fats and their respective compositions:

Animal Fats

» **Duck and goose fat:** 35% saturated fat, 52% MUFAs (including small amounts of antimicrobial palmitoleic acid), and 13% PUFAs

» **Chicken fat:** 31% saturated fat, 49% MUFAs (including moderate amounts of palmitoleic acid), and 20% PUFAs (most of which is omega-6 linoleic acid). Chickens that eat more fish meal or flax will produce fat with higher levels of omega-3

» **Lard (pork fat):** 40% saturated fat, 48% MUFAs (including small amounts of palmitoleic acid), and 12% PUFAs. Pastured lard contains some of the highest known natural levels of vitamin D¹¹

» **Beef and mutton (sheep) tallows:** 50-55% saturated fat, 40% MUFAs, and very small amounts of PUFAs (usually below 3%). Suet, which is fat taken from the cavities of beef and sheep, typically contain much higher levels of saturated fat – upwards of 70-80%

Tropical Oils

» **Coconut oil:** 92% saturated fat, more than two-thirds of which is comprised of medium-chain fatty acids

» **Palm oil:** 50% saturated fat, 41% oleic acid (MUFA), and 9% linoleic acid (PUFA)

» **Palm kernel oil/red palm oil:** both very high in saturated fats



Despite a recent news article to the contrary, coconut oil is still one of the healthiest fat sources, especially for people who don't consume animal fat

Vegetable Oils

» **Olive oil:** 18% saturated fat, 48% oleic acid (MUFA), and 34% omega-6 linoleic acid (PUFA). While relatively heat stable, olive oil is high in omega-6, too much of which can throw off its balance with omega-3 and trigger an inflammatory response and increase the risk of heart disease¹²

» **Sesame oil:** 15% saturated fat, 42% oleic acid (MUFA), 43% omega-6 linoleic acid (PUFA). Sesame oil cooks fairly well at high heat, but its high omega-6 content could pose health risks

» **Safflower, sunflower, corn, soybean, and cottonseed oils:** All of these contain greater than 50% omega-6, with safflower oil contains nearly 80% omega-6. It's best to avoid these entirely

» **Canola oil:** 5% saturated fat, 57% oleic acid (MUFA), 23% omega-6 (PUFA), and 10-15% omega-3

» **Flax seed oil:** 9% saturated fat, 18% oleic acid (MUFA), 16% omega-6 (PUFA), and 57% omega-3

Why Grass-Fed Butter Is One of the Best Foods You Can Eat

One of the best animal-based fats you can eat is butter derived from pastured, grass-fed animals. It's rich in butyrate, a short-chain saturated fatty acid that a healthy colon also produces from dietary fiber. Grass-fed butter is an amazing health food that aids in supplying the body with nutrient-dense fats while promoting a healthy digestive tract.¹³

Grass-fed butter is rich in fat-soluble vitamins like true vitamin A, vitamin D, vitamin K, and vitamin E, as well as all of their naturally-occurring cofactors that aid in absorption. These butter "catalysts" or "activators," as Dr. Weston Price once referred to them, are what our bodies use to effectively absorb vitamins and minerals. Without them, it wouldn't matter how many nutrients we ingested – very few of them would actually make it to their intended targets.

Butterfat is critical for sexual development and reproduction as its fat-soluble vitamins support healthy endocrine function. It also contains what's known as the

"Wulzen Factor," or the "anti-stiffness" factor. Only present in raw animal fat, this substance protects humans and animals against calcification of the joints (aka degenerative arthritis). It also protects against hardening of the arteries, cataracts, and calcification of the pineal gland.

Butter further contains what Dr. Price described as "Activator X," another catalyzing nutrient that helps the body better absorb vitamins and minerals. Activator X is only present in butter derived from animals that graze a heavy diet of natural grasses. It's *not* found in conventional butter derived from cows fed soy-based grain feed or cottonseed meal.

Butter contains high levels of a substance known as arachidonic acid (AA), a nutrient that serves as a precursor to prostaglandins. It also supports brain health and cell membrane integrity. Butter also contains a high density of both short- and medium-chain fatty acids (between 12-15 percent) which are absorbed directly from the small intestine into the liver for quick conversion into energy. These same fatty acids possess antimicrobial, antitumoral, and immune-supportive properties.

Butter is one of only two dietary sources (other than mother's milk for babies) of an important medium-chain fatty acid known as 12-carbon lauric acid. Butterfat contains high amounts of this highly-protective antifungal and antitumoral agent, as does coconut oil. (A quick side note here: despite recent news stories that coconut is not healthy because it's a saturated fat, in my opinion it is the premiere alternative to butter for those who don't consume animal products. One reason is that it also contains exceptionally high levels of medium-chain triglycerides.)

Other important factors that solidify grass-fed butter's superfood status include:

- » A near-perfect balanced ratio of omega-3 to omega-6 fatty acids
- » High levels of conjugated linoleic acid (CLA), a powerful anti-cancer nutrient that promotes healthy muscle tone while inhibiting weight gain (in the form of fat)
- » High levels of both lecithin and cholesterol – lecithin acting as a natural facilitator to promote optimal assimilation and metabolism of cholesterol (and other fat constituents)
- » Rich in glycopingolipids, a type of fat that is highly protective of the GI tract
- » Densely packed with trace minerals like manganese, zinc, chromium, iodine – and especially selenium – all of which are easily absorbed because of butter's wide array of metabolic cofactors

Here at the Bollinger house, we never go without grass-fed butter and coconut oil (expeller-pressed for cooking and extra-virgin for raw consumption). These are our go-to sources of saturated fat and corresponding vital nutrients, and two of the best superfoods that a human being can eat.

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About Ty Bollinger



After losing several family members to cancer (including his mother and father), Ty Bollinger refused to accept the notion that chemotherapy, radiation, and surgery were the most effective treatments available

for cancer patients. He began a quest to learn all he possibly could about alternative cancer treatments and the medical industry.

Ty has now made it his life's mission to share the most remarkable discovery he made on his quest: the vast majority of all diseases (including cancer) can be easily prevented and even cured without drugs or surgery.

Ty is a happily married husband, the father of four wonderful children, devoted Christian, best-selling author, medical researcher, talk radio host, health freedom advocate, former competitive body-builder, and also a certified public accountant.

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An Introduction to Using Essential Oils with Animals

By Marnie Clark

Whether you have a goose or a guinea pig, a dog or a duck, a sheep or a Siamese cat, your precious animals can benefit from the healing properties of essential oils. Essential oils can work remarkably quickly with animals and you generally do not need to use a lot. With animals (as with children as discussed in last month's newsletter), less is more. There is no need to be afraid to use essential oils with your animal, you just need to know some basic principles, use high quality oils, and get out of the way and watch the healing begin!

Essential oils have been shown in countless research studies to have a multitude of positive health benefits such as reduction of stress and anxiety, easing of inflammation, and eradication of bacteria, fungi, and viruses. There are a multitude of conditions which plague animals and essential oils can help with many of them.

The internet is rife with cautionary tales surrounding essential oil use with animals. While it's true that wisdom and discretion must be used (just as you would with a child), there is no need to be overly worried about using essential oils with animals. Veterinarians who incorporate the use of essential oils in their practices have noticed that when problems occur with pets and oils, it is always because a *poor quality* oil or an improper amount of oil has been used. That being said, if your animal is experiencing health issues, it is always best to consult a qualified veterinarian.

General Guidelines When Using Essential Oils With Animals

» **Get the Animal Checked Over First.** It bears repeating to always consult your veterinarian with any

pet health concern and especially before beginning natural therapies so a thorough examination of your bird or animal can be done. Ask for a complete blood count prior to beginning essential oil use so that any existing abnormalities will be observed. This will be helpful for later on when you want to know whether or not the oils are helping.

» **Essential Oil Purity Matters.** When using essential oils for health – both for yourself and your animal – the purity of the essential oils you utilize is paramount. It is important to understand that the quality of essential oils varies widely and it pays to do your homework on the company with whom you wish to do business. Make sure that the essential oils you are buying come from plants that are grown without toxic chemicals and that the company has used proper distillation methods so that the oils contain the correct balance of phytochemicals (natural, plant-based chemicals). When possible, buy certified organic essential oils. Or at the very least, oils made from plants that are grown using organic growing methods. This means that the oils you use will actually work and not harm!

» **Get Some Guidance.** When first starting out using essential oils with your animals, always consult with a qualified aromatherapist experienced in working with oils and animals, and/or a veterinarian who is experienced in using essential oils. You also need to know which oils benefit the particular problem you are trying to resolve. (More on that below.)

» **Watch Your Animal Closely.** Each animal is different and because they cannot speak it is wise to closely observe how your animal responds to essential oils. Always provide them with an escape route. If you notice excessive sniffing, scratching, nervousness, or whining, these are all signs they may be uncomfortable. If this happens stop using the oil immediately, but know that there is almost always an alternative oil that

can be tried. It is rare, but if your animal simply will not tolerate oils, please do not force them to endure them.

» **Avoid Use in Young and Pregnant Animals.** It is best to avoid using essential oils with young animals under 8 weeks of age, and with pregnant or lactating animals.



Be extra cautious when using essential oils with cats in general, and avoid using on or around all young animals under 8 weeks and/or pregnant and nursing mothers

» **Cats Are a Special Case.** Use special caution when using essential oils with cats. Aromatherapy for cats is a widely misunderstood and often overlooked method of health improvement and enrichment. Essential oils can be used with cats quite safely, but you must be cautious about dosages and dilutions and always give your feline friend an escape route so they can leave when they feel the need. It is important to note that a cat's liver is more delicate than that of other animals and takes much longer to metabolize essential oils. Knowing this can help to minimize liver damage and overdosing, which can be fatal.

Having said that, cats generally respond quite well to many essential oils. Problems generally only occur when oils are given in dosages that are too high, or poor quality oils are used. Also be aware that a cat's sense of smell is far superior to ours. Cats have around

200 million sensors for scent, where humans only have 5 million. It is best to avoid using citrus oils such as lemon, lime, grapefruit, tangerine, etc. with cats as they tend to have adverse reactions to them.

» **Be Cautious With Birds.** Birds are also quite sensitive to smells in general and synthetic fragrances and air fresheners should never be used around them. High quality essential oils can, however, be used with birds to very good effect. If your bird is unwell for any reason, a thorough examination by an avian veterinarian is recommended prior to starting any natural therapy.

Diffusion can be a great way to use essential oils with birds. Use a water-based diffuser – cool mist ultrasonic diffusers work well for inside birds. See dilution guide on page 15 for amounts and diffusion time guidance.

» **Use Essential Oils on Yourself First.** It helps to have some essential oil knowledge and to use oils on yourself prior to using them with your animals. Always dilute essential oils for smaller animals and use only in moderation. Wear oils around your animals first and see how they react. If your animal appears to hate the oil but you feel pretty confident it is the right one to use for them, try introducing the oil on yourself each day for several days. It is possible they will grow accustomed to the aroma and not mind it so much after a few days. If they hate it each and every time, try a different oil.

» **Avoid Eyes and Ears.** Ensure you do not get essential oils in an animal's eyes or ears, or on other sensitive parts. Should you by accident get essential oils into an animal's eye, do not use water to flush the eye. Essential oils and water do not mix, so you need a substance that is safe to use in the animal's eye which will quickly emulsify the oil. Try using cream or milk. Flush the affected eye with cream or milk until it stops burning and then flush the eye with fresh water to

remove the milk. You can use essential oils around and behind the ear, but do not drop essential oils directly into the ear canal. Should this occur accidentally, consult your veterinarian immediately and take the animal and the bottle of oil with you.

» **Be Extra Cautious With Certain Oils.** While it's best not to use oils that contain a high level of phenols, such as thyme, oregano, or cinnamon, there are times when these are exactly the right oils to use. If you do use high-phenol oils, be sure to dilute them even more heavily than you would other essential oils.

» **Advice on Licking.** If your animal licks the oils off its body, that is actually okay. Just make sure to follow the dilution guide, use only recommended oils (listed on page 17) and try not to worry. Licking the oils off their body can be one of the best ways for an animal to reap the benefits of that oil.

» **Blends Are Often Better Than Single Oils.** Combining essential oils to create a blend for your animal can offer more advantages than using a single essential oil. Blended together, essential oils create a synergy and a greater therapeutic efficacy can be achieved than by using a single oil. Oil blends, more simply stated, amplify the good effects of each individual oil – the sum is greater than the parts, so to speak.

Essential Oil Dilution Guide

Because animals are much more sensitive to the effects of essential oils than are humans, dosage and dilution advice must be carefully followed. Always use a high grade (i.e. food grade) quality essential oil. Fragrance oils will be toxic. Always dilute for small animals, however with larger animals you must use your discretion. Undiluted oils are generally safe for larger animals such as big dogs, sheep, goats, horses, and the like. For the best ways to apply the oils, see the "How and Where to Apply Essential Oils for Animals" section on page 15.

Essential Oil Dilution Guide

Birds	<p>Use 2-3 drops of essential oil, diluted in an ultrasonic diffuser containing 8 oz (236 ml) water. Watch bird carefully for first 5-10 minutes of diffusion. If your bird is happy, over a period of time you can gradually increase amount of oil used and frequency of diffusion, as needed. Many homes with birds report diffusing oils on an almost continual basis with no ill effects, but you certainly would not want to begin this way.</p>
Small animals cats and small dogs	<p>Use 3-5 drops of essential oil, diluted with 12 to 25 drops of high quality carrier oil (more information on carrier oils below).</p>
Larger animals large dogs, goats, sheep	<p>Start with 3-5 drops, undiluted. Unless dilution is indicated on the product label, dilution is unnecessary.</p>
Very large animals horses, cattle	<p>Start with 10 drops (undiluted) and work up to a larger dose, if required. Unless dilution is indicated on the product label, dilution is unnecessary.</p>

Good Carrier Oils to Use With Animals

Always use a high quality carrier oil for your animal when diluting essential oils. Choose organic when possible. When you purchase certified organic oils, it means that the plant was grown as nature intended it – without harmful pesticides, herbicides, or other chemicals which can create and contribute to health problems. Good oils to use with your animals include:

- Virgin coconut oil (cold pressed) – fractionated is fine
- Extra virgin olive oil
- Jojoba
- Flaxseed oil
- Wheat germ oil
- Sesame oil
- Castor oil



How and Where to Apply Essential Oils for Animals

» **On Yourself:** To begin with, apply essential oils to yourself. This is a good way to introduce your animals to essential oils and help them get comfortable with the different aromas. (Just be sure you're also following good essential oil usage practices for humans by diluting with a carrier oil and testing for sensitivity on yourself.)

» **Direct Inhalation:** If your animal is agreeable, let them inhale the essential oil from your hands or from an ultrasonic diffuser. This is a quick and effective way of getting the oils into the animal's bloodstream.

» **Paw Absorption:** If applying to cats and dogs and other animals with paws, you can put the diluted oil into your hands, rub your hands together, and then

place their paw in your hand. Let the oils absorb into the paw or massage directly into the paw, if the animal will let you. See also “One Veterinarian’s Petting Technique” on this page.

» **Hoofed Animals:** For these larger animals, essential oils can be dripped along the spine, along the flanks, or massaged into the fur/hair and skin over the affected area.

» **Water Misting Method:** For birds, large animals, or for those hard-to-reach areas, combine your chosen essential oils with distilled or filtered water (see dilution chart on page 15) in a glass spray bottle, shake well (because oil and water does not mix well), and spray directly onto the affected area, being careful to avoid eyes, ears, and other sensitive areas. Dilute more heavily for birds.

» **Internally:** Some essential oils can be administered internally but be sure to get some advice first about which ones are safe to administer to your animal. Do not use essential oils internally with your animals until you have achieved a level of understanding how each oil works and how your animal will respond.

For those oils that are safe for internal use, you can mix with your animal’s food or water. If placing oils into a bird’s or animal’s drinking water, make sure they also have fresh water (without oils) available so they can drink what they need in case they do not like the taste of the oils. For larger animals, simply pull out their bottom lip and drip oils directly into the mouth (between lip and teeth). You can also put essential oils into empty gelatin capsules and hide in an animal’s food. Dogs tend to love peanut butter, so for extra finicky dogs, cover the oil capsule in peanut butter and let them take the capsule that way.

One Veterinarian’s Petting Technique

Dr. Melissa Shelton is an American veterinarian who uses essential oils extensively with animals. She considers essential oils for healing animals nearly as important as an excellent nutritional regimen. Dr. Shelton has a special petting technique for applying essential oils to animals that can be used with essential oil singles or blends. Just apply the chosen essential oil(s), diluted or undiluted, to your hands, then rub your hands together, allowing a varying amount of essential oil to remain on your palms, depending upon the size of the animal.

For instance, a small animal such as a ferret or small dog would require a smaller quantity of oil than would a larger animal (see dilution guide on page 15). Rub oils into your hands, and let your palms absorb most of the oil before applying to a smaller animal. For larger animals, such as a large dog or a goat, you could allow a heavier coating of oil on your palms.

Then just pet the animal all over, avoiding tender areas like ears or eyes. You can also use the tips of your fingers to push the oils underneath the fur to better access the animal’s skin. The belly is another good place to massage the oils in. You can also concentrate on specific locations where you know a problem exists.

Dr. Shelton advises that this technique is well tolerated by almost every kind of animal. It can also be altered to suit birds, small rodents, lizards, as well as very large or difficult-to-handle animals. Just remember that the bigger the animal, the more essential oil you can start with on your hands. It is best to start with a highly diluted oil and see how the animal responds. You can always use more oil later, if required. Less is always best, at least to begin with. In fact, it can be surprising how little essential oil is required to produce a good result.

Essential Oils Considered Safe to Use with Animals

- Anise (*Pimpinella anisum*)
- Balsam Fir (*Abies balsamea*)
- Basil (*Ocimum basilicum*)
- Bay Laurel (*Laurus nobilis*)
- Bergamot (*Citrus aurantium*)**
- Black Cumin (*Nigella sativa*)
- Black Pepper (*Piper nigrum*)
- Blue Cypress (*Callitris intratropica*)
- Carrot Seed (*Daucus carota*)
- Cassia (*Cinnomomum cassia*)
- Catnip (*Nepeta cataria*)
- Cedarwood (*Cedrus atlantica*)
- Cilantro (*Coriandrum sativum*)
- Cinnamon Bark (*Cinnamomum verum*)*
- Cistus (*Cistus ladaniferus*)
- Citronella (*Cymbopogon nardus*)
- Clary Sage (*Salvia sclarea*)
- Copaiba (*Copaiba officinalis*)
- Cypress (*Cupressus sempervirens*)
- Dill Weed (*Anethum graveolens*)
- Eucalyptus globulus
- Eucalyptus radiata
- Fennel (*Foeniculum vulgare*)
- Frankincense (*Boswellia carterii*)
- Geranium (*Pelargonium graveolens*)
- German Chamomile (*Matricaria recutita*)
- Ginger (*Zingiber officinalis*)
- Grapefruit (*Citrus paradisi*)**
- Helichrysum (*Helichrysum italicum*)
- Hyssop (*Hyssopus officinalis*)
- Idaho Tansy (*Tanacetum vulgare*)
- Juniper (*Junniperus communis*)
- Lavender (*Lavandula angustifolia*)
- Ledum (*Ledum groenlandicum*)
- Lemon (*Citrus limon*)**
- Lemongrass (*Cymbopogon flexuosus*)

- Lime (*Citrus aurantifolia*)**
- Marjoram (*Origanum majorana*)
- May Chang (*Litsea cubeba*)
- Melissa (*Melissa officinalis*)
- Myrrh (*Commiphora myrrha*)
- Myrtle (*Myrtus communis*)
- Niaouli (*Melaleuca quinquenervia*)
- Nutmeg (*Myristica fragrans*)
- Orange (*Citrus sinensis*)**
- Oregano (*Oreganum vulgare*)*
- Palmarosa (*Cymbopogon martinii*)
- Palo santo (*Bursera graveolens*)
- Patchouli (*Pogostemon cablin*)
- Peppermint (*Mentha piperita*)
- Roman Chamomile (*Anthemis nobilis*)
- Rose (*Rosa damascena*)
- Rosemary (*Rosmarinus officinalis*)
- Rosewood (*Aniba rosaeodora*)
- Rue (*Ruta graveolens*)
- Sandalwood (*Santalum spicatum*)
- Spearmint (*Mentha spicata*)
- Spikenard (*Nardostachys jatamansi*)
- Spruce (*Picea mariana*)
- Tangerine (*Citrus tangerina*)**
- Tarragon (*Artemisia dracunculul*)
- Tea Tree (*Melaleuca alternifolia*)
- Thyme (*Thymus vulgaris*)*
- Valerian (*Valerian officinalis*)
- Vetiver (*Vetiveria zizanioides*)
- Vitex (Chaste Tree, *Vitex agnus castus*)
- Western Red Cedar (*Thuja plicata*)
- White Cypress (*Callitris glaucophylla*)
- Ylang Ylang (*Cananga odorata*)

* Dilute Heavily

** Not for use with cats

Some Favorite Essential Oils for Animals

While all of the essential oils in the “Safe to Use” chart have potential applications for animals, below is a list of the most useful, “must have” oils for your animal first aid kit.

» **Copaiba** is an excellent oil for helping to decrease inflammation. Because inflammation is involved with nearly every disease state, eliminating it can help an animal to heal from a particular disease much more quickly. Traditional anti-inflammatory drugs (steroids or non-steroidal anti-inflammatory drugs, termed NSAIDs) can have side effects both in people and animals. For one thing, they are considered to be toxic to the body, whereas essential oils are not. NSAIDs do not help to promote health, as they tend to suppress the immune system and can be toxic to the liver and digestive tract.

Using copaiba not only helps to decrease inflammation but it protects the digestive tract and liver as well. Copaiba is especially good for such conditions as arthritis, bruising, inflammatory skin conditions, gastro-intestinal disorders, unexplained pain and soreness, urinary tract infections and other types of

infections, muscle pain, and much more. Copaiba is a gentle yet powerfully effective oil, and because it tends to amplify the effects of other essential oils with which it is blended, it is excellent for use with animals.

» **Helichrysum** is another wonderful essential oil for animals, useful for stopping bleeding, healing wounds and bruising, for blood clots, nerve regeneration, nerve problems, hearing impairment, blood vessel and circulation issues; even detoxing from vaccinations. 2013 research on rats found that helichrysum and grapefruit both improved hyperglycemia (high blood sugar levels), improved postprandial (after meal) glucose levels and hyperinsulinemia (excessive levels of blood insulin).¹

» **Lavender** has a calming effect on the nervous system;² it is excellent for using when traveling to calm anxious animals and to help them feel sleepy. It is also helpful for allergies, insect bites, burns, as an anti-bacterial, and for tissue regeneration – helping wounds heal.

Cats Love It, but Is Catnip Good for Cats?

Cats have loved catnip since the beginning of time. They will lie in the plant, roll in it, chew it, lick it, rub their bodies on it. That is because catnip has an interesting phytochemical known as nepetalactone which gets released when someone or something comes into contact with it. Nepetalactone confers a slightly hallucinogenic effect. Some scientists believe the effects are similar to those of LSD, while others think the effects are more like those experienced with marijuana. Just be aware that not every cat is affected by catnip – only around half of cats have this reaction to it. The ones that do not apparently have not inherited a particular gene from one of their parents.

Catnip essential oil has some great therapeutic benefits. Besides being a natural sedative and easing anxiety and stress, catnip also helps digestion and is great for an upset stomach. Catnip is a good nerve tonic, alleviates fever, eases muscle cramps, and is a great insect repellent. Chinese research reported in 2017 in the journal *Oncotarget* found that the flavonoids in catnip also have



» **Idaho Tansy** is an all-around great essential oil for using with animals. It has tissue regenerating properties, is anti-inflammatory, cleansing, and a natural anesthetic. It is excellent for bruising, cuts, wounds, and colic.

» **Bergamot** is a calming and pain-relieving essential oil. Italian research released in April 2017 found that bergamot has “remarkable neurobiological effects.”⁴ It is neuroprotective, has analgesic (pain-relieving) properties, and a study with rats showed it had anti-anxiety and calming benefits.



Bergamot oil is made from the bergamot orange (*Citrus aurantium*), a fragrant citrus fruit the size of an orange with coloring similar to a lime

» **German Chamomile** is a gentle oil, excellent for calming anxious animals. A randomized clinical trial reported in 2016 by American researchers found that German chamomile was effective for participants suffering from GAD, or Generalized Anxiety Disorder.⁵

A Final Word on Using Essential Oils With Your Animals

If you are an animal lover, please further educate yourself on the subject of using essential oils with animals. With a little research and a little love, essential oils can be highly beneficial to the health of your animals.

Please be aware that the information in this article is NOT intended to substitute for your veterinary doctor's advice. If you have a sick animal, please take it to a vet.

About Marnie Clark



Marnie Clark has been passionately studying natural medicine since 1995 when her mother was diagnosed with breast cancer.

Marnie herself went through breast cancer in 2004 and learned how to heal using both conventional and natural medicine. She now teaches what she learned on her journey, along with patient empowerment and how to thrive during and after breast cancer using food and natural medicine.

Marnie is a natural therapist, bodyworker, aromatherapist, mother of one, and grandmother of two. You can find out more about Marnie on her website: MarnieClark.com

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Charlene's Cancer-Fighting Kitchen



Delectable Dijon Honey Mustard and Balsamic Vinaigrette



This vinaigrette is perfect for summer salads made with fresh garden veggies and features raw local honey, Dijon mustard, and cancer-annihilating spices: turmeric, oregano, garlic, and cayenne pepper.

Raw honey is an abundant source of B vitamins, magnesium, and potassium that has anti-fungal, anti-viral, antioxidant, and antibacterial properties.

Dijon mustard is an excellent source of two anti-inflammatory minerals: selenium and magnesium, along with phytonutrients glucosinolate and others that help prevent cancer and halt the growth of existing colorectal and gastrointestinal cancers.

Yield: 1 ¼ cups
Preparation time: 10 minutes

Ingredients:

- 3 tablespoons raw local honey (Can substitute Lakanto* or raw coconut nectar**)
- ½ cup high quality Dijon mustard without additives or sugar
- 2 tablespoons balsamic vinegar
- 1 teaspoon dried oregano
- 1 teaspoon turmeric powder
- ¼ teaspoon cayenne pepper powder
- 2 cloves garlic, crushed and minced
- ⅓ teaspoon freshly ground black pepper
- ⅓ cup spring OR filtered water
- ⅓ teaspoon high quality salt such as pink or sea salt

Directions:

1. In a bowl, whisk all the ingredients, minus the water, together until incorporated. Stir the water in gradually.
 2. Pour desired amount on your salad, toss and enjoy.
- Store extra in a sealed glass jar in the fridge. Use up within one week for maximum nutritional value.

**Lakanto (Wholesome Sweeteners Brand) is a one-to-one sugar substitute from Whole Foods. This is an exceptional sweetening substitute as it's low glycemic.*

***Coconut Nectar is available in specialty grocery stores and online. This is another excellent sweetener option due to its nutrient-rich properties.*

For all recipes, please use fresh, organic, locally-grown ingredients whenever possible, including organic, non-irradiated spices. This will give you the maximum cancer-fighting benefits.



Lemon Garlic Eggplant With Mushrooms



Eggplants are in season from August to October, but can also be found throughout the year. They contain high concentrations of phytonutrients that benefit brain health, lower bad cholesterol, fight oxidative stress, and are anti-viral, anti-cancer, and anti-microbial. They are also loaded with B vitamins, vitamin K, and important minerals.

Combined with lemon, garlic, and mushrooms, this recipe will help to strengthen your immune system while simultaneously eliminating toxic substances from your body.

White mushrooms help remove bad estrogens which aids in restoring hormone balance and preventing breast cancer.

Yield: Two 12-ounce portions
Preparation Time: 25 minutes

Ingredients:

- 5 medium, slender eggplants (aka aubergine)
- ½ sweet red pepper, sliced
- 1 cup white button mushrooms, sliced
- ½ cup king oyster mushrooms (optional)
- 1 clove garlic, minced
- 1 green onion, chopped

- 1 small handful cilantro OR parsley (or a combination), finely chopped
- ¼ cup white or yellow onion, diced
- ⅓ cup freshly squeezed lemon juice (or according to taste preference)
- ½ cup spring OR filtered water
- 3 tablespoons organic, cold pressed, extra virgin olive oil
- High quality salt & pepper, to taste

Directions:

1. Rinse herbs, mushrooms, and eggplant thoroughly and place on a towel to dry.
2. Slice eggplant lengthwise into 1/8th inch strips, slice mushrooms, and set aside.
3. Heat a 9-inch skillet (ceramic coated or stainless steel) over medium heat until a drop of water sizzles when it hits the pan.
4. Add the eggplant in a single layer allowing it to cook for 20-30 seconds on each side and then remove from pan to a plate and set aside until all the eggplant is dry sautéed.
5. Add ½ cup of water to the skillet along with the yellow onion, red pepper, mushrooms, garlic, and eggplant.
6. Simmer over low heat for 5-10 minutes allowing the juices to soak into the mushroom and eggplant. When the eggplant is tender, but not mushy, remove from the heat.
7. Add the chopped herbs, green onion, lemon juice, and extra virgin olive oil. Gently mix together in a serving bowl adding pink or sea salt and fresh ground black pepper to taste. Enjoy!



Baked Sweet Potato Salad



This delicious salad is a comfort food that rejuvenates, satisfies, and can be eaten cold for summer or served warm for fall and winter meals.

It is full of ingredients that are antioxidant, anti-inflammatory, and anti-cancer including carotenoids, omega-3 fatty acids, and detoxifying fiber.

The natural sweetness from the sweet potatoes can curb sweet cravings and even be eaten in lieu of dessert.

Yield: Two 12-ounce servings
Preparation time: 20 minutes

Salad Ingredients:

- 3 cups baked sweet potato, cubed
- ½ cup celery, finely chopped
- ½ medium onion, chopped
- 2 teaspoons fresh ginger, finely chopped
- 3 tablespoons untoasted walnuts, chopped
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon high quality salt

Dressing Ingredients:

- ½ cup untoasted sunflower seeds
- ¼ cup untoasted almonds
- 2 tablespoons of freshly squeezed lemon juice
- ½ teaspoon high quality salt such as pink or sea salt

Directions:

1. Wash two medium sweet potatoes, prick them with a fork and place in the oven at 300 degrees Fahrenheit for 45 minutes or until they are soft. Remove from the oven and allow to cool completely.
2. Remove the skins and cut into one inch cubes.
3. Place the potato cubes into a medium bowl. Add the celery, onion, walnuts, and olive oil. Mix together gently but thoroughly.
4. Add salt and pepper to taste then set aside. If you prefer a cold potato salad, place in the refrigerator while preparing the dressing.

Dressing Preparation:

5. Place all the dressing ingredients in a high speed blender. Blend until smooth.
6. Pour or spoon the dressing onto the potato salad. Mix gently to incorporate it.
7. Adjust the seasoning if necessary. Return the salad to the refrigerator until ready to serve. Enjoy!



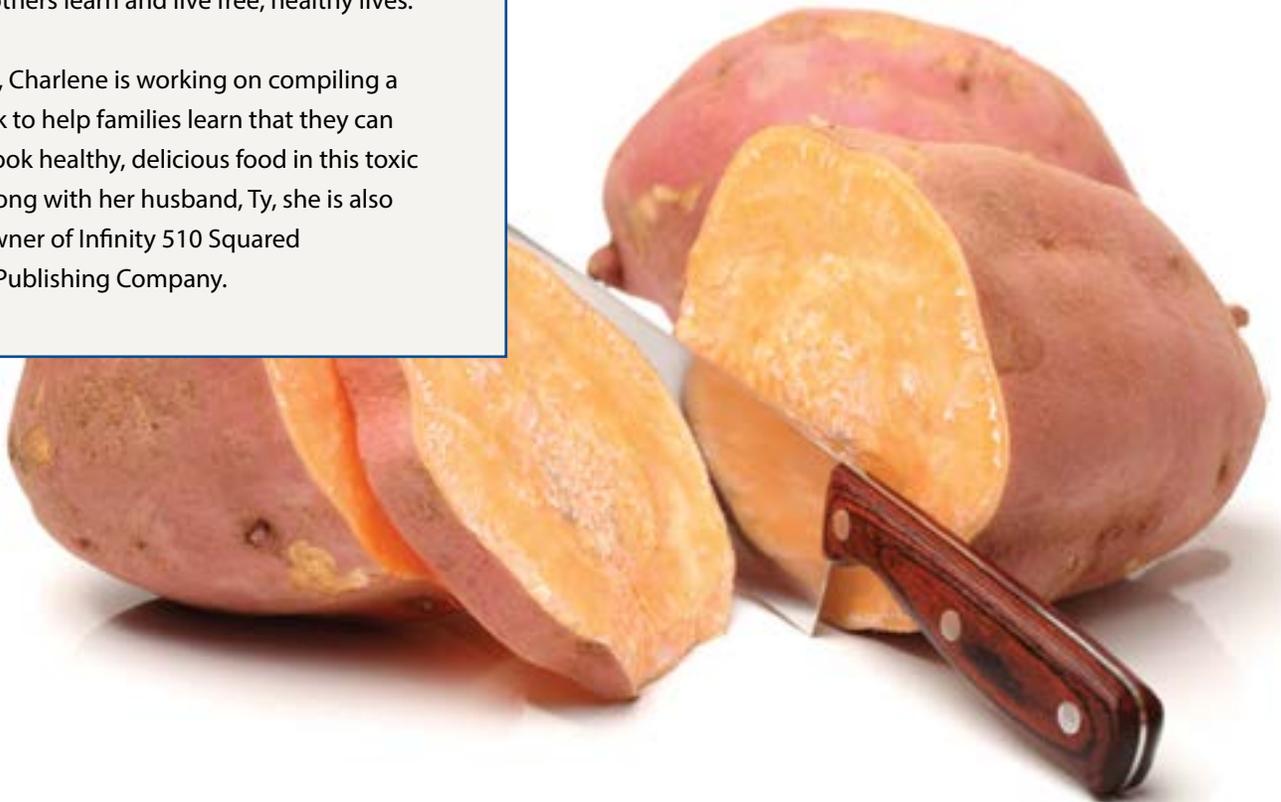
About Charlene Bollinger



Charlene Bollinger is a devoted Christian, happily married wife, joyful mother of 4 beautiful home-educated children, health freedom advocate, co-founder of CancerTruth.net, former model/actress/fitness buff, and lover of healthy food and healthy living.

After losing various family members to conventional cancer treatments, she and her husband, Ty, learned the truth about cancer and the cancer industry and together work tirelessly helping others learn and live free, healthy lives.

Currently, Charlene is working on compiling a cookbook to help families learn that they can indeed cook healthy, delicious food in this toxic world. Along with her husband, Ty, she is also the co-owner of Infinity 510 Squared Partners Publishing Company.





Is Our Healthcare System Rigged Against Us? The Dark History of Mainstream Medicine in America

By Tony Isaacs

The past year has been filled with allegations of rigged elections and tampering with political systems. While this is concerning to say the least, the political system is but a microcosm of how things are rigged against the average person in favor of powerful interests with deep pockets. Sadly this extends to our medical system, and cancer care in particular.

While it may seem like relatively new news that the healthcare industry often doesn't work in the best interests of the patient, medicine and cancer treatments have in fact been rigged against us for quite some time now.

At one time alternative healing flourished in the United States. Such is no longer the case, although it is not because these alternative healing methods are not successful. In actuality, natural and alternative healing often work much better and more safely than mainstream medicine – which is precisely why these treatments have been suppressed and practitioners persecuted.

The following are just a few of the outrageous examples of known mainstream medicine shenanigans that have been uncovered and shared in print...

The American Medical Association and Morris Fishbein

Dr. Morris Fishbein (1889-1976) did not originally intend to become involved in medicine. Instead he studied to be a clown. When he realized that he could make more money as a doctor, he entered medical school, where he failed anatomy and barely graduated. That did not deter him from becoming the head of the American Medical Association (AMA), where he used his position to enrich himself and crush legitimate therapies out of existence.

The AMA was originally founded in 1847 as a social and scientific organization. Its purpose was to get practitioners to get together and trade knowledge as well as have some fun. Today, the AMA is essentially a State guild which has a virtual stranglehold on the profession of medicine.

As head of the AMA and editor of the *Journal of the American Medical Association (JAMA)*, Fishbein decided which drugs could be sold to the public primarily based on how much advertising money he could extort from drug manufacturers for expensive ads in the JAMA. It mattered not whether the drugs actually worked.

In 1900, three doctors who were attending the annual AMA convention in St. Paul, Minnesota, came up with the idea of forming a closed corporation and using the AMA for their financial benefit. They came up with a constitution, bylaws and a charter which appeared to give members of the AMA a say in the activities of the corporation, but in reality it was the three directors who had all the power. They also went on to form smaller political machines in every state, which they controlled through the main corporation.

In 1924, when one of the directors became involved in a scandal and had to resign, he appointed Morris Fishbein to take his place. Like a voracious shark, by 1934 Fishbein had taken over control of the AMA and gobbled

up all of the stock. In his new position he assumed dictatorial authority over all of the state licensing boards and he made life as difficult as possible for any doctor who did not join. Like the three doctors before him, Fishbein was little more than an extortionist who made millions by using the power of the State. Not bad for a one-time aspiring clown – one whose cruel joke has been played out on our medical care system ever since.

How the Flexner Report Killed Alternative Medical Schools & Promoted Discrimination

In the early part of the 20th Century the director of the Rockefeller Institute, Simon Flexner, proposed that his brother, Abraham Flexner, be hired to rank medical schools. This was in spite of the fact that Abraham, who owned a bankrupt prep school, knew nothing about medicine. He took his orders from the AMA and the Rockefeller and Carnegie foundations which had saved mainstream medicine with huge investments of cash.



While medical schools today may have class diversity, the Flexner Report of 1910 made it much more difficult for women and minorities to graduate from an accredited medical school

Abraham Flexner's rushed report which ranked medical schools pretty much sounded the final death knell for non-mainstream competition. Among the results of Flexner's report:

- Schools which taught nutrition, naturopathy, or herbalism did not pass
- Schools which taught homeopathy did not pass
- Schools that admitted blacks did not pass (except for two schools which admitted only blacks)
- Schools that admitted Jews got lower than average grades, which resulted in a 30% reduction in Jewish students graduating from medical schools
- Schools that admitted women likewise got lower than average grades, resulting in a 33% reduction in women graduating
- Schools that were able to function entirely by student fees did not pass

How the IG Farben Cartel Paved the Way for the Monopoly of Mainstream Pharmaceuticals

About the same time the AMA was conspiring to eliminate competition, the world pharmaceutical giants – then located in Germany – were conspiring to replace all natural remedies and healing plants with drugs made in their labs. In the early 1900s these companies formed the IG Farben cartel, whose purpose was to seize control of the world’s medical drug trade. Their plans have been successful beyond even their own wildest dreams.

For generations our doctors have been taught at medical schools whose largest source of funding, by far, is the world pharmaceutical empire. Medical students are taught precious little about the role diet, nutrition, exercise, lifestyle, and natural plants have to play in prevention and healing. Instead, what they have been taught is that the way to treat illness and disease is to prescribe medications – which just so happen to be made by the same people who fund their education.

As far as the public is concerned we have been inundated with a never-ending avalanche of propaganda telling us to “just ask our doctors” about the benefits of drugs while warning us away from natural alternatives

that in many (if not most) cases are safer, just as or more effective, and far less expensive.

As a result, natural healing backed by hundreds and in some cases thousands of years of proven success has been made illegal and suppressed. In its place we’re given patentable and hugely profitable unnatural lab-created medications. Chemicals which the body usually recognizes as toxins and which usually come with potentially serious side effects. All you have to do is look at any pharmaceutical advertisement to see a long list of possible side effects – many of them as bad or worse than the condition they’re intended to treat!

An even darker result is that millions of lives and billions of dollars could have been saved if natural and alternative treatments were allowed for cancer, heart disease, diabetes, and a host of other conditions that mainstream medicine and their “approved” medications have been unable or unwilling to cure.

Why the FDA Isn’t Protecting Our Interests

One famous quote from a former Commissioner of the FDA, pretty much says it all:

“The FDA ‘protects’ the big drug companies and are subsequently rewarded, and using the government’s police powers they attack those who threaten the big drug companies. People think that the FDA is protecting them.

It isn’t.

What the FDA is doing and what the public thinks it is doing are as different as night and day.”

Dr Herbert Ley, former U.S. FDA Commissioner (and the last FDA Commissioner considered to be free of the influence of Big Pharma)

The FDA, which operates as a protection racket for Big Pharma and Big Food, pretty much arbitrarily decided that any supplement or even food which dares to tout health benefits may be considered an “unapproved drug” and is subject to enforcement action. These actions can be harsh indeed, and include raids by gun-wielding FDA agents (and the state and local authorities they enlist) to shut businesses down by seizing all of their computers, customer records, and inventory.

It is telling that in any given year the top managers who leave the FDA end up getting jobs with the companies they are supposed to be enforcing. Two of the most recent FDA Commissioners both left their positions under a cloud of scandal for wrongfully accepting gifts from Big Pharma companies. Any guesses on where both ex-commissioners ended up getting jobs?

It is also telling that the FDA largely concentrates its enforcement actions against supplement makers and natural plants, even though they state plainly on the FDA website that “Medication errors cause at least one death every day and injure approximately 1.3 million people annually in the United States.”

Three Prominent Alternative Cancer Pioneers Who Have Been Persecuted by Mainstream Medicine

To this day a great many alternative cancer therapists and pioneers have been victimized by the mainstream medical industry and regulatory agencies. One recent example is Dr. Stanislaw Burzynski who has appeared in the TTAC docuseries. Here, in brief, are just three examples of medical persecution:

1 | Harry Hoxsey

Hoxsey, who developed an external herbal formula for skin cancers and a tonic for other cancers, was perhaps the most flamboyant alternative cancer therapist ever – as well as one of the most courageous. Hoxsey fought a



Medication errors are a serious problem. Over 1 million people are injured every year in the U.S. from taking prescription medications

running battle for 35 years against the mainstream cancer establishment and won some battles along the way. He also helped cause the demise of the aforementioned AMA villain and shakedown artist, Morris Fishbein.

Fishbein made an offer to Harry Hoxsey for his herbal cancer remedy (which Fishbein later had to admit in court that it worked on skin cancer). According to the offer, Fishbein and his associates would receive all of the profits from Hoxsey’s formula for a period of nine years and Hoxsey would receive nothing. After nine years, if Fishbein and his partners were satisfied that it worked, Hoxsey would receive a whopping 10 percent of the profits.

Hoxsey refused the offer and Fishbein proceeded to use his political connections to have Hoxsey arrested no fewer than 125 times in a period of only 16 months. The charges were based on practicing without a license and they were always thrown out of court. Nevertheless, Fishbein harassed Hoxsey for 25 years. The only good thing to come from this was that the resultant scandal finally forced Fishbein to resign.

2 | Royal Raymond Rife

The worst of Fishbein’s evil deeds was his destruction of Royal Raymond Rife, who is considered by many as a

once-in-a-lifetime genius. Rife studied at Johns Hopkins University, received 14 major awards, and the University of Heidelberg honored him with an honorary doctorate. He invented technology which is still in use today in optics, electronics, biochemistry, ballistics, and aviation. Among his many inventions was a microscope which could be used to observe live viruses.



A photo of Royal Raymond Rife in his lab in San Diego, CA, that appeared in the June 1931 edition of *Popular Science* magazine

Between 1920 and 1932, Rife perfected his microscope which ultimately came to be two feet tall, weighed 200 pounds, and contained 6,000 different parts. Until recently his microscope was the only one which observed live viruses. Modern electron microscopes are more powerful than Rife's, but they instantly kill the viruses they are focused upon. With Rife's microscope, the viruses could be studied while still alive.

Rife was eventually able to determine the frequencies which would kill viruses which caused many different diseases and he successfully treated many different cancers – including 14 out of 16 in one demonstration (and the other two were eventually healed as well after the initial time limit of the demonstration).

His success was brought to the attention of Morris Fishbein, who made him an offer that was probably similar to the offer Hoxsey turned down. Rife turned Fishbein

down as well, but he was unable to stand the pressure that Fishbein brought to bear and it drove him to drink. He spent the last several years of his life as an alcoholic. Tragically, and perhaps intentionally, his papers on the construction of his microscope were destroyed and parts stolen. Many claim that no one has yet been able to duplicate the success of the Rife microscope and the frequency emitters he developed to use with it.

3 | Max Gerson

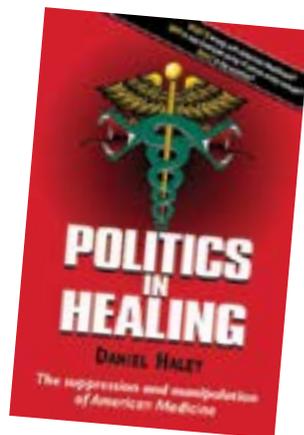
A large number of alternative pioneers in cancer and other health therapies have died under questionable circumstances over the past number of years. Included among more recent suspicious deaths is that of Dr. Jeff Bradstreet (see the February 2016 HAC newsletter article for details) as well as TTAC docuseries expert Dr. Nicholas Gonzalez, who died suddenly and unexpectedly in July 2015. Another such untimely and suspicious death is that of Dr. Max Gerson.

Max Gerson originally had no intention of curing cancer. Instead, he started off by experimenting with diet to prevent headaches because he suffered from severe migraines as a young man. In the course of treating one patient, Gerson found that his migraine diet had also cured the patient's skin tuberculosis. After successfully treating many tuberculosis patients, he discovered that his diet could also be used to treat cancer.

Gerson spent many years refining his diet and detoxification therapy, concentrating primarily on cancer. He often spoke about how cancer began to sweep through the population at the same time that people were first exposed to processed food as a dietary staple. He went on to become licensed to practice medicine in the state of New York and for 20 years he successfully treated hundreds of cancer patients after conventional mainstream treatments had failed.

Among Gerson's most important contributions to cancer care – in addition to detoxing and juicing – was his discovery of the vital importance of maintaining and restoring the liver. This included making sure that the bile ducts were open and freely flowing so that toxins could be properly eliminated from the body. This is the reason for the multiple daily coffee enemas he prescribed.

In 1946, Gerson appeared before a congressional subcommittee which was conducting hearings on a bill to fund research into cancer treatment and he brought some of his recovered patients with him. His appearance put him under the gaze of the medical establishment, which viewed him as unwanted competition and they began to persecute him. Shortly afterwards Gerson published his findings and successes, which served to further fan the fires.



Politics in Healing by Dan Haley tells the story of the damage greed and political influence has wrought on healthcare alternatives in America

Gerson's daughter Charlotte, a partner in his work, asserted that her father was poisoned by an arsenic-laced cup of coffee, and this is supported by forensic evidence. Arsenic was detected in his urine, and he complained of stomach cramps after drinking the coffee. In an effort to tarnish his reputation and his work, the medical establishment claimed his death was from lung cancer. According to Charlotte Gerson there were no tumors on his lungs. His weakened condition from ingesting arsenic at the age of 77 simply precipitated a lung infection.

To find out even more about some of the alternative health and alternative cancer victims of mainstream medicine, read former New York Assemblyman Dan Haley's eye-opening book *Politics in Healing: The Suppression and Manipulation of American Medicine*.

The Status of Health Care Today: Profits Over Health

Today, our healthcare is every bit as rigged as it has been for many years, although perhaps not as overtly. Pharmaceutical companies, medical equipment manufacturers, hospitals, and others in the healthcare industry (as well as chemical companies whose toxins cause much of our illness and poor health – especially cancer) have placed their representatives in virtually every agency and large non-profit which controls or deals with healthcare.

Big Pharma and mainstream medicine spend hundreds of millions of dollars in lobbying, in addition to hundreds of millions of dollars in misleading "Just Ask Your Doctor" advertising. All of those dollars, plus the cozy relationships they have carefully cultivated, have given them a stranglehold on the mainstream media. Their lobbying, donations, and innocuous sounding groups they have formed to promote their agenda has also given them a virtual lock on our elected, appointed, and other government officials. As a result, our health laws and the industry front organization known as the FDA have made sure that only FDA-approved medicines and treatments are covered by insurance.

Cancer Care and the Sham of Breast Cancer "Awareness"

Nowhere is the practice of the medical industry inserting its representatives into government agencies and non-profits more evident than in the huge deception known as "Breast Cancer Awareness."



Many well-intentioned people who participate in Breast Cancer Awareness Month each October are unaware of the corporate interests behind the campaign

Every year we find our country awash in a sea of pink from shore to shore to celebrate Breast Cancer Awareness Month (BCAM) during the month of October. Tragically, few people who participate in BCAM – including donating time and money and buying pink-themed products – are aware that BCAM has been a deliberate deception from day one. The fact is that Breast Cancer Awareness Month is a “pinkwash” which helps “do-gooder” corporate sponsors hide their own culpability.

BCAM was launched in 1987 by Imperial Chemical Industries (ICI), a British chemical company which has been a world leader in manufacturing cancer-causing pesticides, plastics, and other products. From day one, ICI and later spin-off Zeneca, which ultimately became part of today’s Astra-Zeneca pharmaceutical giant, have used BCAM to direct research and prevention efforts *away* from chemical carcinogens. In addition to being a leading producer of carcinogens, Astra-Zeneca is also the manufacturer of the blockbuster cancer drug Tamoxifen, which has been found in recent year studies to cause and spread cancer.

To this day, there is not a single mention in any of the BCAM literature which suggests that decreasing exposure to chemical carcinogens or dietary changes can help prevent cancer. To add insult to injury, many of the pink-themed products sold by the sponsors of BCAM are themselves carcinogenic.

What Can We Do to Take Back Our Health Care and Cancer Care?

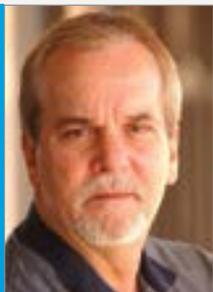
One thing we can do is free ourselves from being pacified by fluoride in the water we drink and MSG in the foods we eat – both of which have been proven to not only harm our health, but to dumb us down. Another thing we can do is stop being lulled into a false reality by sports shows, reality TV, and the like. We can also educate ourselves about what is really going on with our rigged medical system as well as the world we really live in, instead of the one we think we live in. In other words, open your mind and your eyes to the truth.

Once you have become informed (and reading this newsletter is an excellent place to start), you can become active and work to take control of your health and spread the word to help others. Even though what we learn and pass on may fall on deaf ears, every person who wakes up is one more person to help take back the control we never should have relinquished in the first place.

Remember, it only takes a single pebble to start an avalanche. Or, as Samuel Adams said, “It does not require a majority to prevail, but rather an irate, tireless minority keen to set brushfires in people’s minds.”

And as the inimitable Helen Keller said, “I am only one; but still I am one. I cannot do everything, but I still can do something. I will not refuse to do the something I can do.”

About Tony Isaacs



Tony Isaacs is a member of the National Health Federation and the American Botanical Council. He is a natural health advocate and researcher and the author of numerous articles and books about natural health including

Cancer's Natural Enemy.

Tony's articles are featured on [The Truth About Cancer](#), the Health Science Institute's Healthiertalk website, CureZone, the Crusador, Health Secrets, the Cancer Tutor, the Silver Bulletin, the New Zealand Journal of Natural Health, and several other venues.

He also runs [The Best Years in Life website](#) which helps people avoid prescription drugs and mainstream managed illness and live longer, healthier, and happier lives naturally. In addition, he hosts the Yahoo Oleandersoup Health group of over 3,500 members and the CureZone Ask Tony Isaacs - Featuring Luella May forum.

Tony and his partner Luella May host [The Best Years in Life Radio Show](#) every Wednesday evening on BlogTalk Radio.

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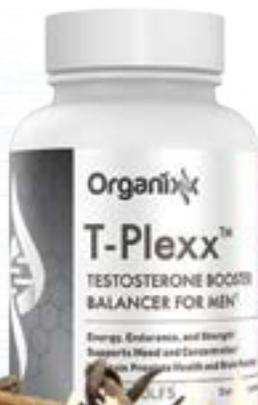
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