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How “Deceiving” Cancer is Helping Some Patients Find Healing

By Ty Bollinger

In his classic work *The Iliad*, the famous Greek poet Homer recounts the legend of the fabled Trojan War that historians believe took place more than 3,000 years ago between the ancient kingdoms of Troy and Mycenaean Greece. This epic conflict has had a lasting impact on popular culture mostly because of the unique way in which the Mycenaeans are said to have defeated the Trojans. They delivered to their enemy an infamous “Trojan Horse” that, while it was designed to look benevolent on its surface, was actually the weapon that would lead the Mycenaeans to victory.¹

If you’re at all familiar with this iconic tale, you’ll recall that the Mycenaeans battled the Trojans for nearly 10 years before coming up with the idea of hiding themselves inside of a large wooden horse that they then presented to the Trojans as a “gift.” The Mycenaeans used this clever tactic to trick the Trojan army and catch them off their guard, allowing the Mycenaeans entry into the city of Troy so they could successfully overtake it.

There are timeless lessons to be learned from this noteworthy historical event. Not only with regards to the rules of engagement, but also in medicine where novel

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Message From Ty Bollinger



Can you believe that we're halfway through 2017 already! It's been a busy and exciting year so far for me, Charlene, and the entire Truth About Cancer team. First with *The Truth About Detox* and then our launch of *The Truth About Vaccines*. Our latest project that we've been working on for the past few months that I can finally announce is... we're having another TTAC Live Event this year!

As you may recall, we held our first live event last October outside Dallas, Texas. Everyone from the speakers to the attendees to me, Charlene, and the team were so thrilled with how well it went that we've decided to do it again this coming October. We've got some of the favorite experts from last year returning, as well as a number of exciting new speakers. (Some of whom you'll recognize from *The Truth About Vaccines* docu-series!)

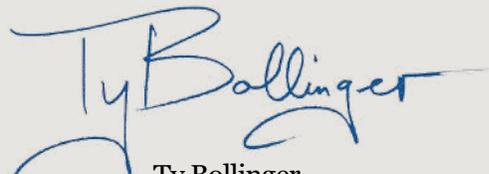
If there's any way you think you can join us Oct 5-7 in Orlando, Florida, I highly recommend it. We're working hard to make the whole experience even better (and it was pretty darn awesome as it was last October).

Now, getting back to the newsletter... we've got some great articles lined up for you this month. First up is a deeper dive into a type of cancer therapy that I first spoke about in my docu-series. Then we've got an article that I really hope you'll take to heart about finding the message in your cancer. While the article is specific to cancer, the same approach could apply to any type of serious or chronic health condition.

And we also have the exciting finale of our 3-part series on Laetrile where you'll discover how and why this safe, simple cancer therapy has been covered up for the past 50+ years.

Lots of great reading, so please enjoy!

Until next month....


Ty Bollinger

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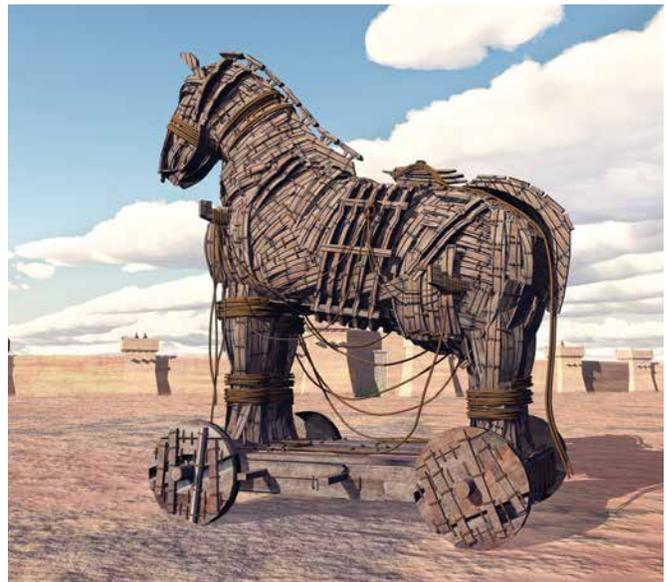
therapeutic approaches use similar tactics of deception to trick diseases of the body in order to successfully overcome them.

One such method is known as Insulin Potentiation Therapy, or IPT. Unlike many of the other cancer treatment options I've introduced you to over the years, IPT is technically more "conventional" than it is "alternative," involving the use of common drugs that millions of people already use to treat both cancer and diabetes. What makes IPT special, however, is the way in which these drugs are integratively administered. Similar to the concept of the Trojan Horse, cancer cells are "tricked" into allowing their entry, only to be destroyed from the inside.

Insulin Treatment Isn't Just for Diabetics

One of these drugs is ordinary insulin, which most people associate with the treatment of Type 1 diabetes. Insulin is a hormone that the body naturally produces to metabolize and deliver glucose and other nutrients from the bloodstream into cells via cell membranes. The pancreas produces and releases insulin following a meal as a way to gather the sugar from food and get it to where it needs to be throughout the body. In Type 1 diabetics, however, insulin is lacking and thus has to be supplemented in drug form to effectively manage this metabolic abnormality.

While most of us are familiar with the use of insulin in treating diabetes, many aren't aware that insulin can also be used to treat cancer. IPT takes advantage of the fact that cells of all types, including cancer cells, utilize insulin and as such it can be used as a potentiator alongside chemotherapy to enhance its effectiveness. [Note: A potentiator is basically any therapeutic substance that in clinical terms significantly enhances the effectiveness of another therapeutic substance.]



Insulin Potentiation Therapy (IPT) uses a "Trojan Horse" approach to trick cancer cells and destroy them from the inside out

In the case of IPT, insulin enhances the effectiveness of chemotherapy by binding to the insulin receptors of cancer cells, allowing chemotherapy drugs to enter more easily. Cancer cells are known to have up to 20 times more insulin receptors than healthy cells, hence the reason why sugar is considered to be an absolute detriment for cancer patients. Cancer cells love sugar, in other words, and they're all too happy to uptake as much insulin as possible to feed themselves. But with IPT, cancer cells are deceived into opening their "gates" to sugar, only to receive chemotherapy drugs instead.

First discovered by Dr. Donato Pérez García Sr., MD, back in the 1930s in Mexico, IPT actually modifies the molecular biology of cancer cells to lower their guards, making chemotherapy orders of magnitude more effective than it otherwise is by itself. And perhaps the best part about it is that, because of this insulin, **a much lower quantity of chemotherapy drugs are needed to achieve pronounced therapeutic benefits.** This has the added benefit of minimizing side effects and protecting healthy cells from damage.



IPT takes advantage of cancer cells' voracious appetite for sugar in any form

Not only does the use of insulin in IPT make chemotherapy much more effective at far lower doses, but it also makes cancer cells more ravenously “hungry” for sugar – again, leaving the healthy cells alone. With dosages of chemotherapy that are about 70 percent less (and even up to 90 percent less) than what’s typically administered at conventional oncology centers, IPT represents the best of both worlds in terms of an integrative cancer therapy. Meaning it’s a therapy that’s been shown to work, but that doesn’t destroy the healthy parts of the body in the process.

“Since the dosage is 70% less than regular chemo sessions, the non-affected cells are left intact, avoiding side effects,” explains Dr. Donato Pérez García (the grandson of the Dr. Garcia who invented the therapy) on the website for his Mexico-based clinic.² “And because it changes the biochemical compounds of the cell, it also serves as detoxification,” he adds, noting that IPT’s unique ability to preserve white blood cells and other beneficial agents inside the body helps to protect and strengthen the immune system, allowing the body to remain in a healthy state despite the presence of circulating chemotherapeutic agents.

IPT Makes Chemotherapy Selectively Toxic to Cancer Cells

What’s truly amazing about IPT is that it really does function as a type of Trojan Horse for cancer cells. Like a piñata filled with poisonous candy, the insulin portion of IPT represents the appealing outer shell of hidden sweets. The cancer cells falsely believe this is indicative of a grand buffet coming their way filled with the thing they love most: sugar. Once broken apart, however, this deceptive effigy reveals a torrent of chemotherapy drugs that gain swift access to the inner portions of cancer cells – leading to their rapid demise.

Cancer cells love sugar so much that they actually go into a type of frenzy during the insulin phase of IPT, overpowering healthy cells to keep as much of the therapy’s insulin release as possible for themselves – ultimately to their own detriment. It’s precisely this greedy disposition towards everything sugar that makes cancer cells so vulnerable to IPT. It’s also why IPT is known to be a safe and effective alternative to traditional chemotherapy, which targets all cells – both healthy and malignant – often leading to lingering side effects for cancer patients.

Another reason why healthy cells typically remain unscathed during IPT is that so little chemotherapy is needed to get the job done, thanks to the delivery maximization abilities of insulin. It’s a much more precise and targeted way of eradicating cancer cells compared to traditional chemotherapy treatments that involve much higher doses of the drug administered in a non-specific way.

Consider the fact that a patient undergoing treatments with the chemotherapy drug methotrexate, for instance, will typically receive doses of 60 milligrams at a conventional oncology unit. With IPT, that same patient would receive only 10 mg of this amount, thanks to the potentiating power of insulin. The same is true for other

chemotherapy drugs like cisplatin, which is typically administered in 15 mg doses with IPT as opposed to 150 mg doses, or even higher, in standard chemotherapy regimens.³

IPT really does embody the *summum bonum* of allopathic medicine. Meaning that it seeks to attain the highest good in a patient's body using careful precision, as opposed to simply blasting it with powerful and deadly chemicals as is typically the case with standard chemotherapy. Because the IPT model of administering chemotherapy is gentler to the patient's body, it can be administered much more safely, as well as much more frequently. This significantly increases its efficacy while also providing additional support to the patient's immune system.



Patients receive far lower doses of chemotherapy drugs with IPT than they would with traditional chemo treatments

“Because of this favorable side effect profile, cycles of low-dose chemotherapy with IPT may be done more frequently,” explains Dr. Steven G. Ayre in the book *Treating Cancer with Insulin Potentiation Therapy*.⁴ “In those undergoing treatment with IPT, an overall gentler experience promotes their concurrent use of other import-

ant elements in a program of comprehensive cancer care, which includes nutrition for immune system support and mind-body medicine to encourage a healing consciousness.”

Choosing the Right Doctor to Administer IPT

As with many of the other “alternative” and integrative cancer treatment options I’ve covered in past newsletters, as well as in my Truth About Cancer documentary series, IPT isn’t necessarily a standalone treatment. It can – and in many cases, should – be combined with other integrative modalities such as nutritional and mind-body therapies as Dr. Ayre and many others suggest. It is also advisable that patients do their homework before choosing a practitioner who offers IPT.

Because very few studies or clinical trials exist to definitively prove its effectiveness in a manner acceptable to America’s governing authorities, IPT is still considered by some to be a questionable cancer treatment. This is despite having been around for close to 90 years and having an extensive track record of safety and efficacy. Part of the problem is that the U.S. National Institutes of Health refuses to fund studies into IPT because, like many of the other “alternative” cancer treatments out there, it represents a direct threat to the multi-billion dollar cancer establishment.

As you likely know by now it’s not always easy to find practitioners who are willing to administer alternative cancer treatments, mainly because they face the threat of being shut down or even arrested for breaking the status quo. The good news as far as IPT is concerned is that there are, in fact, a number of doctors in the U.S., as well as throughout the world, who offer it at their clinics. Those who are based in the U.S., and who have been certified in accordance with Dr. García’s standards for excellence, include:

» Dr. Leonid Macheret, MD

Partners in Wellness Inc.
12087 Sheraton Lane
Cincinnati, Ohio 45246
(513) 851-8790
<http://www.partnersinwellnessinc.com>

» Dr. Malcolm Sickels, MD

Holistic Medicine for the Whole Family
210 Little Lake Drive, Suite 10
Ann Arbor, Michigan 48103
(734) 332-9936
<http://drsickels.com>

» Dr. Snejana Sharkar, ND

Isabel Sharkar, ND
Indigo Integrative Health Clinic
1010 Wisconsin Avenue, NW, Suite #660
Washington, D.C. 20007
(202) 298-9131
drsharkar@indigohealthclinic.com
<http://indigohealthclinic.com>

» Dr. Joseph Shaw Jones, MD

Natural Horizons Wellness Centers
11230 Waples Mill Road, Suite 125
Fairfax, Virginia 22030
(877) 292-1571
<https://www.nhwellnesscenters.com>

» Dr. Yezid A. Callejas, MD

Clinica Avant, LLC
2600 N. 44th Street, Suite 107
Phoenix, Arizona 85008
(602) 279-4334
docallejas@gmail.com
<http://clinicaavant.com>

» Dr. Marvin D. Dziabis, MD

Health Restoration Clinic
107 West Seventh Street
North Manchester, Indiana 46962
(260) 982-1400
Clinic: healthrestoration@cinergymetro.net
Doctor: mdziabis@gmail.com
<http://www.healthrestorationclinic.com>

» Dr. Jesse Stoff, MD

265 Post Avenue, Suite 380
Westbury, New York 11590
(516) 759-4200
info@linchitzmedicalwellness.com
<http://www.drstoff.com>

» Dr. Thomas L. Hesselink, MD

The Ayre Clinic for Contemporary Medicine
115250 South Jackson Street, Suite 101
Burr Ridge, Illinois 60527
(630) 321-9010
info@contemporarymedicine.net
<http://contemporarymedicine.net>

» Dr. Martha M. Grout, MD

Arizona Center for Advanced Medicine Integrative
Medical Center
10200 North 92nd Street, Suite 120
Scottsdale, Arizona 85258
(480) 418-5383

» Dr. Donato Pérez García, MD,

also offers IPT at his own clinic:
Hospital Angeles Tijuana
Av. Paseo de los Héroes #10999
Zona Rio, 22010
Tijuana, BC, Mexico
Medical Tower, 5th Floor, Office 505
U.S. (619) 798-8017
Mexico: 52-664-616-4878

info@iptldmd.com

<http://iptldmd.com>

<http://www.donatoperezgarcia.com>

A complete list of physicians who administer IPT outside of the U.S. and Mexico in accordance with Dr. García's guidelines, including in the countries of Austria, Germany, Switzerland, Bulgaria, Spain, Hungary, Turkey, the United Kingdom, Venezuela, Japan, Kazakhstan, Australia, and South Africa, is available at Dr. García's "Find an IPTLD Physician" directory, which is currently found at <http://findaniptldphysician.blogspot.mx>.

The Best Answer for Cancer Foundation has also set up its own Integrative Physicians Directory containing an even more extensive list of physicians who have been trained in the proper administration of IPT. This directory, along with full contact information for each doctor in the directory, is accessible at <https://bestanswerforcancer.org/find-a-physician/cat/IPT/>.

Please be aware that there appears to be a dispute between Dr. Garcia and other medical organizations over the teaching and certification of IPT. Dr. Garcia states that he is the rightful owner and only qualified instructor of IPT and IPTLD® (the LD stands for "Low Dose").

Many of the doctors on Dr. Garcia's "blacklist" on his directory have appeared in The Truth About Cancer docu-series and are among the most qualified alternative cancer doctors practicing today.

I leave it up to your best judgment as to which directory of practitioners you might wish to consult. In any case it is advisable to choose a doctor who utilizes a comprehensive, holistic approach to healing which can not only help to enhance the treatment's effectiveness, but also help patients achieve a more vibrant and lasting recovery.

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.

Sources:

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The TRUTH About
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[LIVE]

OCTOBER 5 - 7, 2017 | ORLANDO, FLORIDA



THE TRUTH ABOUT CANCER LIVE 2017

OCTOBER 5 - 7, 2017

ORLANDO, FL

You're personally invited to our 2nd Annual Truth About Cancer LIVE Event in Orlando, Florida on October 5 - 7, 2017. This year, we've planned an exceptional getaway for all of us to come together in one place at one time for an experience like no other. It's not an event — it's a homecoming for health seekers, cancer fighters, survivors and family.

Join us this October to be inspired, encouraged, and reunited with each other once again. This gathering will show you that you are not alone. This is your tribe. These are your people. And you belong here. Despite the odds, we're choosing to live a better life, and we're not just surviving — we're thriving.

We'll have 36 world-renowned presenters, nine breakout experiences, mix and mingle opportunities to get your questions answered, stirring keynote presentations and cancer survival stories of courage and determination to fill your soul. On top of this, we're hosting it at the beautiful Grande Lakes Orlando, just 30 minutes south of downtown.

Last year's event was the most talked about of its kind, and tickets sold out months in advance. This will be another sold out event. You're receiving this special invitation before anybody else because you're a valued alumni of TTAC, and we'd love to see you in October.

Tickets Start at \$499 with VIP Upgrades Available

Register at TheTruthAboutCancerLive.com



Could Your Cancer Hold an Important Message for You?

By Jackie Roberge

Your body is always communicating with you, talking to you in non-verbal language. Like when you have a headache, when your skin breaks out, or your joints are sore. These are all messages from your body. If you can learn to interpret them, they can be very helpful in terms of finding solutions in order to achieve greater levels of health and harmony. For me, when I get a headache the first things I consider are if I am dehydrated or maybe run down and starting to get sick because for me these are the main reasons why I get headaches.

In looking at simple examples of how the body communicates to us, it is easy to see the benefits of being aware of and learning the language that your body uses to communicate when something is off. The same idea ap-

plies to pain. Even though it hurts, it is actually your body telling you that it is reacting to something and mobilizing internally to deal with the issue – like when a scab starts to form over a cut. So pain is really a signal that the body is trying to heal.

The Message in Your Cancer

Normally when your body tells you something is amiss you don't feel like it has let you down, but rather that it is supporting you, giving you clues for you to consider and evaluate to find the right antidote. So why should cancer be any different? Could it not also be a message from your body, a message that can be decoded based on the type of cancer, when it appears, and what has been going on in your life prior to your diagnosis?

I believe that all diseases, including cancer, are messages from your body. As Louise Hay, author of *You Can Heal Your Life* (Hay House Inc., 1999) claims, “we create every so-called illness.” She also challenges us to use illness as an opportunity to change our life and, by taking a proactive role, shift from being a victim to being an empowered participant on our healing journey. It is not about blaming yourself, but rather investigating and seeing how you can look at cancer as a messenger that could potentially help you get your body back into balance and increase your level of happiness – instead of seeing it only as a life threatening disease.

A Loud but Unclear Message

If a headache is like a whisper, a sharp back pain may be like a loud, firm voice, and then cancer is like your body screaming at you – a message that you obviously cannot ignore. However, even though it may be loud, its meaning may not be obvious.

Some interesting questions to ask yourself or more specifically ask your soul, intuitive or higher self, or the God of your understanding are:

- *Why did I get cancer now?*
- *What contributed to my immune system's inability to keep the cancer cells at bay?*
- *What can I do to help my body, mind, and spirit heal?*
- *What do I know to be true?*

You will want to approach these questions as if you were investigating and wanting to find clues and not as an angry victim. The questions may seem obvious, but in my work with cancer patients I find two things often happen. The first is people just don't ask them because they think their cancer is a random occurrence. Given the complexity and intelligence of the human body, I believe that there are no random occurrences of disease – there are always underlying or root causes.

Secondly, when people do ask, they often come up short on answers or they don't even try because they don't think the answers are available. This is likely because the ego is getting in the way. If the ego feels potentially threatened by an anticipated answer it may interfere and cause the communication to be unclear or to not come through at all!

Is It Your Soul Talking?

Sometimes the answer comes very directly and is boldly stated, without any filter. For example, I had one client ask a question regarding what she could do to help her get better and the answer that came was very direct – *leave your husband*.

An example of what your soul would never say is – *Maybe you should improve your marriage or I think you may want to consider changing your diet or maybe you should bring more joy into your life*. Instead, it would state it directly – *Eat better or Nourish your temple!* Or – *Bring more joy and love into your life*. The soul speaks definitively and also sometimes even poetically. It may use language you don't use in your day-to-day interactions like – *Be the joy you want in life!* or – *Be joyous energy!* Yet another way of telling if an answer is coming from a higher place is if it surprises you. That is a good sign it was not an idea from the ego with all its fears and limiting perspectives.

When tapping into your soul or higher self, the communication is coming from that part of you that has access to the infinite intelligence of your creator (God or the Universe, depending on your beliefs) and is not concerned or restrained by the fears of the ego so it can be a very powerful and game-changing message.

Shifting to a Place of Peace and Curiosity

The challenging thing about tuning into messages (from your body, your intuition, God or the Universe) is that the more stressed, resistant, angry, anxious, fearful,

overwhelmed, and tired you are, the more difficult it is to get clear input. Just like trying to tune into a radio station, if you are not right on the station you get static. If you are not in a relaxed state when you seek guidance you will also get static or unclear messages.

Using guided meditation or any type of relaxation technique to release tension in your body and quiet your mind while asking these questions is a great way to put the ego more at ease. Before asking questions you can also reassure it (i.e. reassure that part of you that feels the fear) that no matter what answers come up, you are in charge of making the final decisions. Answers are simply input in the decision-making process.

Another way I help my clients get to a place of greater peace is to help them shift from fear to greater faith that their cancer could hold an important message, one that could enhance their life in many positive ways. If they can't readily accept the notion that their cancer may be serving a higher purpose, I encourage them to simply play with the notion by asking:

- *What if cancer could actually help me find more harmony, or fulfillment, or joy in my life?*
- *What if cancer is going to lead me to what I am really passionate about and good at?*

I invite you to experiment with this type of questioning. See how it opens you up and helps you let go of resistance and shift to curiosity so you will be ready and able to receive and decode the messages you receive.

Your Intuition Has Amazing Insights

Listening to your intuition should not be dismissed as a "nice idea" as it can actually be extremely insightful and helpful. In fact, it is one of the 9 key factors common to patients who healed from cancer against all odds as identified by Kelly Turner in her book *Radical Remission* (HarperCollins Publishers, 2014).



You need to be in a calm, relaxed state in order to "tune in" to your messages

So again, getting quiet and turning inward you can ask questions like:

- *What do I want to do right now to help my body heal?*
- *What do I intuitively know I could do to help my body heal?*
- *Is radiation the best option for me right now?*

Maybe the feedback will include taking a month off work and focusing on your diet and decreasing stress in your life before starting treatments. Or perhaps going away to a retreat centre for a week to meditate, detoxify your body, and nourish your soul.

Your Body Doesn't Lie

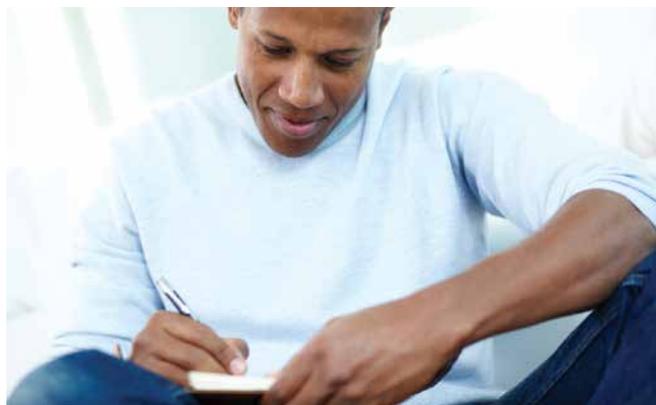
Another way to help you make big decisions like – *Is radiation right for me now?* is tuning into the body sensations. Often your body reacts even faster than your intuitive self so you want to be mindful of changes in your heart rate, sweaty palms, tense shoulders, changes in your breathing, etc. You may be thinking that it's natural for your body to react negatively to thoughts of radiation, but if there is fear present you will want to identify and understand what it's about and get the answers you need to make a decision that you can believe in and feel comfortable with. Remember there is a big difference between being afraid of the pain or side effects of a treatment versus being afraid you are not choosing the right treatment option.

Believing in the efficacy of your treatment regime, whatever it is (from chemo and radiation to diet changes and supplementation), is so important because the placebo effect can have a big impact on the outcome of any treatment due to a strong belief in the efficacy of the treatment. Dr. Lissa Rankin, author of *Mind Over Medicine* (Hay House Inc., 2013) claims that in clinical trials, across the board the placebo effect ranges from 30-75 percent efficacy. This means that just taking a sugar pill or saline solution but thinking it is an actual treatment actually yields results similar to the real treatment in 30 to 75 percent of the cases studied!

Other Ways of Tuning into the Message

In addition to meditation, relaxation, and listening to your body, here are some other suggestions you can use to tune into messages:

- Journaling with your soul or God in a question and answer format
- Free writing where you just put your pen to the paper and see what starts to appear
- Paying attention to quiet voices in your head, almost like whispers
- Interpreting nighttime dreams
- Paying attention to coincidences, synchronicities. For example getting the same message (eg. read book X) from two different sources in a short period of time



Journaling and free writing are two of many ways to receive your messages

Typical Cancer-Related Messages

I talked earlier about learning from cancer based on what type of cancer you have. This is the basis for the developing field of metaphysical causes of disease and Louise Hay's book *You Can Heal Your Life*.

For example, a typical message for women with breast cancer is – *love and nourish yourself or, put your needs first*. This has to do with the role of women's breasts in terms of nurturing and nourishing babies. So breast cancer could represent a refusal or inability to nurture yourself. In my experience, many women with breast cancer find that they have been so busy looking after everyone else in their life that they may have put their own needs on the back burner. In fact they may not even be aware of their own needs.

Great questions to ask if you have **breast cancer** include:

- *What can I do to truly nurture myself?*
- *What would I need to feel really nourished?*
- *How can I love myself?*

For **uterine cancer** you could explore:

- How can I unleash my creative nature?
- Is something holding me back from expressing my creativity?

For **bladder cancer** you may want to ask yourself:

- What am I pissed off about?
- What am I holding on to or anxious about?

The need to let go of resentment or anger is another common message for cancer patients. This is why forgiveness work is often an important part of the emotional aspect of healing from cancer – either forgiving someone who has wronged you or forgiving yourself for something you have done, or not done. I have developed a step-by-step process that you can use to practice forgiveness. You can use the link provided at the end of the article.

A “Purposeful” Message

The message you hear could also be of a different nature. Your soul could tell you to sing, create, write, help others heal, or align with your divine purpose. These types of messages are not about solving an issue but rather about stepping up to play the role you came here to play by stepping fully into your higher or true purpose. This is a purpose beyond simply being successful or being a good person, friend, or parent.

I believe that everyone has unique gifts, talents, and experiences to share with the world in order to make their unique contribution and feel newfound levels of joy and contentment. Until you are in alignment with your purpose, your soul and God or the Universe will continue to guide and help you so that you can get on your purpose path and find your calling.

Can Cancer Lead You to Your Calling?

So many cancer patients that I have connected with discovered their purpose on their healing journey. They found something that they became so passionate about that they had to pursue it or share it in order to help others and feel fulfilled.

When a cancer patient discovers something that they are passionate about I call it “finding the blessing” or “calling in your cancer.” Imagine for a moment that your cancer is serving a higher purpose of leading you to your calling. How would that change how you felt about your diagnosis? Maybe you would be more inclined to seek out its meaning or message instead of wanting to get rid of it at all costs. If it has an important role to play to get you on your purpose path, it is likely not going to leave until it has done its job.

When I coach cancer patients I really encourage them to be on the look out for something that really helped them or that they are really excited about.

You can ask yourself the following questions from my *Cancer – Friend, Foe or Messenger* course:

- What did I discover while trying to heal myself that I am really charged up about?
- What have I learned or experienced that I am excited to share with others?
- What on my healing journey has impressed me, changed me, or inspired me the most?

Finding a passion on your healing journey not only helps you to feel excited, it can also give your entire system a boost! The study of psychoneuroimmunology shows a positive relationship between uplifting emotions and your immune response, so finding something that you are passionate about can help you on many levels.

A real-life example of finding her calling on her healing journey is a woman, a personal trainer by profession, who got breast cancer. After her treatments she realized that her old workout routine was not easy to do and there wasn't any support in terms of developing a new way of easing into a new exercise routine. As she worked through her own challenges she became excited about helping others in the same boat get back into shape in a way and at a pace that felt right for them. This became her calling and she found much more passion and fulfillment around this work than she had as a regular personal trainer.

Another example is a friend and colleague of mine named Joyce O'Brien. She was a high paid Wall Street executive when she got a second breast cancer diagnosis, this time Stage IV. The doctors told her they could not help her and so she began exploring and pursuing other opportunities. She found that in addition to her treatments, radically changing her nutritional habits and lifestyle helped her not only heal from cancer but also feel better than she had ever felt in her life! Needless to say she was very passionate about telling her sto-

ry so she wrote about her story in a book called *Choose to Live* (Expert Academy Press, 2011). She also gave up the stress and income associated with her Wall Street job and has found her calling helping people make good diet and lifestyle decisions to create a harmonious life using a body, mind, spirit approach.



Finding a passion on your healing journey can give your entire system a boost

Less Resistance to Change

The very serious nature of a cancer diagnosis can actually have some benefits. For example, cancer gives you permission or may even go further to “force” you to slow down, get off autopilot, and turn inward for answers.

Another benefit of a serious diagnosis is the shift that often happens at the level of your ego. Normally, the ego resists change and prefers the status quo. Even if the status quo is not perfect, it feels safe because it is known. The ego prefers stability and safety to the unknown of making big lifestyle or dietary changes or pursuing a new venture – no matter how passionate you are.

However, a diagnosis can change things. The ego may feel less safe in the status quo because of the risks of the disease and may be more open to letting you venture outside of your comfort zone. As a result you may find yourself more open to quitting a stable job that has been draining your energy for years, or getting help with a long-term relationship that is stressful and not

nourishing your soul. This is what happened to Joyce O’Brien. Before her diagnosis she would never have considered giving up the Wall Street job she had worked so hard for. Yet with the Stage IV diagnosis, her ego was able to let go of the stability and prestige of the job in order for her to regain her health and ultimately reach new levels of happiness!

Giving Yourself Permission

After a diagnosis, you may also feel like you can give yourself permission to spend more money on your own needs – like getting an energy treatment or seeing an acupuncturist. Another area of permission often relates to choosing the people you want to spend time with. You may feel more justified in not seeing people who trigger you or get on your nerves when you are feeling sick or overtired, so you use being “too tired” as your excuse to say “no” to their invitations or offers to help.

The notion of permission is an important part of the message of your cancer and can be very helpful on your healing journey. For example, you may be more able to say “no” to activities you would normally say “yes” to. If you feel relieved and less stressed as a result, this could be interpreted as a message from your cancer to be more selective in terms of what you agree to and to not spread yourself so thin.

Don’t Stay Stuck

The key is to not stay reliant on using your cancer diagnosis as a justification for saying “no” or for not doing what you have to do to get your life and your body into harmony. If you keep using cancer as the excuse then it is serving you in some way and a subconscious part of you will not want to get well because you would have to go back to your old ways or old life. I once taught yoga to breast cancer patients undergoing treatments as part of a doctoral study to investigate the impact yoga can have on patients. One of my students was a young mother of

two and she described her cancer as “her savior” because it gave her permission to get out of the rut she had been in and to put taking care of herself as a priority.

You want to be able to identify what the diagnosis is giving you permission or encouragement to do (or not to do) and then ask yourself if you can give yourself that permission, even once you are well. Can you continue to spend a little extra on fresh, organic foods that really nourish you? Can you keep your weekly or monthly sessions with an energy healer, coach, or therapist? Can you pursue a new job or relationship? There may be sacrifices to be made in order to keep some of your new habits up, but the benefits in terms of your well-being, vitality, and happiness will make it all worthwhile!

Finding the Gift

In closing I want to say that even though your journey to health may be a bumpy road with detours and roadblocks or U-turns, I invite you to have faith. Faith that there is a higher purpose to all things – including cancer. Once you open up to the idea that cancer could play a pivotal role on your journey towards more joy, harmony, and fulfillment then you will be ready to discover the gift and message hidden in your challenge.

About Jackie Roberge



Jackie Roberge is a Certified Holistic Cancer Coach and creator of the CancerShift program. She specializes and is passionate about helping people with cancer see their cancer journey in a new light and to explore its deeper

meaning or message. As part of the exploration, she helps people move from fear and anger to a place of greater acceptance, openness, peace and joy. Jackie’s work is infused with spiritual insights and creative solutions to help people take a proactive, holistic approach to healing.

Jackie is also a certified True Purpose Life Coach, meditation teacher, and certified Yoga Instructor. She has been practicing Transcendental Meditation and yoga daily for over 22 years. She has also pursued studies in Creative Meditation and Visualization, Spiritual Psychotherapy and Psycho-oncology, Reiki, Belief Closet, Parts Work, and Ayurvedic Medicine.

Her website is www.cancershift.com

Forgiveness Exercise

Here is the link so you can listen to a recording from my *Cancer – Friend, Foe or Messenger* course where I take you through a step-by-step process in order to forgive yourself or anyone or anything that you may be feeling resentment or anger towards.

Note: The full course is offered at:

<https://peacefullife.thinkific.com/courses/cancer-ffm-online-course>

This is the MP3 link: <https://goo.gl/NQMSjD>

Charlene's Cancer-Fighting Kitchen



Berry Peach Green Smoothie



This delicious energizing smoothie features cancer-fighting components found in the strawberries, kale, and spirulina. These ingredients are especially powerful antioxidants, anti-inflammatories, and detoxifiers.

This smoothie is also a good source of healthy fats and protein and makes an easy on-the-go breakfast... plus it tastes great too!

Yield: Two 8-ounce servings
Preparation time: 10 minutes

Ingredients:

- 1 cup fresh organic peaches, washed and pit removed (can substitute frozen)
- ½ cup fresh strawberries, washed and hulled (or substitute frozen strawberries or other berries such as raspberries or blueberries)
- 1 handful of fresh kale leaves, washed and removed from stem OR substitute spinach
- ½ cup filtered water OR nut milk (nut milk will make it creamier)
- ¼ -½ avocado
- 1 tablespoon organic coconut oil
- 1 teaspoon Ceylon cinnamon
- 1 teaspoon Spirulina flakes*
- 1 scoop of vanilla bone broth protein powder** OR other favorite protein powder

Directions:

1. Add all ingredients to a blender and process for 30 seconds on medium and then 10 seconds more on high.
2. Pour into glasses and serve immediately. Enjoy!

Sources:

*Spirulina flakes can be found at health food stores and online

**Bone broth protein powder: <https://epigeneticlabs.com/bone-broth-protein/>

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.



Vibrant Hemp Super Salad



This amazing “super salad” is packed with cruciferous vegetables that are well-known for their detoxifying, immune-boosting, and tumor-reducing compounds.

The hemp oil and hemp seed add superfood nutrients and flavors to rebuild damaged tissue and increase metabolism while helping to balance blood sugar and support good blood pressure. Hemp foods are one of the best plant sources of protein and contain 10 essential amino acids. They also contain omega-3, omega-6, stearidonic acid (SDA), and the rare omega-6 Gamma Linolenic Acid (GLA).

The remaining ingredients coupled with the herbs & spices contribute to increased nutrient absorption and the sense of well-being that comes from consuming tasty, energizing meals.

Yield: Six 8-ounce servings
Preparation time: 30 minutes

Ingredients:

- 4 leaves Swiss chard, carefully washed and finely chopped
- 2 cups arugula, washed and coarsely chopped (other names for arugula are: rugola, rucola, roquette, garden rocket, or Italian cress)
- ¼ of a small-med red cabbage, washed and mandolined or finely chopped
- 1 small fennel, mandolined or finely chopped
- 2 medium cucumbers, diced
- 12 cherry tomatoes, halved
- 2 small carrots, grated
- 4 small radishes, thinly sliced

Dressing:

- 4-6 sundried tomatoes, coarsely chopped
- 2 cloves garlic, crushed and finely chopped
- 1 teaspoon dried oregano
- ½ inch turmeric root, finely chopped OR ½ teaspoon turmeric powder
- 2 tablespoons shelled raw hemp seed*
- 1 tablespoon Balsamic vinegar
- 1 tablespoon organic apple cider vinegar
- 1 tablespoon raw hemp seed oil**
- ¼ cup cold pressed extra virgin olive oil
- Freshly ground black pepper and pink or sea salt to taste



Directions:

1. Blend all the dressing ingredients together in a food processor or mix well in a bowl by hand.
2. Add all the salad vegetables to a large bowl except for the tomatoes.
3. Add the dressing to the vegetables and toss thoroughly.
4. Serve in bowls and garnish with cherry tomatoes and with additional olive oil and hemp seed if desired.

Sources:

**Organic raw shelled hemp seeds (also called "hemp hearts") can be found at most health food stores, specialty grocery stores such as Whole Foods and Trader Joe's, and online.*

***Cold pressed organic hemp oil can also be found at many health and specialty food stores and online.*





Strawberry Rhubarb Buckwheat Crepes



Strawberries and rhubarb are two spring foods that have a particularly potent punch against cancer stem cells and as detoxifiers. Raw rhubarb is a tart, low carbohydrate fruit that is a good source of fiber, vitamin K, and other nutrients. Just be sure to discard the leaves which are toxic to the body!

Coconut butter is a nutrient-dense cancer-fighting ingredient that has risen to superfood status (alongside its sister, coconut oil) thanks to its healthy fat and fiber content as well as other nutrients such as magnesium, potassium, and iron. As an added bonus, buckwheat is satisfyingly nutritious and gluten-free.

This dish can be enjoyed anytime of the day – not just for breakfast!

Yield: approximately twelve 5-inch crepes
Preparation time: 30 minutes + 6-8 hours refrigeration time for batter

Crepe Ingredients:

- 1 cup raw buckwheat flour (use only raw untoasted flour)*
- 3 large organic chicken eggs OR 6 quail eggs
- 1 $\frac{3}{4}$ cups of your favorite nut milk OR filtered water
- 2 tablespoons cold pressed, unrefined coconut butter, melted
- $\frac{1}{2}$ teaspoon turmeric powder
- 1 teaspoon vanilla extract
- 1 teaspoon ground Ceylon cinnamon
- $\frac{1}{4}$ teaspoon pink or sea salt, or to taste
- Pinch of freshly ground black pepper
- 1 teaspoon cold pressed coconut oil for coating the crepe pan

Filling Ingredients:

- 1 bunch (4 stems) fresh organic rhubarb, washed and coarsely chopped
- $\frac{1}{2}$ pound (250 grams) fresh organic strawberries, washed and sliced
- 4-6 fresh organic prunes, pitted and quartered
- 2 tablespoons raw honey (or more to taste)
- 2 teaspoons fresh ground Ceylon cinnamon
- $\frac{1}{2}$ teaspoon ground nutmeg
- $\frac{1}{4}$ teaspoon ground clove
- 1 inch fresh ginger root, washed and minced
- Pinch of pink or sea salt to taste



Directions:

1. Place all the dry crepe ingredients into a bowl and blend together with a wire whisk or fork. In a separate bowl whisk together the milk and eggs. Add the wet ingredients to the bowl of dry ingredients and whisk all together. Place batter in the refrigerator covered for six to eight hours.
2. Remove batter from the refrigerator one hour before desired serving time to warm the batter to room temperature before cooking. Whisk again before cooking and add more liquid until batter is the thickness of heavy whipping cream (the thickness of the cream before it is whipped).
3. Put the coarsely chopped rhubarb into a saucepan. Add ½ cup spring water and simmer on low for 15 minutes or until rhubarb is soft when penetrated with a fork. Remove pan from heat and allow it to cool somewhat. Add all the remaining filling ingredients to the saucepan, stir gently to combine, and set aside covered with a tea towel.
4. Coat the inside surface of a small crepe or sauce pan with ¼ teaspoon or less of coconut oil. Place over medium heat for one or two minutes until a drop of batter bubbles and turns brown quickly, then the pan is ready. Pour ¼ cup of batter in center of pan and swirl it to coat the pan evenly. Flip the crepe when it begins to bubble or look like a dry skin has formed on top. The first two may not come out well, but don't worry – it gets easier. Think of it like thin pancakes and adjust the heat as necessary. Place finished crepes on a plate and cover with a saucepan lid or tea towel to keep them warm.
5. Lay crepe on a plate, spoon some filling into the middle of the crepe and fold sides of crepe over the filling. Garnish crepes with coconut butter and serve immediately. Enjoy!

About Charlene Bollinger



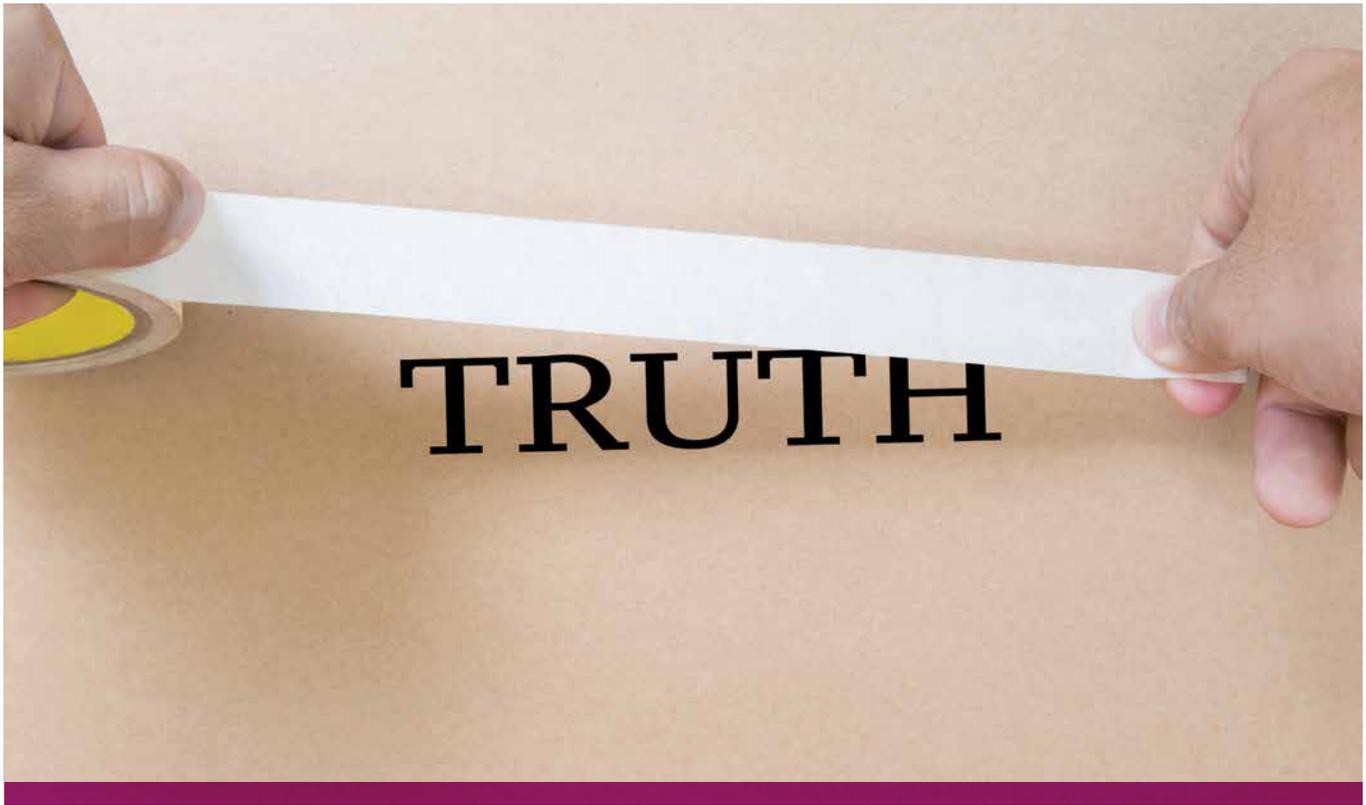
Charlene Bollinger is a devoted Christian, happily married wife, joyful mother of 4 beautiful home-educated children, health freedom advocate, co-founder of CancerTruth.net, former model/actress/fitness buff, and lover of healthy food and healthy living.

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.

Source:

**This product is a whole grain that you can grind in a food processor or blender: <http://www.bobsredmill.com/organic-raw-buckwheat-groats.html>*



Laetrile: A Cancer Cure Cover-Up? The Conclusion

By Suresh Nair

Editor's Note: This is the conclusion of our 3-part series on the cancer-fighting compound called Laetrile (also known as amygdalin or vitamin B-17). Parts 1 and 2 appeared in the April and May editions of the Heroes Against Cancer newsletter.

As we discovered in Part 1 and 2 of this series, amygdalin or vitamin B-17 – known in its concentrated and purified form developed especially for cancer therapy by Dr. Krebs Jr., as Laetrile – is selectively toxic to cancer cells without affecting normal, non-cancerous cells.^{1,2}

However, Laetrile does NOT have the approval of the U.S. Food and Drug Administration (FDA) and other government agencies and cancer organizations such as the American Cancer Society (ACC) and the American Medical Association (AMA), who have called it a sham.

What's going on? What is the reason for their determined opposition to this simple, natural remedy that could potentially save hundreds of thousands, perhaps even millions of lives?

Conventional Cancer Treatments Versus Laetrile

At present, conventional cancer treatments include surgery, chemotherapy, and radiotherapy. Of these, surgery is the least harmful, because in some instances it can be a life-saving stopgap measure. However, most malignant tumors are generally inoperable. And once cancer has metastasized to other areas in the body, surgery has almost no benefits. Also, surgery only removes tumors at specific, known locations, but it does not remove the original cause of the cancer.

Radiation therapy burns tumors away. This approach has all the disadvantages of surgery, plus it actually increases the likelihood that the cancer will return. It is a well-known fact that excessive exposure to radioactivity is actually a very effective method to induce cancer!

Finally, most drugs used in chemotherapy are highly poisonous, not just to cancer cells, but to the rest of the body as well. Additionally, they weaken the immune system, paradoxically making a cancer patient more susceptible to disease.

As mentioned earlier, Laetrile has demonstrated that it is selectively toxic to cancer cells without affecting normal, non-cancerous cells. But can Laetrile actually restore a person to health after contracting cancer? According to author and researcher G. Edward Griffin, the answer is yes. If the patient is caught in time before the cancer has advanced too far and if their body hasn't already been too damaged or poisoned by toxic cancer therapies.³

Unfortunately, most cancer patients start taking Laetrile only after their disease has advanced considerably and their case has been given up as hopeless by their conventional physicians. If they die (as many of them do), then they are counted as statistical failures for Laetrile. In reality it is actually a major victory for Laetrile that any of them could be saved at all. Considering this, it is impressive that so many thousands of so-called "terminal" patients have been saved and their lives extended by Laetrile.⁴

So what is the basis for the continued determined opposition of the medical establishment to this simple, natural remedy? Before we examine their reasons, let's take a look at what the actual scientific and clinical evidence reveals about Laetrile.

Scientific Evidence in Support of Laetrile

At least a dozen studies published in peer-reviewed literature over the past 10 or more years clearly show Laetrile's effectiveness against cancer cells in culture, including:

» In 2003, amygdalin and the cyanogenic glycoside prunasin (isolated from peach pits) showed anti-tumor actions, comparable in potency to epigallocatechin gallate, the anticancer component in green tea.⁵

» In 2013, viability of a human cervical cancer cell line was shown to be significantly suppressed by amygdalin as a result of apoptosis.⁶

» In 2014, amygdalin was shown to reduce growth and proliferation of three bladder cancer cell lines.⁷

» In 2015, amygdalin was shown to block the rapid growth and metastasis of non-small lung cancer cells in culture.⁸

» In 2016, amygdalin from apricot kernels prevented the growth of carcinoma and lymphosarcoma tumors transplanted into mice.⁹

» In 2016, amygdalin therapy was seen to prevent growth in multiple prostate cancer cell lines.¹⁰

» In 2016, amygdalin prevented metastasis in three different renal cell carcinoma cell lines.¹¹

» In 2016, amygdalin was shown to be toxic to different breast cancer cell lines by inducing apoptosis.¹²

The evidence is conclusive. Laetrile can prevent the growth and even invasion of many different types of cancer cells in culture. But what about in actual patients?

Laetrile Case Studies

The health records of the inhabitants of Hunza, and many other indigenous people around the world indicate that there is a strong link between regular nitriloside consumption and a low, even zero incidence of cancer. [Note: If you recall from Part 1, nitrilosides are compounds found in over 1,200 plant foods. Amygdalin/B-17/Laetrile are a type of purified nitriloside.] However, this is not sufficiently convincing evidence in itself, so let's consider some case studies of Laetrile therapy.^{13,14}



One source of nitrilosides the Hunza are reported to eat is dried apricot kernels, which are found inside the apricot pit (stone)

Case Study 1 – In June 1971, Mr. David Edmonds of California was operated on for colon cancer, which had spread to his bladder. The cancer was so widespread that the operating surgeon said that it would be impossible to remove it all. The blockage was eventually removed by severing the colon and bringing the open end to the outside of his abdomen, a procedure known as a colostomy. Five months later the cancer had returned and Mr. Edmonds was told that he only had a few more months to live, around which time he began Laetrile therapy.

Six months later, Mr. Edmonds felt well enough to resume his normal routine and the cancer in his bladder had completely disappeared. During surgery to re-connect his colon on Mr. Edmonds' request, the doctors could not find any trace of the original cancer. It was the first time in the history of the hospital that a reverse colostomy had been performed. Mr. Edmonds went on to live a near-normal life, full of health and vigor.^{15,16}

Case Study 2 – In 1967, Mrs. Joan Wilkinson had a tumor removed from her lower left leg just below the thigh. Four months later she had a recurrence, requiring another surgery and the removal of muscle and bone. A year later, a lump was detected in her groin. Her cancer had returned and was spreading. Her doctors told her that more surgery would be required, but this time they would have to amputate the leg and the hip, while also removing the bladder and one of the kidneys as well.

At the urging of her sister and a mutual friend, Mrs. Wilkinson decided not to undergo surgery, but to try Laetrile therapy instead. Her doctor informed her that without the surgery she couldn't possibly live longer than 12 more weeks. Five weeks after starting Laetrile therapy, the lump in her groin had disappeared. She continued to live a healthy and productive life for many years thereafter.^{17,18}

Case Study 3 – In 1972, Dr. Dale Danner, a podiatrist from California, developed a pain in his right leg along with a severe cough. X-rays revealed carcinoma in both lungs and massive secondary tumors in the right leg. The cancer was inoperable and resistant to radiotherapy. The prognosis was "incurable and fatal."

At his mother's insistence, Dr. Danner agreed to try Laetrile, but did not start the therapy immediately. Within a few weeks, the pain and coughing had progressed to a point where Dr. Danner was unable to sleep and forced to crawl on his hands and knees. Turning to his supply of

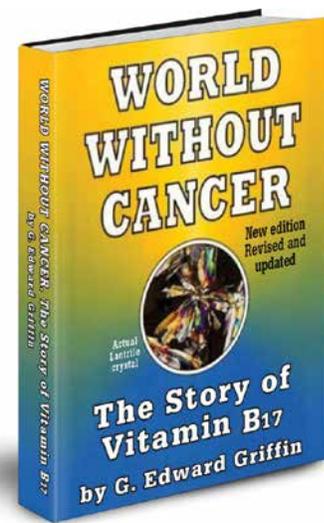
Laetrile, he administered a 10-day dose directly into an artery and passed out. When he awoke 36 hours later, not only was he alive but his cough and pain were greatly reduced. His appetite had returned and he felt better than he had in months. Reluctantly admitting that Laetrile was working, Dr. Danner obtained another supply and continued his self-treatment with smaller doses. Three months later, he was back at work.^{19,20}

Case Study 4 – Alicia Buttons, wife of the comedian Red Buttons. Diagnosed with “hopeless” advanced throat cancer, she consulted Dr. Hans Nieper in Hannover, who treated her with Laetrile. She was alive and well 23 years later.²¹

Case Study 5 – In August 2016, investigative reporter Greg Ciola interviewed Reverend Bob Celeste, from Maine, on a radio show. The Reverend had been diagnosed with a blockage a foot long in his colon in 2014. The blockage was surgically removed and the Reverend was diagnosed with stage IV cancer in his colon and other parts of his body.

Refusing chemotherapy, Reverend Celeste turned instead to apricots, apricot kernels, and daily prayer. Today, he feels that without having encountered Edward G. Griffin’s book, *World Without Cancer*, he would not still be alive. After a couple of months of carrying out this self-therapy daily, a PET scan revealed no cancer anywhere in his body.²²

According to G. Edward Griffin, thousands of such case studies have been reported and documented since Laetrile was developed in 1952. In his opinion and that of many other medical professionals as detailed previously in this series, Laetrile’s effectiveness and safety for treating multiple forms of cancer has been proven beyond any doubt.



Reverend Bob Celeste credits G. Edward Griffin’s book “World Without Cancer” with saving his life after receiving a diagnosis of Stage IV colon cancer

Let’s look now at the basis for mainstream medicine’s steadfast opposition to Laetrile.

The California Medical Association Report

Almost all allopathic medical opposition to Laetrile is based upon a summary of a 1953 report by the Cancer Committee of the California Medical Association, which bluntly stated: “No satisfactory evidence has been produced to indicate any significant cytotoxic effect of Laetrile on the cancer cell.” Using this summary as a primary reference, government agencies immediately announced that it was illegal to prescribe, transport, or even recommend Laetrile.

The report summary was written by two men – Dr. E. M. McDonald, the Committee Chairman, and Dr. Henry Garland, the Committee Secretary. The Cancer Committee consisted of seven other prominent physicians, but they played no part in either the report or the summary. In fact, none of them, including the Drs. McDonald and Garland, had ever even used Laetrile.

Instead, all Dr. McDonald and Dr. Garland had done was summarize and interpret the written records of other

people who had done various experiments with Laetrile. These two “experts” read the reports submitted to them, summarized them, and issued their own summary to publicize what they had “found.”

Interestingly, around that same time Dr. McDonald and Dr. Garland had also made headlines across the U.S. by publicly claiming that there was no connection between cigarette smoking and lung cancer.

Dr. Garland gave a speech in 1964 entitled “Smoking and Health” to the Commonwealth Club in California in San Francisco and stated the following: “A current widely held hypothesis is that cigarette smoking is related to cancer. The hypothesis is not proven. Cigarettes are regarded by many as one of the better tranquilizers.”

Dr. McDonald was even more specific; in a feature article taken from “U.S. News and World Report” dated August 3, 1957, he opined “Here’s Another View, Tobacco May Be Harmless.” He even went so far as to claim that 24 cigarettes per day was a “harmless pastime” and that “a pack a day keeps lung cancer away.”

In light of subsequent independent research that has clearly established the causative relationship between smoking and lung cancer, Dr. Garland and Dr. McDonald hardly reveal themselves to be trustworthy, reliable public health authority figures. That’s not all. It turns out that both men had actually falsified their summary of the Laetrile experiments. For example, their report claimed that microscopic examination of tumors taken from people who had been treated with Laetrile showed “no evidence of a beneficial chemical effect.” Yet 10 years later, it emerged that one of the pathologists conducting the examinations had indeed reported not just one, but several instances of tumor destruction which he stated at the time could have well been caused by the action of Laetrile.

In other words, Dr. McDonald and Dr. Garland had not told the truth. Their report also stated that laboratory technicians had tried, but failed, to release cyanide from Laetrile. And yet, just two months prior to the report being released, the American Medical Association’s chemical lab had reported that it had been successful in releasing cyanide from Laetrile. So had other labs, including the California Food and Drug lab and the cytochemistry lab of the National Cancer Institute (NCI). One again, Drs. McDonald and Garland had obscured the truth.



Statements by Drs. McDonald and Garland that there was no connection between cigarette smoking and lung cancer were also proven false

Another important aspect of this report is that the patients in these studies had received extremely small and ineffective doses of Laetrile; much too small to really prove anything one way or another.

Today, it’s not uncommon for a patient to receive two to three grams of Laetrile in a single injection. Generally, 30 or even 40 grams are required before a cancer patient typically notices any tangible signs of improvement. In the California study, the maximum total dose was only two grams, that too divided among 12 injections. Five patients had received only two injections, while another five had received only one!

So, it's not surprising that these studies had failed to obtain convincing evidence that Laetrile worked.

What is surprising and shocking is that this and other similarly discredited reports continue to be cited by the FDA and cancer organizations such as the American Cancer Society as definitive proof that Laetrile is a hoax. In fact, extensive and detailed studies from a world-famous cancer institute had established Laetrile's effectiveness as an anti-cancer therapy beyond any doubt – before it was forcefully suppressed. It makes for quite a story...

Second Opinion: Anatomy of a Cover up

In 1977, Newsweek estimated that up to 70,000 Americans – roughly a tenth of the cancer population at that time – crossed the border to get hold of Laetrile in Mexico. Apparently, a significant proportion of cancer patients in the U.S. had lost faith in conventional therapies and nineteen U.S. states had enacted legislation to legalize Laetrile.

Earlier, Ralph W. Moss, PhD, had majored in classics and attended Stanford University on a National Defense Education Act Fellowship. Returning to New York in the early 70s, he applied for and obtained the position of Science Writer in Public Affairs at Memorial Sloan-Kettering Cancer Center in New York.^{23,24}

Moss began working as a science writer in public affairs at Sloan-Kettering in June 1974. Around that time, in the context of the ongoing war on cancer, Dr. Robert A. Good, MD, had recently been appointed the President of Sloan-Kettering Institute. Lloyd J. Old, MD, and Chester Stock were both Vice-Presidents, while the President of the overall corporation was Lewis Thomas, MD.

In 1974, Moss met Dr. Kanematsu Sugiura, a distinguished research scientist who had spent most of his career at Memorial Sloan-Kettering Cancer Center. Moss

was surprised to learn that Dr. Sugiura was working on amygdalin, since the official position at Sloan-Kettering was that Laetrile was ineffective. He was even more surprised when Dr. Sugiura showed him his meticulously detailed research notes based on laboratory experiments he himself had carried out at Sloan-Kettering, which clearly showed that cancer cells in the bodies of mice treated with amygdalin stopped growing for a number of weeks. After a while, they would start growing again.

As mentioned in Part 1, Moss saw that mice that only received saline (salt) solution went on to develop metastatic cancer in their lungs 80-90 percent of the time, as opposed to Laetrile-treated animals which only showed metastases 10-20 percent of the time. These results were clear and they had been reproduced multiple times by the ever-meticulous Dr. Sugiura.^{25,26}

In fact, these results were so promising that the leaders of Sloan-Kettering held two secret meetings with medical authorities representing the U.S. FDA, the National Cancer Institute, the National Institutes of Health, and the American Cancer Society in Washington, DC in July 1974 and March 1975 to discuss Dr. Sugiura's results. The conclusions of the first meeting clearly state the following: "Parenteral (injected) amygdalin excreted unchanged; oral amygdalin excreted as the thiocyanate. The Sloan-Kettering group believe their results show that amygdalin used in animals with tumors show; a decrease in lung metastases; slower tumor growth; and pain relief."²⁷

Further, it was agreed that Sloan-Kettering Institute would consider clinical trials on amygdalin – and that the FDA would publicly endorse research on amygdalin as in the public interest. The Vice-President, Dr. Old, even went so far as to initiate joint clinical trials with Dr. Mario Soto de Leon, who practiced Laetrile therapy in Mexico.

The second meeting took place at the National Cancer Institute on March 4, 1975, and included Dr. Frank Rauscher, head of the institute as well as many other prominent attendees from the National Cancer Institute, Memorial Sloan-Kettering, the FDA, and American Cancer Society. At this meeting, the U.S. government declined Sloan-Kettering's plea to conduct human clinical trials using Laetrile.^{28,29}

After this meeting, there was a noticeable change in the attitude of Sloan-Kettering's top brass. Dr. Good, Dr. Stock, and Dr. Thomas began to publicly make negative statements about Laetrile that, according to Ralph Moss, "ranged from misrepresentations to...egregious lies." It culminated with Dr. Stock, the Vice President, issuing a shocking public statement that stated, "We have found Laetrile negative in all the animal systems we have tested." This statement by Dr. Stock finally convinced Moss that he was witnessing a cover-up.^{30,31}

His conviction was strengthened when he obtained photocopies of Dr. Sugiura's laboratory notebooks, which showed that amygdalin, when injected into the body cavity of mice in high doses, slowed tumor growth up to 50 percent and also prevented both new tumors and secondary lung metastases an incredible 89 percent of the time. According to Dr. Sugiura, these were the best results he had seen in 60 years of employment at Sloan-Kettering. For instance, on March 1, 1974, Dr. Sugiura noted that "the general health and appearance of amygdalin-treated animals with tumors was much better than that of the controls."³²

On June 15, 1977, Sloan-Kettering's top brass held a press conference in which every major actor in this drama – Dr. Stock, Dr. Good, Dr. Thomas, and others – all repeated the same falsehood; that they had no experimental evidence that amygdalin was effective against cancer and therefore no reason to support taking it to the next stage of testing in human clinical trials.^{33,34}



Sloan-Kettering held a press conference in 1977 stating that amygdalin was not effective against cancer and there was no need for human clinical trials

Interestingly, Dr. Sugiura – who was also present at the press conference – when asked whether he agreed with Sloan-Kettering's conclusion that Laetrile does not cure or prevent cancer, made the following enigmatic statement: "I agree – of course my results don't agree – but I agree with what our institution says." He also added that he stuck to his results and that he hoped somebody would be able to confirm his results later on.

As far as Sloan-Kettering was concerned, a final "blind" test – in which all test mice, both treated and untreated, were mixed in and housed in the same cages – and which led to 42 percent of tumors being stopped with saline solution, relative to 27 percent with amygdalin – was sufficient to overturn Dr. Sugiura's previous four years of repeated, positive Laetrile studies.

However, as Dr. Sugiura pointed out, these last results were very peculiar, because saline solution has no inhibitory effect on tumors at all and certainly should not have stopped tumor growth 42 percent of the time. Something very strange was going on.

The final conclusion, presented by Dr. Lewis Thomas, President of Sloan-Kettering to a Sub-Committee for Health and Research of the U.S. Senate in July 1977 was that Laetrile had no effect at all on cancer.³⁵

To understand why this happened, one needs to simply imagine if cancer were to be cured by a single nutrient present abundantly in natural foods. The gigantic commercial and political industry of cancer treatment would collapse completely! Clearly, there was too much at stake to allow this to happen. As William W. Vodra, former Associate Chief Council for Drugs, FDA, said, "Nobody is going to pay \$70,000 for a new cancer drug if they can buy Laetrile for 75 cents."³⁶

In July 1977, Ralph Moss revealed all he knew at a press conference, publicly refuting every one of Sloan-Kettering's false claims about amygdalin's lack of effectiveness against cancer. The following Monday he was fired from his position for "engaging in activities that were harmful to the institution and for acting in a manner that conflicted with his most basic job responsibilities" and escorted out of Sloan-Kettering. In other words, he had refused to be part of the cover-up and paid with his job.

Three years after Ralph Moss was fired, he published a book documenting his experience called *The Cancer Industry*. He has since devoted his life to researching various anti-cancer therapies from around the world and has published 15 books on this subject, including *Questioning Chemotherapy: A Critique of the Use of Toxic Drugs* and *Antioxidants Against Cancer*. He continues to serve as a consultant to doctors, scientists, and patients worldwide regarding issues relating to complementary medicine. He currently directs "The Moss Reports," an up-to-date library of detailed reports on more than 200 types of cancer.

Interestingly, in 1994 Moss was invited by Harold Varms, MD, Director of the U.S. National Institutes of Health (NIH) to be a member of NIH's Alternative Medicine Program Advisory Council. However, no apology or retraction has been forthcoming, either from Sloan-Kettering or any other government or cancer organization.

Today, the vast majority of cancer information sites still claim that Laetrile is useless as a cancer treatment. This type of misinformation is profoundly disrespectful towards the hundreds of thousands of cancer patients and their long-suffering families, by denying them access to a highly effective and safe treatment that could potentially save them or extend their lives. The sad truth is that cancer is an industry. More people are making a living from cancer than are dying from it.

Where to Find Laetrile

For over a hundred years, standard medical textbooks have described amygdalin as non-toxic, without a single case of death or illness related to its use. In one experiment, rats were given 70 times the normal human dose of Laetrile. The only side-effects seen were greater appetite, weight gain, and superior health.³⁷

Typically, patients who have never been treated with chemotherapy or radiation have significantly better recovery rates when treated with Laetrile. It is said that no person taking Laetrile has ever developed cancer – and cancer patients who respond favorably to Laetrile do not relapse as long as they are maintained on Laetrile therapy. Laetrile can be given intravenously, intramuscularly, and orally. If there is no sign of improvement initially, larger doses are typically given intramuscularly or intravenously.



Laetrile can be administered via intravenous therapy (IV), injected into the muscle, or taken orally

All that being said, it is not advisable to take Laetrile except under the careful guidance of a qualified medical practitioner – especially if you have been diagnosed with cancer. Unfortunately if you are looking for legal Laetrile treatment, you will need to venture outside of the U.S. as it is technically illegal in the States. There are a number of clinics in Mexico that provide Laetrile therapy, optimally in conjunction with an integrative treatment protocol.

From a cancer prevention perspective, incorporating foods rich in nitrilosides (amygdalin/B-17) into your diet appears to be a prudent and worthwhile endeavor that is unlikely to cause any harm. With well over a thousand foods to choose from, you are likely to find some that can work with any type of specialized eating plan you may be following. Philip E. Binzel, Jr., MD, author of *Alive and Well: One Doctor's Experience with Nutrition in the Treatment of Cancer Patients*, states in his book that there are over 1,500 foods that contain nitrilosides including apricot kernels, peach kernels, grape seeds, blackberries, blueberries, strawberries, bean sprouts, lima beans, and macadamia nuts.³⁸

Another helpful resource you may be able to find in used bookstores or by searching online is a little cookbook that G. Edward Griffin's company first published back in 1976 with a second edition released in 2000. It's called *The Little Cyanide Cookbook: Delicious Recipes Rich in Vitamin B17* by nutritionist June de Spain. It contains a list of foods you can find at most grocery stores along with 300 recipes for getting more amygdalin into your diet.³⁹

About Suresh Nair



Suresh Nair is a health writer with more than 15 years of experience as a practicing laboratory scientist. He is also a former copy-editor and project manager at a medical communications company.

Suresh is a regular contributor to The Truth About Cancer, and has also written hundreds of articles for other websites and publications on health, alternative health, fitness, and nutrition as well as various other medical and clinical topics.

As a scientist with a PhD in Molecular Biology from UPenn, his articles are always thoroughly researched and have a sound scientific basis.

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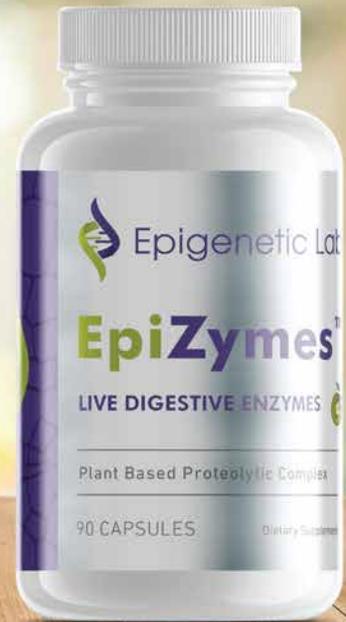
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