

In This Issue:

- 1 Alkaline vs Acidic: How to Balance Your Body's pH Level for Optimal Health

- 10 Ask the Expert: Is There a Connection Between Heart Disease and Cancer?

- 14 Charlene's Cancer-Fighting Kitchen
 - 14 • Buckwheat, Banana & Flaxseed Pancakes
 - 16 • Fiery Leeks With Tomatoes and Walnut Gremolata
 - 18 • Spring Rice Salad Wraps with Sprouts, Asparagus & Spinach

- 21 The Fundamentals of Healing All Disease

Alkaline vs Acidic: How to Balance Your Body's pH Level for Optimal Health

By Ty Bollinger

Looking back, one of my favorite childhood pastimes was spending a summer day at the community swimming pool with my friends. I have fond memories of us biking there together as a pack to show off our best cannonball skills to whomever would watch us. We'd swim until our fingers and toes turned into prunes, at which point we'd call it a day – only to wake up and do it all over again the next day.

It was a great way to pass the time, and the best part about it was that we didn't have a care in the world (other than avoiding the ever-painful bellyflop, of course). But there is something I recall wondering about in my youth that I wouldn't fully understand until I was much older. It had to do with the lifeguards who would periodically collect and analyze water samples from the pool.

I was old enough to understand that swimming pools generally contained added chemicals that were meant to keep the water clean and safe. However I didn't quite understand at the time what those little colorful strips of paper were that the lifeguards would dip into the pool. I would later learn that these were used to test the pH level of the pool water in order to make sure it was kept in a neutral range of between 7 and 7.6.

continued on page 3

Message From Ty Bollinger



Welcome to the March edition of your Heroes Against Cancer newsletter. First up this month we're talking about acidity versus alkalinity, and what these terms mean for both your stomach and your body as a whole.

While our focus at The Truth About Cancer is obviously on cancer prevention and treatment options, there's another disease that's responsible for even more deaths than cancer. That, of course, is heart disease. In our Ask the Expert feature this month we're talking about heart health and how it's connected to cancer risk.

Many of you are very familiar with Dr. Daniel Nuzum. Doc Nuzum (or just "Doc" as I like to call him) has been a mainstay in our docu-series and is the lead formulator for Organixx supplements. Doc has such an incredible breadth of medical knowledge and has more medical degrees, diplomas, and certifications than anyone I've ever met. He actually just finished conventional medical school in January and started Pharmacy school that same month – just because he loves to learn.

What's interesting is that the more Doc has learned through his schooling and working with patients, the more he's come to appreciate that there are really only a few fundamental principles when it comes to healing *any* disease. In this issue, Doc shares what these fundamentals of healing are, along with some history of "alternative" medical practice in the U.S.

I hope you enjoy this issue of the newsletter. Remember that we love hearing from you. If you have any feedback, "Ask the Expert" questions, or article ideas, please drop us a line at support@thetruthaboutcancer.com.

Until next month...

Ty Bollinger

continued from page 1

Since I never really grew out of my curiosity phase, I would further come to realize that a pH level above this range, known as alkaline, isn't ideal because it can cause swimmers to develop skin rashes. Conversely, a pH level below this range, known as acid, can cause swimmers to develop stinging in their eyes. The goal was to keep the pH level right in the middle to avoid these painful issues.

Believe it or not, the human body functions similarly to a swimming pool in this regard. In order to stay nourished and ward off disease, its pH level must remain in proper balance at all times. When pH levels get too high or too low, all sorts of problems can arise. Think nutrient deficiency, infection, and in a worst-case scenario, even death.

Stomach Acid: Your Body's "Lifeguard" That Keeps Digestion on Track

So what is pH, exactly? It stands for "potential of hydrogen," and it basically measures the hydrogen ion concentration of a given solution. A high concentration of hydrogen ions means a solution has a low pH, and low concentration of hydrogen ions means a solution has a high pH.¹

For water, this basically means that the higher the amount of free hydrogen ions it has, the more acidic it is, and vice versa.² For the human body, it's a little bit more complicated. But for the purposes of what we're dealing with here, we'll discuss pH levels in terms of stomach acid, which serves as the "lifeguard" in keeping digestion in good working order.

The human body as a whole is naturally programmed to maintain a balanced pH level of around 7.4, or slightly alkaline. Conversely, stomach acid is designed to keep the digestive environment at a constant resting pH level of 4, which is in the acidic range.³ This ensures that the stomach is always primed to receive food and readily digest it.

It achieves this by exposing food to hydrochloric acid, or HCl, which begins the process of breaking down food into macro- and micronutrients for easy passage through the small intestine. With a pH level of zero – a perfect, pure acid – HCl brings the pH level of the stomach down even further to a pH level of between 2 and 3. This level ensures that anything harmful in the food is destroyed. This highly acidic state also extracts all of the beneficial nutrients from food for maximum absorption by the body.



Just like the water in a swimming pool must be maintained at the correct pH level to avoid issues, both your stomach and your body as a whole need to maintain an optimal pH for good health

Low Stomach Acid: Its Causes and Effects

The human body is unique in the fact that it knows exactly how much stomach acid to produce at all times in order to keep everything in check (no lifeguard necessary!). There are, however, a number of factors that can interfere with this process. One of them is excess consumption of highly processed foods, which causes the body to have to produce far more acid than normal in order to remain balanced.

This is extremely taxing on the body, to say the least, as stomach acid production requires a whole lot of resources. When the body has to work overtime to make extra stomach acid, in other words, the rest of the body suffers. In some cases, the body isn't even able to produce enough stomach acid at all, which is right around the time that serious problems begin to develop.

Keep in mind that HCl is absolutely critical for a number of bodily functions. One of these functions is the breakdown of protein into essential amino acids and other nutrients that the body needs in order to build muscle and maintain optimal vital organ function. HCl further stimulates the pancreas and small intestines to produce digestive enzymes and bile, both of which are necessary to break down not only protein, but also carbohydrates and fats.⁴

Another important role of HCl is to maintain an ecological environment inside the gut that's favorable to beneficial bacteria, which are typically acidic. HCl effectively helps to prevent disease by killing off pathogenic (i.e. disease-causing) bacteria and yeast spores that, in many cases, are alkaline, and thus impede healthy digestion.

In essence, HCl ensures that food is "clean" and fully digested before its nutrients pass through the intestinal wall and into the bloodstream for nourishment. It's the engine, so to speak, in the machine that is the body, and the catalyst that ensures that we remain nourished, healthy, and strong.

9 Factors that Contribute to Low Stomach Acid

So what happens when the body fails to produce enough HCl? In a nutshell, it no longer digests food as it should, which can lead to all sorts of symptoms. Some of the most common low stomach acid symptoms are:

- bloating
- flatulence and cramping after eating a meal
- heartburn (GERD)
- constipation
- diarrhea
- persistent fatigue



If your stomach doesn't produce enough stomach acid (HCl) it won't digest your food properly, which leads to a number of painful symptoms

The longer this goes on, the greater the likelihood that these acute symptoms will develop into more chronic ones like gut inflammation, microbial overgrowth (i.e. candida), and autoimmune disease.

Pathologically speaking, we refer to stomach acid deficiency as *hypochlorhydria*, a condition which as much as half of the population is now said to suffer. And what causes it? There are many factors, not the least of which include:

1 | Chronic stress. Believe it or not, stress and anxiety are among the worst instigators of low stomach acid. This is evidenced by the elevated stress hormone levels that typically accompany this state of being. Stress basically tells the body to enter "fight or flight" mode. This switches the central nervous system into a sympathetic dominant state in which parasympathetic processes like rest, digestion, bodily repair, and reproduction are restricted, and in some cases halted entirely.

Keep in mind that HCl is critical for the body to process important trace minerals such as chromium, copper, iron, manganese, calcium, molybdenum, selenium, and zinc. When the sympathetic system takes over at the expense of the parasympathetic system in response to stress, one of the consequences is nutrient deficiency as the peristaltic action of the digestive tract essentially

slows to a halt.⁵ [Note: peristaltic action is a wave-like movement of muscles that propel the food all along the digestive tract.]

2 | Poor diet. Another common cause of hypochlorhydria is poor diet, or a diet dominated with foods that have a high pH (too alkaline). For instance, refined bread and well-done meat have a pH of between 8 and 9.5. When you consume these foods your body has to work overtime to produce enough HCl to digest it all. Processed foods have a similarly negative effect, as they require an immense amount of bodily resources in order to digest them.

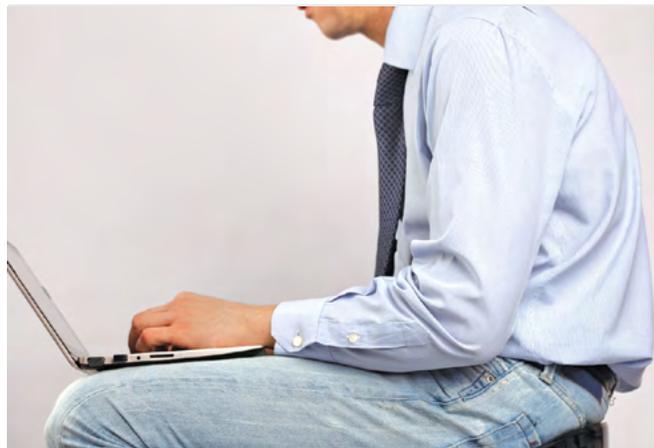
3 | Eating too quickly. In the same vein, the mere act of consuming food too quickly can create a state of dysbiosis in the gut, potentially leading to low HCl. Being in a rush while eating is basically the same as being chronically stressed, as far as the body's digestive system is concerned. Taking time to breathe and relax before eating slowly can make all the difference in the world.



Eating quickly or while on the run is stressful on your digestive system. Do your best to slow down and take a few calming breaths before you eat

4 | Bad relationships. If the people you spend the most time with are causing you grief or other distress, this could be another factor in why your digestion isn't in tip-top shape. If need be, spend more time alone, or work on developing stronger and more positive relationships that support holistic homeostasis (balance).

5 | Bad posture. Most people probably don't even consider that how they sit at their desks or engage in activities directly affects stomach acid production. Remembering to sit up straight with support from the core muscles while maintaining a slight curve in the lower back, for instance, can help to ensure that digestion is optimized.



Don't slouch! The simple act of sitting up straight instead of slumped over improves your digestion

6 | Taking antibiotics. You're probably familiar with probiotics and how they're often used to correct microbial imbalances in the gut, which often result from taking antibiotic drugs. But what you may not know is that antibiotics themselves can damage the delicate pH balance of the stomach and small intestines, making it easier for pathogens to invade and trigger infection.

7 | Overuse of NSAIDs and other OTC painkillers. The same is true for over-the-counter painkillers like non-steroidal anti-inflammatory drugs like Tylenol (acetaminophen) and Advil (ibuprofen), which can wear down the stomach lining and inhibit the production of HCl by stomach cells.

8 | Use of proton pump inhibitors and other acid-reducing drugs. It's a popular myth that post-meal symptoms like acid reflux and indigestion are the result of too *much* stomach acid. To the contrary, these symptoms

are often indicative of too *little* acid, which is why popular acid-reducing drugs like TUMS and Alka-Seltzer, as well as proton pump inhibitors, often exacerbate the problem rather than helping it.

9 | Food sensitivities and allergies. If there are foods that you know don't agree with your body, stop eating them! Consuming common allergens like corn, soy, gluten, pasteurized dairy, and peanuts, as a few common examples, can put the body into a "fight or flight" state in the same way as stress. You may want to investigate food sensitivity testing, or trying an elimination diet to become more aware of the foods that may be causing your distress.

Alkaline vs Acidic: Balancing Your Body's pH Level

The obvious takeaways here include the importance of minimizing (or better yet, eliminating) stress, avoiding the use of damaging pharmaceutical drugs, and consuming a diet that facilitates the body's optimal production of HCl. The first two are pretty self-explanatory, but what about the third? What does it actually mean to eat in such a way as to keep the gastric juices flowing in a constant state of homeostatic pH balance?



Many people aren't aware they have food sensitivities that are causing digestive distress. Corn, soy, gluten, dairy, and peanuts are among the most common culprits

The simple answer to this is to consume a diet of alkaline-forming foods that prevents the body from becoming too acidic. You're probably thinking: but wait, isn't acid a *good* thing? It is when we're talking about stomach acid pH and the role of HCl in supporting the digestion and assimilation of nutrients. But it's not when we're talking about the body as a whole being in an acidic *state*.

As I mentioned earlier, the body as a whole (not the stomach) is designed to remain in a state of pH neutrality, which is around 7. When it deviates too low into the acidic range, we call this acidosis (or alkalosis when it veers into the alkaline range). This is a bad thing, as an overly acidic body is a metabolically imbalanced body, which means it's more prone to becoming diseased.

Truth be told, most people tend towards acidosis these days because modern living is essentially acid forming. The human body is under constant assault by things that try to push it into the acidic range. Not the least of which include nutritionally deficient food, environmental toxins, and poor lifestyle habits.

Interestingly enough, many of the symptoms associated with over-acidity of the body are the same ones associated with a lack of stomach acid: chronic pain, chronic fatigue, and joint and muscle weakness being a few of the more common examples. It might seem contradictory, but keep in mind here that we're talking about acidity in terms of bodily homeostasis, which is a bad thing, as opposed to an acidic stomach, which is a good thing.

Think of it like this: maintaining an acidic stomach environment ensures that the foods you eat are properly digested and assimilated for the purpose of balancing the rest of the body's pH. In other words, if your body is producing healthy levels of HCl and you're eating right



Symptoms associated with over-acidity of the body include chronic pain, chronic fatigue, and joint and muscle weakness

and exercising, then the rest of your body will remain in homeostasis, avoiding the pitfalls of becoming too acidic (acidosis) or too alkaline (alkalosis).

But again, it's very difficult in the modern era to become too alkaline, as most exposures these days are acid-forming. This is why many progressive health experts advocate for what's known as an *alkaline diet* (aka an *alkaline-forming* diet), or one that helps to support the body from swinging too far into an acidic, or disease-forming, state.

Alkalosis can result in a depletion of hydrogen from blood plasma, which can lead to a corresponding rise in bicarbonate levels. Hydrogen is vitally important for the stomach to produce enough hydrochloric acid, which is used to break down food. If the body is too alkaline, it will have trouble producing enough stomach acid, leading to the condition known as hypochlorhydria which we discussed earlier.

Just to be clear, an alkaline-forming diet doesn't mean that every food a person eats is alkaline by nature. To the contrary, alkaline-forming foods can be either inherently acidic or inherently alkaline, but that have the *effect* of alkalizing the body. Conversely, acid-forming foods acidify the body, and can be either acidic or alkaline by nature.

It might seem confusing, but a good rule of thumb is to remember that when we're talking about *acid-forming* or *alkaline-forming* foods, we're talking about the *impact* that these foods have on the body, as opposed to the descriptors of acidic and alkaline that describe the *intrinsic nature* of foods.

One example that illustrates this is the simple lemon, which most would describe as being acidic in taste. But after passing through digestion, the constituents of a lemon have an alkalizing effect on the body, helping it to avoid plunging into an acidic (damaging) state where disease has free reign to flourish.

Alkaline-forming foods are thus *health-promoting* foods. You might even call them pH-balancing foods, as they've been shown to not only help maintain good health, but also achieve it.⁶

The Best Alkaline-Forming Foods & Supplements

Another great thing about alkaline-forming foods is that they help to correct any lingering pH imbalances in the gut. Again, it might seem contrary but alkaline-forming foods are easier for the body to digest, thus increasing stomach acidity and maximizing HCl potential. They also function as remediation tools for bacterial issues in the gut. They facilitate the growth of beneficial *acidic* bacteria, which help to prevent damaging *alkaline* bacteria from taking over the GI tract.

When it comes to optimizing your diet for maximum alkaline-forming potential, it's important to consume plenty of:

» Organic vegetables

Nearly all plant-based foods are alkaline-forming, though it's important to consume only naturally-grown

and organic varieties that are free of toxic chemical herbicides. Pesticides have an acidifying effect on the body.

» **Citrus fruit, berries, pomegranate, cranberry, and black currant**

You really can't go wrong with citrus fruits like lemons, limes, grapefruits, and pomegranates, as well as berries of nearly all varieties. Again, you want these to be free from pesticides.

» **Cultured foods and probiotic beverages**

Perhaps the only thing more alkaline-forming than "living" foods in general – meaning those that haven't been cooked, pasteurized, or processed – are living foods that have been cultured or fermented with beneficial bacteria. Foods like sauerkraut, kefir, kombucha, kimchi, natto, yogurt, and raw dairy are teeming with alkaline-forming goodness, hence their presence in the traditional diets of almost every culture across the globe.⁷



Fermented foods and beverages are full of probiotics (good bacteria). Drinking fizzy kombucha instead of highly acidic soda would be a great gift to your digestive health

» **Soaked and sprouted raw almonds**

One of the most nutritious nuts in the world, the humble almond is an excellent alkalizing food, especially when soaked and sprouted in raw form. Research suggests that living almonds are powerfully



Sprouts of any type are among the most alkalizing foods you can consume. As an added bonus they're simple to grow at home

corrective of inflammatory imbalance, not to mention the fact that they're loaded with bioavailable healing nutrients. In addition to sprouted almonds, sprouting almost any plant-based food (especially seeds) increases bioavailability so that your body can more easily absorb the nutrients.

» **Organic apple cider vinegar (ACV)**

It doesn't take much of this probiotic goodness to rapidly decrease stomach acid pH for maximum digestive benefits. Many experts recommend taking between 1/2 to 1 teaspoon with each meal, mixing with water if the taste is too strong. I actually enjoy a tablespoon of apple cider vinegar in a mug of hot water as an alternative to herbal tea. If you're worried about the effects of vinegar on your teeth, use a glass or metal reusable straw and keep the end back behind your teeth.

» **Adaptogenic herbs**

Known for their balancing effects on the body's hormonal systems, adaptogenic herbs like turmeric are not only alkalizing, but they also help to calm nerves and increase GI function. Because they work to mitigate the fight or flight response, adaptogens are further beneficial in restoring the parasympathetic nervous system to the helm of control, which in turn

helps the body to focus its resource distribution towards the things that matter in terms of sustaining health and wellbeing.⁸ [Editor's note: check out Ty's article in the Feb 2018 newsletter to learn more about the healing benefits of adaptogenic herbs.]

» Fulvic acid

This pH-balancing soil nutrient used to be more prevalent in the food supply before the days of industrialization and chemical agriculture. Because the modern food supply is deficient in it, fulvic acid is best obtained through supplementation with things like pure Himalayan Shilajit, an organic substance from the earth that's commonly used in Indian Ayurveda to address digestive disorders and nutrient deficiencies. That's because fulvic acid is known to help quickly bring down the pH level of stomach acid for optimal digestion. As a side note, most of the Organixx line of supplements contain fulvic acid due to its numerous health-promoting properties.

» Iodine

Cells in the stomach that are responsible for producing HCl require the presence of iodine in order to do their jobs. Iodine deficiency is thus a major impediment for stomach acid production. Iodine supplements and sea vegetables like kelp are highly beneficial in optimizing iodine stores, maximizing digestion, and ultimately alkalizing the body.

If worse comes to worse, there are also HCl supplements available that can help to immediately correct any lingering stomach acid issues that are interfering with proper digesting and alkalization. However, I would recommend this as a last resort, and only when all other nutritional interventions have been exhausted. I would further advise doing so under the guidance of a naturopathic physician or doctor who understands the complex interactions between stomach acid production, pH balance, and nutrition.

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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Ask the Expert: Is There a Connection Between Heart Disease and Cancer?

With Dr. Jack Wolfson

Editor's Note: Dr. Jack Wolfson, DO, and his wife, Dr. Heather Wolfson, DC, were first introduced to the TTAC community at the 2016 TTAC Ultimate Live Symposium. They returned to give another dynamic presentation at TTAC Live in October 2017. We asked the Drs. Wolfson to share the top three questions (and answers) that they're asked most frequently.

Q: Is there a link between cancer and heart disease?

A: Absolutely. Yet, most medical doctors are not awake to this fact. The reality is that many of the same foods and lifestyle choices that lead to cancer also lead to heart disease. But they don't teach us this in medical school.

Actually, poor nutrition and an unhealthy lifestyle are the causes of most sickness. Us medical doctors love to give everyone labels. This person has breast cancer. Another has heart disease. The next, arthritis. All of these labels have the same cause. I spent 10 years in medical training memorizing labels. NEVER did we discuss cause.

I take that back. We said cholesterol causes heart disease. Most brainwashed MDs still think the same. If cholesterol is so bad, why does our body make it? Why do all animals have cholesterol? Why does an egg contain cholesterol (to feed a growing chicken)? Finally, breast milk contains cholesterol. Would you be surprised to learn that cancer *survivors* have HIGHER cholesterol levels.

There is another clear link... cancer patients soon develop heart disease. I think there are many reasons for this. But the most obvious is, conventional cancer treatment leads to heart disease.

Many chemotherapy drugs are cardiotoxic. Cancer is in remission, but now you have congestive heart failure. Cancer drugs can cause coronary artery disease, high blood pressure, and problems with heart rhythm.

Radiation is notorious for leading to coronary artery blockages and damaging the heart valves. The more radiation to your chest, the more the damage. This is why I never recommend CT scans as a means to look for heart artery blockages. I have seen many patients with a history of massive radiation come in 20 years later needing a new heart valve, bypass surgery, or even a new heart.

The number one cause of death for breast cancer survivors is cardiovascular disease. The risks of cardiovascular disease are much higher for breast cancer survivors who have undergone chemotherapy or radiation treatments, as these treatments can destroy heart health.

The American Heart Association knows this. In a recent statement the AHA warned about chemotoxicity to the heart and the reality that 10x more women die of heart disease than breast cancer.

There is no doubt that cancer and heart disease are interrelated.

Q: In your opinion, what are the best ways to prevent cancer and heart disease?

A: The best ways to prevent cancer and heart disease is through nutrition and healthy choices. The top two things that cause people to be sick are poor nutrition and toxic chemicals. Remove those two elements and people are well on their way to optimal health.

Based upon scientific research and my work with patients, I recommend the following 12 actions to prevent cancer and heart disease:

1 | Eat a plant-based, organic Paleo diet only, including limited amounts of free-range, grass-fed meats and wild fish and seafood. Non-organic foods (the staple of most American diets) are covered in pesticides which cause cancer and heart disease.

2 | Evaluate everything in your house and office. Is it toxic or not? If it's toxic don't bring it in to your house. Avoid toxins in your clothing, personal care, and household care products. Buy an organic mattress, pillows, and sheets. Ditch the toxic laundry sheets and fabric softeners PLEASE. Huge annoyance to me. It's easy to do and you'll notice a quick improvement in your health. I ask people to leave my office if they have a heavy smell from perfume, cologne, or laundry. Sorry, come back soon without the poison.



Carefully evaluate every product you bring into your personal space. Is it safe and free from health-damaging toxins?

3 | Be active outside (exercise) 30 minutes every day. Avoid the toxic cleaning chemicals in the gym. Walk, run, hike, bike, or swim. Grow a garden. Take your dog for long walks.

4 | Get eight hours of quality sleep every day. Your body rejuvenates and heals itself during rest periods.

5 | Stay hydrated. Drink half your body weight in ounces of quality water daily. All life needs proper amounts of water to thrive. Lots of good systems out there. Pellegrino is a phenomenal source of sulfur, an element involved with glutathione production. More glutathione, less everything bad.



Drink half your body weight in ounces of good quality water every day

6 | Get regular adjustments from a Doctor of Chiropractic. These doctors are committed to prevention and healing naturally, without pills and procedures. Your brain controls everything in your body. For example, if there is a disconnect between brain and heart because of a vertebral subluxation, you are in trouble. See a DC and get adjusted; this is a requirement of all my patients.

7 | Our ancestors spent the majority of the day in and out of the sun. It's unlikely that they knew the exact mechanism by which ultraviolet light mixes with cholesterol in the skin to form vitamin D3, but they definitely were exposed to plenty of sunlight. Current scientific research affirms that the sun prevents cancer and the sun prevents heart disease.

8 | Walk/stand barefoot (direct skin contact) on the earth's surface 30 minutes every day. The electromagnetic energy from the earth's surface is good for your health. Additionally, limit electronics and turn off the Wi-Fi at night.

9 | Avoid/manage stress. Try yoga, meditation, and other stress relievers. Get stress out of your life to prevent AND heal disease.

10 | Take quality, evidence-based nutritional supplements. There are thousands of articles on supplements to support an anti-cancer and anti-heart disease strategy. Berberine has over 400 studies. Turmeric, over 1,200 studies. Garlic has almost 1,000 studies. That is just for cancer. As a cardiologist, I can tell you dozens of vitamin supplements with major cardiovascular benefits, according to scientific research.

11 | Have meaningful personal connections with others. It's not only proven to help your health, it's also what life is all about. Live, laugh, and love.



Laughter and personal connection not only make you feel good, they're good for your health!

12 | Use comprehensive and advanced blood testing once a year to measure overall health. I believe that prevention is the best strategy. When you do 21st

century, state-of-the-art testing, we can discover evidence that points to future cancer or cardiac risk. For instance, take markers of inflammation. The higher those numbers, the higher your risk.

Q: Can cancer and heart disease be treated naturally, without Big Pharma medications and invasive surgical procedures?

A: Cancer and heart disease are big business. Hundreds of billions of dollars are spent annually in the U.S. alone fighting these diseases. The medical machine in this country isn't motivated to prevent or cure these diseases due to the vast amounts of money involved. The motivation is to continue to earn obscene profits on diagnostic procedures, cholesterol drugs, chemotherapy, radiation, and invasive surgical procedures.

Call me cynical, but I have seen this behavior first-hand, working in hospitals and the largest cardiology group in Arizona. The so-called "war against cancer and heart disease" has been a colossal failure. It's simply been a public relations ploy to appease Americans while Big Pharma is making them sick and robbing them blind.

Holistic practitioners have an answer and thousands of lives are being saved. Soon, millions more. Many, many natural treatments have been used successfully to treat and reverse cancer and heart disease. These treatments have been hushed, suppressed, and ridiculed with smear campaigns funded by Big Pharma and food companies.

Cancer and heart disease in most instances can be treated naturally. And both can be prevented. I urge people to see a holistic physician dedicated to natural ways of healing. A physician's view of the world is determined by the lens they use. A surgeon sees surgical solutions. Most oncologists and cardiologists see pills, surgery, and radiation.

About The Drs. Wolfson



Jack Wolfson, DO, is a board-certified cardiologist who grew tired of patients failing to truly get well (while sometimes feeling worse) using pharmaceuticals and procedures.

Heather Wolfson, DC, is a chiropractic physician who provides chiropractic and nutritional care to adults and children.

Dr. Jack and Dr. Heather were featured speakers at The Truth About Cancer's live events in both 2016 & 2017. They believe that by focusing on whole, organic foods, natural supplements, and a toxin-free home, patients can heal the body, prevent disease, and achieve ultimate health.

Dr. Jack's natural holistic health approaches have been featured by NBC, CNN, *The Washington Post* and *The Wall Street Journal*. He is also the author of the Amazon best-seller, *The Paleo Cardiologist: The Natural Way to Heart Health*. Find out more about the Drs. Wolfson at www.TheDRsWolfson.com.

Seek a physician (healer) who looks at the world through a natural lens. My father always told me the best thing in medicine is another opinion. Find the healthcare that is right for YOU.

Nutrition, toxin avoidance, and following the other factors I mentioned above will help you reclaim your health. The human body is meant to heal, and it will.

Charlene's Cancer-Fighting Kitchen



Buckwheat, Banana & Flaxseed Pancakes



Here is a delicious, naturally gluten-free pancake recipe for your enjoyment and health.

Buckwheat is an excellent gluten-free food that helps lower blood pressure and improve digestion. It's also a rich source of disease-fighting antioxidants.

Flaxseed is loaded with omega-3 essential fatty acids that protect the heart. Numerous studies on flaxseed have found it reduces the risk of many cancers, including that of the breast, prostate, colon, and ovaries. One note of caution is that flaxseed should be ground just before using to retain its beneficial nutrients.

True cinnamon is excellent for lowering blood sugar levels and is also high in antioxidants. A compound in cinnamon known as cinnamaldehyde has been found to inhibit cancer tumor growth and encourage apoptosis (cancer cell death). Cinnamon also has strong anti-inflammatory properties and a plethora of other health benefits. Just be sure to search out real Ceylon cinnamon as most grocery store brands contain a far less healthy form of cinnamon known as Cassia cinnamon.

Yield: 2-3 servings

Preparation time: 20 minutes

Ingredients:

- 1 cup buckwheat groats, pulsed in a food processor or blender until they resemble a coarse flour
- 3 tablespoons organic flaxseed, freshly ground
- 3 ½ teaspoons aluminum-free baking powder
- 1 teaspoon Ceylon ground cinnamon
- ¼ teaspoon ground cloves
- ½ teaspoon fine Celtic or Himalayan sea salt
- 3 tablespoons melted coconut oil
- 1 egg, separated
- 1 ½ cups organic milk OR nut milk
- 1 teaspoon vanilla extract
- 1 or two ripe bananas, cut into thin slices
OR 1 cup fresh or frozen blueberries

Directions:

1. In a medium bowl, whisk ground buckwheat groats, ground flaxseed, baking powder, cinnamon, cloves, and salt.
2. Whisk in coconut oil, yolk, and milk; batter will thicken.
3. In a small bowl lightly beat egg white and vanilla. Gently fold into batter.
4. Gently stir in sliced banana or blueberries (or a combination).
5. Heat a large skillet over low heat. Lightly coat with coconut oil or pastured butter, if preferred.



6. Pour $\frac{1}{4}$ cup of batter into the hot skillet. Once the pancake shows visible bubbles (holes) and the pancake looks dry (about 1-2 minutes), gently lift one side using a thin spatula. If it is golden brown, flip and cook on the other side for another 1-2 minutes.
7. Serve pancakes warm with pure maple syrup, fresh fruit, or raw local honey. Sprinkle with more cinnamon, if desired.

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.





Fiery Leeks With Tomatoes and Walnut Gremolata



Yield: 2-3 side servings
Preparation time: 25 minutes

Ingredients:

- 2 pounds leeks (about 6-8 thin leeks), trimmed of green ends
- ½ cup filtered water
- 1 teaspoon pastured butter (optional)
- ¼ teaspoon cayenne pepper
- 2 medium tomatoes, peeled, seeded, and chopped*
(see instructions below)
- 2 cloves garlic, minced
- ¼ teaspoon ground allspice
- 2 tablespoons fresh basil, julienned
- 1 tablespoon fresh lemon juice
- Walnut gremolata (see ingredients below)
- Olive or walnut oil, for drizzling (optional)
- 2 tablespoons fresh parsley, chopped

Walnut Gremolata Ingredients:

- ¼ cup walnuts, finely chopped
- 2 tablespoons parsley, finely chopped
- Pinch of cayenne pepper
- 2 teaspoons lemon zest, finely grated (about one lemon)
- One good pinch fine Celtic sea salt (about 1/8 teaspoon)
- 1 small clove garlic, finely minced

Directions:

1. Rinse leeks thoroughly if necessary, removing any course outer skin (although some good organic dirt is quite healthy)

Enjoy these delicious leeks as a side dish with your favorite protein. They're also tasty served over a bed of baby arugula for more color and an extra serving of leafy greens.

Leeks have a much milder flavor than onions, but they pack a powerful punch when it comes to their ability to eliminate toxins. Regular consumption of leeks promotes the release of nitric oxide through blood vessel walls, lowering the risk of blood clots.

Tomatoes help to convert toxins into a water-soluble form that can be easily excreted from the body – literally flushing out the unwanted substances. Cooked tomatoes are also an excellent source of lycopene which is beneficial for prostate health. Walnuts are high in arginine, which helps the liver detoxify ammonia, which is harmful to the brain.

Parsley is an excellent detoxifier and inhibits the migration of cancer cells from invading and infecting new tissue. Basil, meanwhile, aids the metabolic breakdown and elimination of chemicals in the blood, helping to expel toxins. Both herbs are also loaded with health-promoting antioxidants.



2. In a large skillet, heat the water and butter (if using) over medium heat. Add the leeks in one layer. As the water starts to bubble, turn the leeks over and sprinkle with cayenne pepper.
3. Cook for one minute. Reduce heat to medium-low. Cook, covered, until the leeks are tender, about 12-15 minutes.
4. While the leeks are cooking, mix together all of the walnut gremolata ingredients and set aside.
5. Once leeks are tender, transfer them to a serving dish. Add tomatoes to the skillet and cook over med-high heat for one minute. Add the garlic, allspice, and basil. Cook for one minute more. Add the lemon juice and one tablespoon of the parsley. Stir to mix, and spoon over leeks.
6. Spoon gremolata over leeks, creating a decorative pattern. Drizzle with walnut or olive oil, if desired, and sprinkle with the remaining parsley.

**To peel tomatoes: Boil filtered water. Cut a shallow X on the bottom of each tomato. With tongs, hold one tomato and blanch for 30-60 seconds; repeat with second tomato. Transfer to a small bowl of ice water. Peel, de-seed, and chop.*





Spring Rice Salad Wraps with Sprouts, Asparagus & Spinach



Spring is in the air, and perhaps you've had your fill of stews and heavy soups. Serve this delicious and nutritious salad as is or in a wrap for a tasty lunch or light dinner.

Asparagus is one of the most healthful foods available. It contains many cardio- and cancer-protective nutrients, such as vitamins A, K, B6, C, folate, and selenium. This stalky vegetable ranks high among veggies that combat inflammation and reduce the negative effects of cell-damaging free radicals.

Alfalfa sprouts contain a concentrated amount of many vitamins and minerals, such as vitamins K and C, and calcium. They are also a significant dietary source of phytoestrogens, which can help reduce your risk of cancer and heart disease. Some research shows that they also aid in reducing LDL cholesterol and raising HDL. Alfalfa sprouts also help boost immunity. Other powerful sprouts such as broccoli, kale, or watercress offer a concentrated source of anti-cancer cruciferous goodness.

Yield: 4-6, depending on the size of your wraps
Preparation time: 15 minutes + time for cooking & cooling rice

Ingredients:

- 2 cups cooked black or brown rice
- ½ cup snow peas, strings removed, cut in half and sliced thin
- 2 scallions, sliced thin
- 5 stalks steamed asparagus, cut into one-inch pieces and sliced thin
- ½ cup fresh spinach, rolled and sliced thin
- 10 medium basil leaves, rolled and sliced thin (stacking tender spinach and basil leaves and then rolling and slicing them horizontally makes this task a snap.)
- 1 tablespoon organic extra virgin olive oil
- ½ teaspoon dried basil
- 1 teaspoon Dijon mustard
- Finely ground Celtic sea salt and fresh ground black pepper
- 2 cups sprouts of your choice (alfalfa, broccoli, watercress, kale, etc.)
- 4-6 wraps of your choice
- ½ cup cooked chickpeas (garbanzo beans), optional

Directions:

1. In a large bowl, combine cooked rice, snow peas, scallions, asparagus, spinach, and chickpeas (if using).
2. To create the dressing, whisk together oil, lemon juice and pulp, oregano, and mustard in a small bowl. Season generously with salt and pepper.



3. For the salad, toss half of the dressing with the rice mixture. Season with additional salt and pepper, if desired. If making wraps, skip to step 5.
4. If plating the salad: spoon salad onto a serving dish or divided into four bowls. Arrange sprouts on top and drizzle with the remaining dressing. (Sprouts are not tossed with rice because they tend to mat and tangle when mixed).
5. For wraps: Toss half the dressing with the rice mixture, and then add more until salad has a moist, but not wet, consistency.
6. Spread a layer of sprouts down the middle of each wrap. Spoon the salad on top, leaving more than half of the wrap free on the top and couple of inches free on each side. (Depending on the size of your wrap, you may have extra salad).
7. Fold in the sides, almost enough so they touch, leaving about one inch or so between them. Bring up the bottom flap, then roll. To serve, cut each wrap in half on a slight diagonal. Serve at room temperature and 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 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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The Fundamentals of Healing All Disease

By Dr. Daniel Nuzum

I have studied naturopathic, naprapathic, osteopathic, monastic, Indigenous, and Oriental medicine, mechanotherapy, dynastic martial arts healing and theocentric chiroprathy systems over the last 36 years. Most recently I completed allopathic (Western) medical school. I have 36 years of martial arts experience as well as over 20 years of schooling in these various systems. What I am going to present to you here are the fundamentals of what I've uncovered through all these years of medical training.

The History of “Alternative” Medical Practice in the U.S.

In the manual medicine community in the United States we have an interesting history. European bone setters as well as mechanotherapists were the first to bring the

manipulative medical practices to the colonies, whereas the botano-medical practices of the Europeans came with them and was primarily practiced by the clergy. [Note: Mechanotherapy is the treatment of injuries or disorders by means of mechanical devices, especially those that provide exercise for bodily parts. "Botano" refers to botany, meaning using plants for healing.]

The monastic and theocentric healing component brought by the clerics fleeing their European homeland was instrumental in the development of medical practice here in the States. Mechanotherapy was the system that Dr. A.T. Still, the father of Osteopathy, studied in a heretical or dynastic fashion (from a mentor) prior to his founding of the Kirksville, Missouri College of Osteopathy.



Andrew Taylor Still (1828-1917), MD, DO, was the founder of Osteopathy and osteopathic medicine, as well as the world's first osteopathic medical school in Kirksville, MI

Dr. Still had very similar views to what I have about healing and the body's supernatural design. D.D. Palmer, the founder of Chiropractic, made his monumental discovery after spending two semesters training in Kirksville with two of Dr. Still's students.

Dr. Oakley Smith, the founder of Naprapathy, studied Osteopathy and Mechanotherapy in the Chicago area and went to visit his family in the Scandinavian countries and noticed their mechanotherapeutic practices. He brought back some of the Scandinavian techniques and later joined forces with D.D. Palmer.

Being that Palmer was very charismatic but had very little medical training and no medical title or degree, Dr. Smith penned the first three manuals on chiropractic and when he and Palmer fought over differences in technique, Smith left and started his system which he called Naprapathy.

If you were to sit in on one of my lectures about original Still osteopathic technique you would hear how these two gentlemen (Palmer and Smith) dissected Dr. Still's technique and then created their own systems with fractionated techniques. Today in the U.S. we have 31 osteopathic schools, 14 chiropractic schools, 3 naprapathic

schools, some 200 physical therapy schools, and countless massage therapy schools which all come from the same source.

We have modern day institutions such as the Cleveland Clinic (originally a homeopathic college and hospital) and National College of Chiropractic (originally the American College of Mechanotherapy) that were at one time part of that original natural medicine network.

The eclectic medical system has by and large been lost. Those of us that have dug deep into modern naturopathic medicine have found many treasures of the old eclectic system surviving through us today. Many of the basic botanical medical formulas that are in use today come from the old eclectics.

We need to take a good look at naturopathic medicine as well as traditional Osteopathy and their origins. Dr. Still (father of Osteopathy) studied as an apprentice under an old Swedish mechanotherapist. Both were very much spiritually oriented. (Dr. Still's parents were Methodist missionaries and Methodism is based on Anglican monasticism and included healing through physical modalities that were the same as Father Kneipp's).



Osteopathic, chiropractic, naprapathic, physical therapy, and massage therapy teaching all originate from the same source



Eastern Orthodox monasteries served as outreach centers and provided medical treatment. The monks also documented the local healing modalities and shared this knowledge amongst the monasteries

A Brief History of Monastic Medicine

The father of naturopathic medicine, Benedict Lust, was a student of the German monk Father Sebastian Kneipp. Father Kneipp healed with the following monastic medical modalities:

- Water
- Air
- Sound
- Light
- Electricity
- Botanical Medicines
- Physical/Manipulative modalities
- Exercise
- Nutrition
- Mindset
- Spiritual health
- Emotional health

These 12 elements of healing are what the most prevalent natural medical system on Earth was based on. Monastic medicine using these modalities spans a history of 2,000 years and incorporated virtually all other healing modalities (most of which were Indigenous medical

procedures) long before America as we know it was even a thought. Modern monastic medicine follows the ancient model in that all monastic centers were centers of learning as well as healing and instruction.

In the practice of monastic medicine immutable spiritual principles must be observed in order for healing to take place. These principles are as follows:

1 | Composition. God made Adam, the first man, from the dust of the Earth as it says in the Bible. Following this basis, the composition of the human body should mimic the composition of good healthy soil. Healthy soil is composed of:

- Water
- Varying levels of the elements of the periodic table
- Microbes

Consider for a moment that the human body consists of roughly 96% carbon, hydrogen, and oxygen with the rest of the periodic table being represented in roughly 4% of the human frame. It is very conceivable that the human body does in fact consist of water, varying levels of the periodic table, and microbes.

2 | Disorder & Dysfunction are caused by one or more of the following factors:

» **Irritation.** This can be anything that causes trauma to the body on any level. This can be blunt trauma, intoxication, dysfunction due to missing components, etc.

» **Inflammation.** This is the body's response to trauma. Swelling is a protective response that the body has against trauma. Swelling "splints" an injured joint. Swelling dilutes toxins and is the body's natural response, yet can be extremely life threatening.

» **Infection.** An inflamed body is a breeding ground for infection. Seventy percent of the body is water. Water always obeys the same laws. If stagnant water "goes bad" with time, stagnant swelling in the body "goes bad" also. As inflammation sets in, the swollen portion becomes "waterlogged" and infection is inevitable and incurable.

» **Degeneration.** Degeneration is the final stage of the disease process and cannot be halted, slowed, or reversed. That is, outside of an act of God, or observance of the healing process via a protocol that addresses each of the three previous components of the pathology of disease.



Degeneration is a deterioration and loss of function in the cells of a tissue or organ. It is the final stage of the disease process

3 | Adaptation or Accommodation. The body has one of two different responses to irritation, inflammation, and infection. These responses are adaptation or accommodation (acceptance). When the body *adapts and overcomes* any irritation, inflammation, or infection, it becomes stronger and more capable of dealing with these things in the future. In other words it gets tougher.

When the body *accommodates* irritation, inflammation or infection, it is overrun by these things and they take control of the body's physiology. Enabling the body to overcome whatever the irritation was to begin with resolves the conflict and restores self-regulation in the body.

The course of the healing process must be observed in sequence in order for healing to occur. These steps are:

- Stabilize
- Detoxify
- Fortify
- Maintenance

Healing only begins when the patient is stable, and the patient cannot stay stable if they do not progress into the next step in the healing process, which is detoxification. No dirty wound can heal. No toxic body can recover. Clearing the elimination pathways of the body is only the first step in the detoxification process, and the primary process practiced by most natural medicine practitioners. Detoxification involves things like colon irrigations, neti pot irrigations, colon cleanses, gallbladder flushes, etc.

The second step in the detoxification occurs on the cellular level. This is the primary form of detoxification practiced by the more allopathically-oriented natural medicine practitioners and includes therapies such as chelation therapy, orthomolecular nutritional supplementation, and very targeted nutrition. Both are essential in order to clear the toxic build up that is wreaking such havoc on our population. We must clear the exits and then clear the toxins.

However detoxification is only the second step in the process. *Fortification* is the essential outflowing of this process. As Christ told us "some demons are only cast

out by much prayer and fasting" and "when they are cast out, they wander in dry places and then return and find the house empty," at which time they move back in along with seven more "friends."

Once the patient has detoxified they must then fortify and rebuild their system. This includes probiotic therapy, medicinal mushroom and adaptogen supplementation, as well as nutritional fortification and physical modalities.

Once the patient has regained their strength and has recovered from the illness, they must stay on a course of maintenance that will maintain their recovery. If they "fall off the horse" the condition most likely will return.

4 | Ongoing Maintenance

Diligent maintenance of the healing process is of the utmost importance. You are either healing or getting sick, there is no in between. You must continue the work in order to maintain what you have achieved.



Once recovered it's important to follow good health practices to prevent the condition from returning

The 5 Tenets of Natural Medicine

Tenet of Natural Medicine #1:

Healing is proportionate to blood flow. Life is in the blood. Your blood is your river of life.

Tenet of Natural Medicine #2:

Following the healing process will lead to healing, regardless of the issue. Remember the four steps:

- Stabilization
- Detoxification
- Transformation
- Maintenance

Imagine you just cut your finger. A bleeding wound can't heal and therefore must be *stabilized* in order for the healing to begin. Therefore, healing begins with stabilization.

A dirty wound won't heal completely unless it is cleaned out. By cleansing or *detoxifying* the wound you remove all of the roadblocks to the healing process. On a cellular level, detoxification is the process of removing toxic environmental waste as well as intracellular waste (waste produced by cellular metabolism). When cellular waste is removed there is more space for nutrition and materials needed to rebuild the cell and the tissue that the cell is part of.

Transformation is the last stage of the healing process. Fortification is the process that produces transformation. In the wound that we have been talking about, once you have cleansed a wound, you fortify the wound with a bandage. You change the bandage consistently and keep the wound clean, and in a short period of time the wound transforms into new healthy tissue.



Whether it's a cut on your finger or a serious disease, the same 4 healing steps apply: Stabilization, Detoxification, Transformation (Fortification) & Maintenance

No matter what the tissue or organ or type of cell, the body *always* heals by following this process. As a physician, if I follow this process with my patient they will improve, regardless of the condition the patient is suffering from. This is why I always incorporate this philosophy into my treatment protocols.

Tenet of Natural Medicine #3:

Quality of healing is proportionate to the quality of blood. Quality of blood is dependent on eight factors:

- **Digestion** - assimilation of nutrients
- **Hydration** - maintenance of hydration and lubrication
- **Nutrition** - supply of essential components of the structures of our cells
- **Respiration** - oxygenation
- **Filtration** - waste removal
- **Hormonal function** - proper long-term communication
- **Innervation** - proper short-term communication as well as bodily control
- **Circulation** - fluid motion of the blood and its contents

Tenet of Natural Medicine #4:

Structure and function are interdependent and inseparable. One must be treated along with the other in order for the innate healing power of the organism to be fully activated.

Tenet of Natural Medicine #5:

Emotional healing must accompany physical healing. The human spirit controls the human mind, the human mind controls the human body, in good health or poor.

Spiritual and mental health must be promoted along with physical health in order for true healing to occur.



Spiritual and mental healing are just as important as the physical in order for true healing to occur

It's All About the Healing, NOT Treating Disease

There you have it, the fundamentals of healing. These are all things that I teach to students in naturopathic and osteopathic medical schools. These are fundamental philosophies my students must understand.

If someone is practicing natural medicine without knowing these things, they're going to cost their patients a lot of wasted time and money, because a lot of

what they're going to do is trial and error. But if you go into practice armed with these principles, it takes away a lot of guesswork. You already know which direction you need to go. You've just got to find the right vehicle for that particular patient.

This is a key difference between how a conventional medical doctor (MD) and a traditional osteopath, naturopath, or a doctor of Oriental medicine approaches a patient. The MD will try to treat a disease. But none of us would ever treat a disease. If someone comes to us wanting treatment for a disease, that's just not what we do. What we do is all the fundamentals of healing that you learned about above. All of these principles lead to healing the body; none of them treat a disease.

What's nice about this approach is that it doesn't matter what ailment or disease a patient has. We can make them as healthy as they can get by following these principles. If you're merely treating the patient's disease, the only thing you can do is stabilize them. And the thing with being stable in an illness is that if you don't do something else, you will regress.

This is why with conventional cancer treatment if someone survives after their treatment for five years, the system views that as a success. But sadly not that many people are surviving more than five years. If they do they so often die when cancer comes around again, because they didn't do anything to stop the process of the disease. That's what these fundamentals of healing do. They resolve why the problem's happening to begin with.

I'll close with something I share with all my patients: "The treatment of a disease is treating *what* is happening. Healing is treating *why* it's happening."

About Dr. Daniel Nuzum



Daniel Nuzum NMD, DO, DN is a certified Doctor of Natural Medicine, medical acupuncturist and nutritional supplement formulator with a passion to help others find their "vitality for life." He is also a licensed Tribal Practitioner, a counsel licensed

Doctor of Natural Medicine and an osteopathic doctor.

In 2002, he founded Nuzum's Naturals located in Nampa, Idaho. The clinic served the entire Treasure Valley until Dr. Nuzum chose to focus on creating formulas and supplements that will have an impact on global health.

His vast background is in many facets of natural medicine and deeply inspired by a passion for people and helping others. Dr. Nuzum frequently pursues opportunities to educate and has appeared in all The Truth About Cancer docu-series. He is also the lead formulator for Organixx supplements.

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