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Gold, Frankincense & Myrrh: A Rich History of Blessing and Healing

By Ty Bollinger

Every year around this time as we cross the precipitous autumn threshold into the Advent season (or what most people refer to as Christmastime), I'm reminded once again of a powerful story. That of the three Magi (or "wise men"), whom the Holy Word says joined together and trekked a great distance in pursuit of the newborn King. Guided only by a flickering star in the sky and the burning glow of faith in their hearts, these Magi brought with them those three famous gifts for the infant Christ: *gold, frankincense, and myrrh*.

The vivid display of God's providence in this inspiring story never ceases to amaze me. Not only for its powerful symbolic and spiritual significance, but also because the myrrh and frankincense portions of the Magi's gifting hold incredible *physical* importance.

While most biblical scholars seem to agree that the gold these Magi brought with them was most likely the gold metal we're all familiar with, there's another theory that I first learned from Dr. Sunil Pai while interviewing him for TTAC's

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Message From Ty Bollinger



Here we are again... back in the hustle and bustle of the holiday season, about to close out another year. I remark on it every year so it shouldn't come as a surprise to me, but doesn't it seem like the year just flew by? Let me tell you that there's nothing like a looming deadline to make time speed up!

In 2017 we had plenty of deadlines. We launched The Truth About Detox, The Truth About Vaccines, The Truth About Pet Cancer, and held our 3-day Live Event in Orlando, Florida. This was in addition to sharing new articles and videos each week on our websites and social media, formulating new health products for the Organixx line of supplements, and bringing you in-depth information each month in the Heroes Against Cancer newsletter.

TTAC's co-founder Jon Hunsaker, Charlene, and I certainly couldn't do it without an exceptional team of people standing with us. Most importantly, we couldn't do it without you supporting our mission. In the January newsletter I'm going to talk more about TTAC's mission and how we're looking to spread our message even further in 2018 and beyond.

For now, sit back and enjoy this simplified December issue of the HAC newsletter. We've pared it down to just one holiday-inspired article and three quick, tasty, and healthy recipes you can make when time is short.

We've also included an Index of all the articles published in 2017. So, if you do have a spare minute, pick up a back issue (they're all available in PDF version in your member area) and catch up on some articles you might have missed.

Thank you again for being such an integral part of The Truth About Cancer community. I wish you and your loved ones a magical Christmas and a healthy, happy New Year!

Until next year...


Ty Bollinger

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The Quest For The Cures docu-series. Dr. Pai shared that the gift of gold may actually have been the “golden” spice turmeric.

While the healing potential of both frankincense and myrrh is incredible all on its own, adding in turmeric makes a trio that’s substantially more impressive – so much so that my team and I decided to develop an entire supplemental formula out of them, which we endearingly and respectfully call the “Magi-Complexx.”

I must say it’s been a joyful experience uncovering and presenting to you all the nuggets of truth we’ve been able to unearth about turmeric, frankincense, and myrrh. This trio in beautiful synergistic harmony can be used in all sorts of ways to help improve the health and lives of people everywhere. We have many wonderful breakthroughs in science to thank for leading us here, which I’m immensely grateful to have the privilege of sharing with you.

At the same time, I’m also realizing that there’s still so much more to these three natural substances that has yet to be learned – especially from a historical perspective. Like precious gems hidden beneath the surface of the soil, the treasure trove of sacred knowledge that exists in relation to these three special plant compounds is vast, and we’ve only just begun to scratch the surface. With Christmas on the way, I think it’s only fitting that we take an even closer look at their incredible historical significance, and see what we can discover about them from the holy scriptures.

Song of Solomon Mentions What May Have Been Turmeric Alongside Frankincense and Myrrh

The Bible mentions turmeric – or at least one possible word for it – just once. But in the very same passage, frankincense, myrrh, and several other plants and spices

(including aloe and cinnamon) are also mentioned, suggesting that it maintains a similar ranking of importance. The Hebrew word “karkôm,” or “saffron” in English, is used in a particular passage from Song of Solomon, in which the king is describing the beauty of his bride, that reads as follows (from the Authorized King James Version):



*Your plants are an orchard
of pomegranates
With pleasant fruits,
Fragrant henna with spikenard,
Spikenard and saffron,
Calamus and cinnamon,
With all trees of frankincense,
Myrrh and aloe,
With all the chief spices*

Song of Solomon 4:13-14

Scholars believe that the Greek word karkôm, or karkome, here refers to the orange-yellow flower taken from the *Crocus sativus* plant, also known as saffron. This plant bears bright, purple-colored blooms that are filled with vivid, crimson-colored “stigmas” and “styles,” or what are commonly referred to today as threads.¹ These threads are what typically get plucked, dried, and sold in stores as saffron, a rather expensive, red-colored spice with a uniquely characteristic odor and color that’s often used in Mediterranean cuisine.

Another possibility is that the word karkôm as referenced in this verse may be referring to Indian saffron, or *Curcuma longa*, which many people know today as turmeric. Also known as “zafran” in Arabic, saffron literally translates as the word “yellow,” which is interesting considering the fact that Mediterranean saffron is red (though it does turn yellow when mixed with food). Turmeric, on the other hand, is yellow right out of the gate, and some scholars believe that the description of saffron in Song of Solomon might be referring to turmeric rather than its counterpart.

Shedding some light on the matter, Harold Norman Moldenke of the New York Botanical Garden in his book *Plants of the Bible*, explains the following about how “red” saffron was often used during Biblical times:

“The ancients are said to have scattered saffron on the floors of their theaters, mixed with wine, and used it extensively during wedding ceremonies. It was also used in the Orient as a perfume and was sprinkled over the clothes of guests as they entered a house. It is still employed to lend color to confectionary, liquors, and varnishes. Formerly it was much used in medicine as a stimulant, antispasmodic, and emmenagogue.”² [Note: an emmenagogue is a substance used to stimulate or increase menstrual flow.]

If Indian saffron, or turmeric, is the spice that’s actually being referenced in Song of Solomon 4:14, then such uses would still apply. In perfumes, for instance, turmeric’s warm, earthy aroma would have been used to add a little extra spice and “woodiness” to a blend of other voluptuous scents, for instance. In food, turmeric would have been used much like saffron to liven up both the flavor and color profile – the uniquely bright hue of turmeric also functioning as a natural dye for textiles and clothing.



Turmeric and saffron are spices that have been prized for thousands of years for their flavor, color, and aroma

The Biblical account of Lydia of Thyatira is one prominent example of how both forms of saffron were used for such purposes. A follower of Paul the apostle, Lydia is recorded in scripture as being a successful businesswoman whose trade was dealing in the best clothing dyes that the world had to offer. She’s said to have been a member of the esteemed dyers guild of her day, and while she primarily specialized in blending various shades of purple for primarily well-to-do individuals, she’s also credited with utilizing turmeric specifically in many of her expensive formulas.³

Myrrh: Purification and Salvation Through Bitterness

Much more prevalent in the holy scriptures are references to myrrh, a highly fragrant gum resin extracted from the trees of the *Commiphora* genus species. Myrrh is mentioned some 17 different times throughout the canon. The first being in Genesis 37:25 right after the brothers of Joseph (who wore the famous “coat of many colors”) decided to throw him into a pit. They were jealous that God had chosen him and not them to fulfill what would eventually manifest as his divine role for saving Egypt and the Israelites from a great famine.

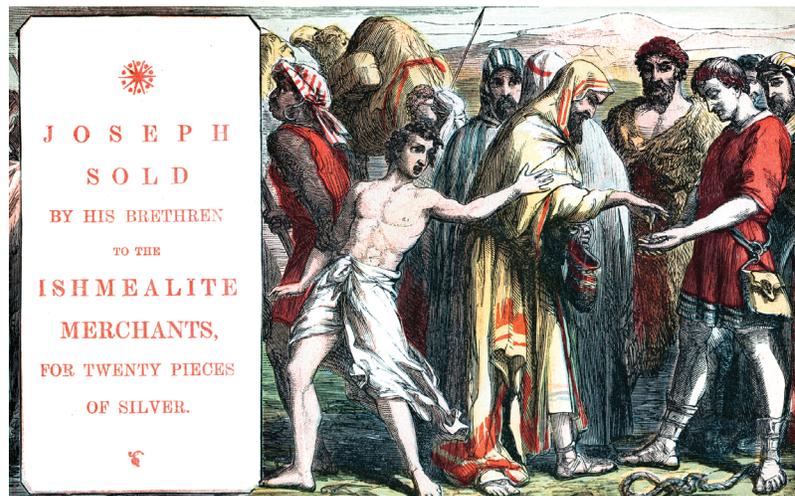
Right as Joseph's brothers sat down to eat after conspiring this evil plot against him, a group of Ishmaelites traveling from Gilead to Egypt is recorded as passing by. They were said to be bearing an aromatic bundle that included various incenses, balms, and myrrh, a substance spelled out by name that in later books of the Bible is mentioned as being the principal ingredient used in the "oil of the holy ointment" (along with cinnamon, sweet calamus, cassia, and olive oil).

What's particularly interesting about this very first mention of myrrh in the Bible is that it lays the groundwork for myrrh's significance as a spiritual symbol of refinement through great affliction. Though they likely had no clue of it at the time, the Midianite traders who ended up pulling Joseph out from the pit where his brothers had thrown him, and who proceeded to sell him as a slave to the Ishmaelites, inadvertently anointed him as the chosen one of God who would later rule over Egypt. And myrrh, which is the only herb mentioned by name in this particular passage, served as a symbol of God's holy providence and anointing of Joseph.

The Hebrew word for myrrh is "mor" or "mowr," which directly translates into English as "distilled," which we know signifies purity (distilled water, for instance, being free of all minerals and contaminants). The root word for mor is "marar," which further translates as bitterness. So from both of these definitions we derive the concept of purification through bitterness, or something that has been refined or purified through trial, which seems to be a common theme in the scriptures whenever myrrh is mentioned.

In Joseph's case, he was betrayed by his brothers and sold into slavery. He was then tried and tested by God for 11 years before finally fulfilling his destiny of bringing salvation not only to the nation of Egypt, but also to his family and the nation of Israel, after which Joseph's own father Jacob (also known as Israel) was named. And

just a few chapters later in Genesis 43:11 when all of this was accomplished, we see myrrh mentioned once again for the second time in the scriptures. It's one of the gifts that Jacob (Israel), Joseph's father, told Joseph's brothers to bring with them to obtain favor from the governor of Egypt, who was actually Joseph in disguise (though they didn't know it at the time). Pretty cool, right?



Myrrh is mentioned twice in the story of Joseph's rise from slave to ruler of Egypt in the Book of Genesis

From the first mention of myrrh in the Bible to the second, we see Joseph, the chosen man of God for a specific purpose, fulfilling his pilgrimage from slave to royal servant. Myrrh is the symbol of this transition from pain and suffering to power and glory. It's a symbolic picture that's painted again and again with each subsequent mention of myrrh in the scriptures:

» **Exodus 30:23** – the Lord commands Moses to include myrrh as part of the holy anointing oil for the tabernacle of the congregation and the ark of the testimony.

» **Esther 2:12** – the handmaids, as was the custom for women of the day, use myrrh for purification before entering the courts of King Ahasuerus.

» **Psalm 45:8** – King David references myrrh as a fitting and fragrant perfume for sanctifying clothing.

» **Proverbs 7:17** – the faithless wife is said to use myrrh as a fragrance of seduction to attract men (this being the only “negative” reference to myrrh in the Bible, though it still highlights its captivating essence).

» **Song of Solomon** – all throughout this book, the wise King Solomon references myrrh as a beauty treatment, a perfume, a precious gift, and even a refuge. (“Until the day break, and the shadows flee away, I will get me to the mountain of myrrh, and to this hill of frankincense” –Song of Solomon 4:6).

» **Matthew 2:11** – the three Magi from the East travel a great distance to present the newborn Christ with a gift of myrrh (as well as gold and frankincense).

» **Mark 15:23** – the Roman soldiers offer Christ as he’s on the cross a mixture of sour wine (vinegar) and myrrh as a sedative for his pain (which he refuses, as he was ordained to do).

» **John 19:39** – Nicodemus brings a gift of myrrh to the deceased body of Christ for his embalming in the tomb.

Even the way myrrh is extracted from *Commiphora* trees today reiterates this multi-varied symbolism – its process of slow, dripping release depicting both its precious, sweet-smelling properties as well as its bitterness. Rebecca Park Totilo from the Rebecca At the Well Foundation puts it like this, using the historical account of Christ’s crucifixion to encapsulate everything that myrrh represented in these days of old:

“During the Messiah’s final agonizing hours in the Garden of Gethsemane, the weight of the world’s sins crushed our Savior like a wine press, causing Him to sweat great

tears of blood. His bitter sufferings can be compared to myrrh, a highly-prized spice used for perfumes and incense, extracted by piercing the tree’s heartwood and allowing the gum to trickle out and harden into bitter, aromatic red droplets called “tears.” When the myrrh flows from the tree, it is distilled in bitterness.”⁴

Frankincense: A Sacrificial Gift of Immeasurable Value

In the same family as myrrh is another tree-derived resin known as frankincense that has its own rich history of medicinal and spiritual significance. Myrrh and frankincense are basically cousins, as both are derived from the inner bark of small Middle Eastern and Mediterranean trees. Frankincense hails from the *Boswellia* tree genus (scriptural references also point to the *Arbor thuris* genus, also known as “the incense tree,” as another source of frankincense).



The *Boswellia* (frankincense) tree grows in Southeast India and large swaths of arid land spanning the distance from Northern Africa to the Middle East

Just like myrrh, frankincense is mentioned by name in the Bible precisely 17 times (and another five or six times if you count the indirect English translations of it merely as “incense”). The first reference to frankincense in the Bible comes right after myrrh in Exodus 30:34 when God commands Moses to include it in the recipe for the holy perfume (or holy incense).

Similar to the holy anointing oil that he was earlier commanded to make with myrrh, the holy incense that Moses made with frankincense was established as an ordinance by God to be applied before the congregation during gatherings in the temple. It was fittingly pronounced to be the most sacred temple incense, containing equal parts of:

- » **Stacte** (Hebrew: nâṭâph) – an aromatic gum or sap similar to frankincense that’s believed to come from the inner bark of the balsam tree.
- » **Onycha** (Hebrew: shechêleth) – an unknown substance that historians believe to have been some kind of distillation derived from the fingernail-like operculum, or trap door, of certain sea snails (or possibly related to shachal, an unused root that’s described as having the characteristics of “roar” or “lion”).
- » **Galbanum** (Hebrew: chelbenâh) – another type of gum resin derived from the *Ferula gummosa* plant, which is native to the mountain range slopes of northern Iran.
- » **Frankincense** (Hebrew: lebônâh) – the “king” of aromatic resins, its root word “frank” quite literally defining the “freeness” with which its wonderful odor fills a room when burned (or in modern times, diffused).



The Book of Exodus describes a holy incense made from frankincense and other ingredients

Just like with the holy anointing oil blend described as containing myrrh just a few verses earlier, this specific frankincense blend was declared to be pure and holy, and was only to be used in the temple as a sacred symbol of both God’s presence and his intentional anointing on the congregation. Frankincense is also mentioned in later scriptures as being used by the children of Israel in their preparation of burnt offerings of thanksgiving to the Lord. Interestingly it was never for sin offerings, for which its use was prohibited. To the contrary, frankincense was only to be used in offerings of communion, devotion, reverence, worship, and obedience.

Besides the boldness of its “frank” aromatics, another facet of frankincense’s uniqueness in this regard is the fact that it burns for an exceptionally long time. This could be one of the reasons why it was chosen as a key constituent for use in ceremonial incense. This is perhaps also why frankincense is commonly referred to, even today, as a “kingly” spice above all others, and may be why it was most often presented as a gift – either to the Lord or to others of significance.



Frankincense has long been used for times of reverence and worship. Burning or diffusing frankincense oil is popular today during meditation and prayer

This would make sense, considering that the Hebrew word for frankincense, *lebônâh*, literally translates as “pure” or “white.” This definition is historically significant for a number of reasons. The most prominent one for Christians being that the use of frankincense as a holy anointing oil points to the purity not only of Christ himself, but also of his children, which the Bible repeatedly describes as his “bride.” And what does a bride do before her wedding? She prepares herself in the finest garments and perfumes, which back in biblical times would have included applying a bundle of frankincense to her bosom before the big day.

The following are some of the other uses for frankincense as outlined in other passages of scripture:

» **Nehemiah 13:5,9** – a preparation of meat, corn, “new” wine, oil, and frankincense is presented as a meal offering to the Levites, the singers, the porters and others who were responsible for ministering the sacred items in the temple.

» **Song of Solomon** – frankincense is repeatedly mentioned alongside myrrh in this beautiful book of poetry as a sacred substance.

» **Matthew 2:11** – once again myrrh is mentioned alongside frankincense as one of the gifts given by the Magi to the newborn Christ.

» **Revelation 18:13** – following God’s judgment of Babylon the Great, a voice from heaven pronounces that frankincense and other “goodly” things can no longer be found in its presence, causing those from afar to mourn (this depiction highlighting the immense value of frankincense as a precious and costly gift).

The Modern Day Value of Frankincense

The remarkable purity of frankincense (as well as that of its cousin myrrh) is why these and other historical references to its use almost always place it on a pedestal of high significance and importance. As the first cuts are made into the *Boswellia* tree, this purity in frankincense is seen clearly in the tiny droplets of cloudy white sap that emerge. They fill the air with a profound essence that only becomes more amplified when heat or flame is applied. And unlike many other substances, frankincense burns slowly rather than quickly, again pointing to its special qualities.



The tear-shaped droplets of sap that escape from cuts (“wounds”) made into the bark of the *Boswellia* tree are carefully scraped off and dried

Whether it signified an offering to God, a gift to others, the collective prayers of the saints, or even God's Holy Spirit, frankincense clearly holds sacred value. It also holds great practical value. Not only are its oils and extracts depicted all throughout the historical literature, it remains a relevant and desired commodity today. All throughout the Middle East and beyond, frankincense is still used as incense, as well as an ingredient in toothpastes, deodorants, and even as a flavoring in food and beverages.

In traditional medicine (as I've covered in many articles and videos), extracts of frankincense have long been, and still are, used to combat everything from stomach ulcers and high blood pressure to nausea, fevers, indigestion, respiratory ailments, inflammation, and even cancer. And while the scent of frankincense is pleasing to us humans, many a flying insect (including mosquitoes!) is repelled by it, making it a powerful form of bug spray to keep away potentially deadly infectious diseases such as malaria.⁵

In the country of Oman where frankincense grows most prevalently, for instance, people will actually douse their clothing in frankincense smoke using special wicker frames in order to repel all of those nasty biting and stinging critters that we in the West usually try to ward off using synthetic chemicals (usually to the detriment of our own health).

Whether or not you share the Christian faith, I hope you've enjoyed this review of the biblical significance of these three health-promoting and sacred substances. Whenever you choose to consume, diffuse, apply, or burn them, you're connecting with ancient traditions and practices that I sincerely believe can change your life for the better.

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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Charlene's Cancer-Fighting Kitchen



Chocolate Dipped Figs



You've likely heard of chocolate dipped strawberries, but figs are a delectable alternative that make an attractive holiday dessert. While high in fructose, figs are also high in fiber and loaded with essential vitamins and minerals. This includes vitamin K and vitamin B6, which plays a significant role in cancer prevention and inhibiting tumor progression.

The antioxidants in high quality dark chocolate help fight free radicals, which are known to contribute to cancer and other degenerative diseases. It's also loaded with flavonoids, which have been found help prevent cancer, improve heart health, and lower blood pressure and stroke risk. Dark chocolate also raises levels of feel-good serotonin, a natural stress reliever.

While there are many varieties of figs, black mission figs are quite easy to find in many markets. You can dip the figs in melted dark chocolate, or use chocolate with ground almonds and sea salt. Alternatively, just use plain dark chocolate and roll the dipped figs in finely chopped pistachios or hazelnuts for a delectable crunch.

Yield: 20 pieces

Preparation time: 20 minutes

Ingredients:

- 10 ripe figs, washed, dried, and sliced lengthwise, being careful to retain some stem on each half
- 8-10 ounces 85% dark chocolate (about 2-3 bars, 3 ounces each)
- Himalayan or Celtic sea salt (optional)
- Ground almonds or pistachios (optional)

Directions:

1. Line a pan or tray with parchment paper.
2. Melt chocolate in a double boiler set over low heat (add a pinch of high quality salt, if desired).
3. Hold each fig piece by the stem and dip half-way into the melted chocolate and allow to harden on the parchment paper. If using chopped nuts, carefully dip or roll figs in the nuts before allowing chocolate to cool.

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.



Parsley & Spinach Fruit Smoothie



Yield: 2 servings

Preparation time: 5 minutes + soaking time for flaxseed

Ingredients:

- 2 tablespoons flaxseed
- 1 cup filtered water OR coconut water
- ½ cup packed flat-leaf parsley
- 1 cup loosely-packed spinach leaves, tough ends trimmed
- 1 cup frozen wild blueberries
- 1 cup frozen peach slices
- ½ ripe avocado, seed removed and flesh scooped out
- 1 scoop of plain or vanilla bone broth protein powder or other protein powder (optional)

Directions:

1. Soak flaxseed in water for 10 minutes to overnight. Drain water.
2. Puree parsley in blender, using a little water to help blend if necessary.
3. Add all the remaining ingredients and blend on high speed until it reaches your desired consistency. If desired add a scoop of protein powder for a protein boost and blend until smooth.
4. Pour into 2 glasses and consume immediately or store in a covered glass container and keep cold.

Smoothies are the solution to quick and nutritious meals when time is short. A parsley smoothie, in particular, is the elixir for health.

Parsley is a powerful anti-cancer herb that offers multiple health benefits and is usually available in grocery stores year-round. It's also very hardy and is a great starter herb for your windowsill garden. It boosts the immune system, improves bone health, purifies the blood, and is a strong anti-inflammatory. Parsley is also a great detoxifier for the body and promotes the elimination of carcinogens.

Flaxseed increases apoptosis (programmed cell death of damaged cells), prevents new blood vessels from growing into tumors, decreases breast cancer proliferation, and reduces tumor growth.

Soaking the flaxseeds (for anywhere from 10 minutes up to overnight) reduces hard-to-digest compounds and releases other beneficial nutrients. If you forget to soak your flaxseeds, follow Dr. Mercola's tip and grind them first in your blender and then add in the rest of your smoothie ingredients and blend.



Chia & Hemp Seed “Pumpkin Pie” Pudding



Think every keto dish has to contain animal products? Think again! This high protein, high fiber, high fat, low carb pudding is vegan and can be enjoyed as part of a ketogenic diet (depending on the macros that you're following and whether you're counting "total carbs" or "net carbs.")

While chia seeds, hemp seeds, and unsweetened pure pumpkin puree do contain some carbohydrates, their fiber content is so high that the overall result is very low net carbs – only around 10g net carbs for the entire recipe (excluding sweetener).

This is an excellent recipe too for anyone following a non-ketogenic plant-based eating plan. If desired, you can lower the fat content somewhat by replacing the coconut milk with almond milk or another nut milk.

As hemp seed is a complete protein, this simple dish makes a complete, easily portable meal that can be enjoyed for breakfast, snack, or as a dessert.

Yield: Six ½-cup servings

Preparation time: 10 minutes + time for pudding to set

Ingredients:

- 14-oz (400 ml) can full fat unsweetened coconut milk
- ⅔ cup pumpkin puree (plain pumpkin, not pumpkin pie mix)
- 6 tablespoons chia seeds
- 6 tablespoons hemp seeds
- ½ teaspoon vanilla
- ½ tablespoon pumpkin pie spice*
- Dash of high quality salt
- Organic liquid stevia or another keto-friendly sweetener, to taste

Directions:

1. Pour coconut milk into a glass bowl and gently whisk until all lumps are gone.
2. Add remaining ingredients and mix with a spoon or whisk until well combined. While mixing add sweetener sparingly until desired level of sweetness is reached.
3. Leave in one large bowl or spoon into individual serving bowls, cover, and chill in refrigerator for at least 30-60 minutes or overnight.

Serving Tips:

- Garnish if desired with a sprinkle of chopped nuts, cranberries, cocoa nibs, or shredded coconut.
- To make it more like a breakfast porridge (oatmeal), gently warm and add a splash of nut milk or coconut milk.

**You can find pumpkin pie spice in many stores or online, or make your own using the recipe on page 13*



Make your own

Pumpkin Pie spice

Ingredients:

- ¼ cup ground cinnamon
- 2 tablespoons ground ginger
- 2 teaspoons ground nutmeg
- 1 teaspoon ground cloves



Directions:

1. Mix all the spices together in a bowl.
2. Store in a sealed glass container (i.e. a small mason jar or recycled spice bottle)

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 TheTruthAboutCancer.com and Organixx.com along with Ty and their partner, Jonathan

Hunsaker. She is a former model/actress/fitness buff, and lover of healthy food and healthy living.

After losing various family members to conventional cancer treatments, Charlene and Ty learned the truth about cancer and the cancer industry, and together work tirelessly helping others to learn the truth that sets them free to live healthy, happy lives.

Charlene speaks at various conferences and is a guest on various health related radio shows together with Ty, helping people to learn that cancer does NOT have to be a death sentence. Together they host a biweekly internet news show program, *TTAC Global Health News*.

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