

In This Issue:

- 1 The Importance of Synergy in Holistic Healing

- 11 Could Allergies Be a Precursor or Predictor of Future Cancer?

- 17 Charlene's Cancer-Fighting Kitchen
 - 17 • Herbed White Bean Kale Soup
 - 18 • Coconut Cream Quiche with Buckwheat Crust
 - 20 • Ratatouille

- 22 How to Ensure You Have Adequate Vitamin D During the Winter Months

The Importance of Synergy in Holistic Healing

By Ty Bollinger

If you grew up attending church like I did, you may recall how the people of God are often described in the holy scriptures as representing a spiritual “body” comprised of many differing and unique members. Some members are uniquely equipped to function as the “nose,” for instance, because they have a penchant for sniffing out the truth. Others are better suited as the “mouth” to actively spread the good news. Those with above-average physical prowess might be best fit for the “musculature” to perform physical labors of love, while the more intellectual types tend to shine their brightest when positioned as the “brains” of the operation. Each individual member’s respective role is a direct reflection of their unique strengths, abilities, and degree of faith.

One of the things I’ve always found particularly intriguing about this metaphorical concept is that no matter how gifted an individual member of the body might be in their particular skillset, their ability to fully express it is almost entirely dependent upon all of the other members also being present and expressing theirs.

continued on page 3

Message From Ty Bollinger



Autumn is officially here! This is one of my favorite times of the year in Tennessee when the leaves start changing color and our garden is overflowing with beautiful fall produce.

As I'm writing this we're still more than a week away from our Live Event in Orlando, and I can't wait for all the incredible health information that our speakers will be sharing. Just like last year we'll be taking lots of notes at the event so we can bring you the latest "from-the-front-lines" health knowledge in upcoming issues of the HAC newsletter.

This month we've got articles from two of our TTAC Live Event speakers. By now you should all know "RSB," aka Robert Scott Bell. Robert shares his personal story of the miserable health he suffered as a child and how homeopathy helped him understand the true cause behind allergies. If you suffer from allergies (as so many do), this is an eye-opening read.

Then we've got Dr. David Jockers with an in-depth look at why vitamin D is so important for your health, and ways you can ensure you keep your vitamin D levels at a healthy range throughout the fall and winter months. Be sure to check that article out.

You've likely heard the term "synergy." It's often used in a business context, but in my article this month I'm talking about the synergy found in nature – specifically plants. I hope you find this concept as intriguing and beneficial as I do.

Stay well, and I hope I get to see you at Live Event or that you're able to join us via live stream.

Until next month...


Ty Bollinger

continued from page 1

Just like a physical body, those who serve as “hands” are only as effective as the “arms” who support them. And the “arms” are only as useful as the “shoulders” who give them motion and ability. In turn the upper body at large requires the support of the “legs” in order to carry it from point A to point B.

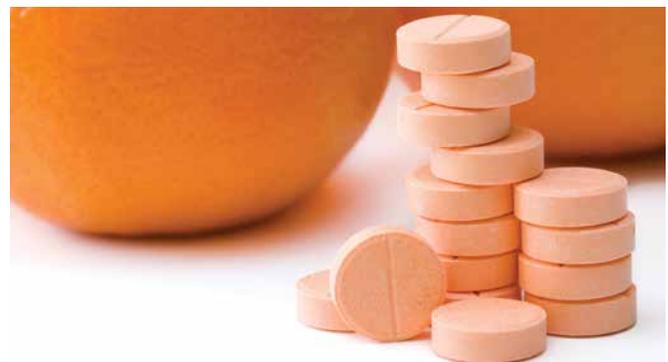
In the same way that the body-whole wouldn't exist without its individual parts, the individual members wouldn't have a leg to stand on (literally) without the support of the rest of the body. It's a principle of mutual reliance known as interdependency that applies to all sorts of things in our physical world.

Your car won't get you very far without the engine or wheels, for example, and you'll find that it's pretty tough to bake a cake without the eggs and flour. Any substance or object that functions as a factor of its many individual parts generally requires all of these parts to be present, otherwise it won't work as designed. If even one small piece is altered or removed – try baking a loaf of bread without the yeast and see what happens – the end product will be compromised, if not completely cease to be.

Plants and herbs function similarly in that their whole-form existence is contingent upon the sum of their respective molecular parts working in tandem with one another... but with a twist. The fundamental building blocks of living things often overlap with one another, which means there's an added layer of mystery when it comes to explaining why one set of molecules forms into an apple, for instance, as opposed to an orange. Both fruits contain similar base constituents such as vitamins, minerals, carbohydrates, and fiber, and yet something in their structural blueprints is clearly distinctive in terms of how they end up different in terms of their look, feel, smell, and taste.

There are also variances in the way that different foods and herbs affect the body when consumed whole, despite their similar fundamentals. Apples have higher levels of fiber, for example, and oranges have higher levels of vitamin C. It all has to do with the unique chemical synergy that takes place within living organisms that differentiates one type of food from another, which in turn affects how our bodies respond to their nutritive impacts.

Synergy is the reason why consuming freshly-squeezed orange juice tends to be more comprehensively nutritious than supplementing with isolated vitamin C, for instance. It's also the basis behind why it's often beneficial to combine whole functional foods together to elicit an even more holistic effect – or what you might call progressive synergy.



Consuming whole foods and whole food supplements is more beneficial than isolated synthetic compounds

What Is Synergy?

From the perspective of therapeutic nutrition and functional medicine, synergy is basically the idea that the entirety of what's found in a given plant, herb, or other food in whole form is far more beneficial and nourishing to the body than just its individual “active” constituents in isolation. With synergy, there's no such thing as an “inactive” ingredient, in other words, as every single constituent is considered to have importance with regards to how it supports all the other constituents.

Synergy can also mean combining the whole constituents of one living organism with those of another in order to further enhance the respective benefits of both organisms – and potentially even create more benefits in the process. It's kind of like how a painter mixes primary colors to produce secondary ones. A little bit of yellow mixed with a little bit of blue produces green – a whole new color that wouldn't exist at all were it not for the combined synergy of the other two colors.

Another example of synergy in herbalism is the combining of turmeric spice with black pepper in Ayurveda. Turmeric is considered to be a healing wonder all on its own, hence its prolific presence in traditional Indian cooking. (Not to mention the hundreds of scientifically-backed proofs showing what turmeric can do to support the body.) But we now know that these effects are further enhanced by the presence of black pepper. It not only amplifies the potency of turmeric, but also provides added benefits in the form of added healing protection.



Black pepper and turmeric are often consumed together which magnifies the therapeutic benefits of the turmeric

“The holistic perspective begins with the observation that the ‘sum is greater than the parts.’ Thus, the whole organism acts with an intelligence and direction that

govern the parts,” explains Matthew Wood in his book *The Earthwise Herbal* about how synergy works within the greater framework of holistic health.¹

“The medicinal plant, unlike the drug, constitutes such a ‘whole organism.’ The unique slurry of chemicals constitutes the material expression, so to speak, of an intelligent being that has learned to survive in a challenging niche in the natural environment. It has been ‘standardized’ by Nature, and hardly needs to be tweaked by nosy human beings who think Nature is insufficient to the challenge.”

If you think of it all in mathematical terms, synergy basically turns addition into multiplication. It stands to reason that the sum of a plant's parts naturally has a combined potential of, say, $2 + 2 = 4$. Synergy increases this potential exponentially, resulting in something like $2 + 2 = 8$. What synergy essentially does in herbalism is it boosts the combined effects of a plant's constituents to become even greater than their normal arithmetical sum.

In the natural healing arts, this type of synergistic phenomenon can make all the difference in establishing a treatment's therapeutic potential, greatly amplifying its efficacy through the combining of multiple healing organisms.

Synergy and Essential Oils: What You Need to Know

One of the reasons why I prefer natural remedies over their pharmaceutical counterparts is that, more often than not, they utilize the power of synergy. This is especially true for essential oils, which are among my top go-to solutions for addressing health issues. Since they're extracted from whole plant matter, essential oils contain a full spectrum of healing constituents that work holistically and intelligently to enhance the systems of the body while protecting them against damage.

Though individually these oils contain dozens or even hundreds of chemical constituents that each bear their own therapeutic signatures, their combined effects can be even more impressive.

Lemongrass (*Cymbopogon citratus*) essential oil is one powerful example of this. Science has revealed that two out of its three primary components, alpha-citral (geranial) and beta-citral (neral), possess powerful antibacterial properties. The third primary constituent, myrcene, has not shown any demonstrable antibacterial activity, which some might say logically necessitates its removal from the equation in order to increase the oil's efficacy. But as another recent study found, the presence of myrcene actually *enhances* the activity of the other two constituents – thus demonstrating synergy in action.²



Lemongrass essential oil contains three powerful compounds that work together synergistically

This amazing synergy can also exist among the various constituents found in multiple different types of essential oils, further expanding their combined therapeutic potential. A blend containing one type of oil that promotes relaxation, for instance, along with another that supports alertness could have the combined effect of both energizing and de-stressing. The possibilities are limitless! Synergy of this kind can occur in one of two ways:

Therapeutically, such as when one antispasmodic (smooths muscle spasms) essential oil is combined with another antispasmodic essential oil to create a “super” antispasmodic essential oil blend.

Chemically, such as when one essential oil containing its own unique type of antimicrobial compound such as thymol is combined with another essential oil containing a different type of antimicrobial compound, such as eugenol. The combination of these varying ingredients results in a dual-action antimicrobial essential oil blend.

Both mechanisms of synergy have their proper place in the natural healing arts, and in many cases both methods are used to such ends. Thanks to continuing advancements in modern science on this front, we’re learning progressively more about how maximum synergy can be achieved by mixing and matching the best of what the natural world has to offer in this regard. Let’s take a closer look at some examples.

In treating conditions like irritable bowel syndrome and dyspepsia, for instance, researchers from Germany have determined that combining the essential oils of peppermint and caraway produces synergistic benefits that help to support the gastrointestinal system. The spasmolytic effects of caraway, they found, are greatly enhanced by the spasmolytic effects of peppermint, and vice versa.³ [Note: “spasmolytic” is a term that means “able to relieve spasms.”]

Another study published in the journal *Phytotherapy Research* looked at the essential oils of clove and rosemary and identified similar synergistic properties with regards to their combined antimicrobial potential. Since both clove and rosemary have demonstrated incredible antimicrobial activity individually against a wide range of harmful bacteria and fungi, researchers from China decided to combine them. They discovered in the process that the two oils are a great match for fighting the

invasive *Candida albicans* yeast strain. They also surmised that this particular oil blend might offer similar benefits against many other microorganisms as well.⁴

The German Commission E, a renowned scientific advisory board that provides expertise on the efficacy of traditional, folk, and herbal medicine protocols, is another leading source of information on the synergistic power of essential oils. Focusing primarily on essential oil blends that offer support for gastrointestinal health, the Commission has determined that the following essential oil blends show demonstrated synergistic potential.⁵

» **Anise, fennel, and caraway.** This combination of essential oils shows efficacy in relieving dyspeptic discomfort, including mild spasms of the gastrointestinal tract, flatulence, and that feeling of being “full” after a meal.



A number of essential oils have been studied for their ability to help with common gastrointestinal health issues

» **Caraway and fennel.** Even without anise, caraway and fennel were shown to provide relief from dyspeptic discomfort. [Note: “dyspeptic” refers to having indigestion or resulting irritability.]

» **Eucalyptus and pine needle.** Breathing in these two essential oils can help to clear out the respiratory tract, as can applying them externally in the event of a cold or other respiratory-related illness.

» **Peppermint, caraway, and fennel.** Peppermint and anise appear to be interchangeable when it comes to providing synergistic relief from dyspeptic discomfort alongside caraway and fennel.

For combating inflammation, other research found that a blend of Roman chamomile and lavender essential oils can help to provide soothing synergistic benefits. If a person is having trouble sleeping due to stress or anxiety, these two oils combined with a third one that promotes rootedness and strength, such as vetiver or cedarwood, can provide further benefits.

In dealing with chronic bronchitis that results in lowered immunity, one might look to combine essential oils that have expectorant and/or immune-boosting properties. These include:

» **Eucalyptus** (*Eucalyptus globulus*), which contains 1,8 cineole, a powerful expectorant and respiratory stimulant.

» **Rosemary** (*Rosmarinus officinalis*), which contains both 1,8 cineole and camphor, a powerful mucolytic substance. [Note: “Mucolytic” means helping to clear mucus from the respiratory system.]

» **Peppermint** (*Mentha piperita*), which contains menthol, menthone, and ketone, which help to expand the air passageways and boost immunity.

» **Thyme** (*Thymus vulgaris*), which contains phenol and thymol, two substances that help to fight harmful pathogens and boost immunity.

Many experienced aromatherapists are well-versed in how to maximize the therapeutic synergy of essential oils. Essential oil medicine is rooted in maximizing bodily wholeness through herbal synergy, which I personally believe offers the greatest potential for optimizing health and well-being. Contrast this with modern con-

ventional medicine which is focused almost exclusively on isolating healing compounds and studying them in solitude from their many counterparts.

5 Essential Oil Blends to Help “Synergize” Your Everyday Life

The essence of synergy in aromatherapy truly is encapsulated by the idea that the only way to fully realize the healing potential of a given substance’s individual parts is to take full advantage of its unified whole. As I discussed earlier, our physical bodies are synergistic by nature. Therefore, it only makes sense that exposing them to synergistic substances like carefully crafted essential oil blends is an excellent way to bring about balance and equilibrium.

Our modern lives are plagued by stress, toxins, poor nutrition, lack of sleep, and many other impediments that make it difficult for our bodies to function at their best. But the good news is that essential oils can help – especially when they’re synergistically formulated to address some of the biggest roadblocks to sustained health. Whether it’s chronic stress, stiffness & discomfort, poor digestion, or impaired immunity, the best solutions are those that embrace synergy.

The following brand new essential oil blends from Organixx target five of the biggest barriers to maximizing everyday health:

1 | Relaxx - Lavender, Ylang Ylang, Clary Sage, and Chamomile

The calming floral essence of lavender combined with the velvety aromatics of clary sage produces a unique type of synergy that helps to promote feelings of calm and relaxation. Chamomile adds an extra mood-boosting kick that studies show further benefits the nervous system, helping to minimize feelings of tenseness, anxiety, and even depression. Evidence also suggests that inhaling the fragrant notes of chamomile helps to lull the body into a state of restful serenity and sleep.

Ylang ylang offers similar mood-boosting benefits, working synergistically with the other three oils to support balanced hormones and regulated blood pressure. Ylang ylang is even said to help with the types of negative emotional states that can lead to chronic low self-esteem. The added benefits are that it can help to balance adrenal function and wash away stress, while promoting feelings of peace, emotional stability, and improved mental clarity.



Chamomile is a favorite herb for enhancing feelings of calm and relaxation and is often taken in tea form to promote a restful sleep

2 | Relief - Ginger, Wintergreen, Rosemary, Clove, and Frankincense

Let’s face it: the busyness of life can take a serious toll on our immune systems as well as our energy levels. For some, everyday stress can lead to things like chronic headaches, muscle pain, and even bouts of depression, while for others it can make them more susceptible to catching the latest seasonal “bug.” But the invigorating effects of fresh wintergreen combined with the stimulating bouquet of rosemary, ginger, clove, and frankincense can help make all of that go away while helping those who suffer from tired, aching muscles to gain a new lease on life.

Wintergreen contains an active ingredient known as methyl salicylate that not only provides inflammation support, but also helps to soothe tension while stimulating the senses and promoting alertness. Ginger has

similar properties that comfort the senses, balancing well with both rosemary and clove to energize and support emotional balance. Clove contains a compound known as eugenol that helps the body defend against cellular oxidation, while frankincense, "the king" of essential oils helps to keep every system of the body in tip-top shape in order to optimize well-being and quality of life.



The stimulative scent of rosemary is known for its ability to increase alertness and enhance memory

3 | **Shield - Clove, Oregano, Thyme, Ginger, and Cinnamon**

Sometimes we just need to maintain what we already have, which is why it's important to protect our bodies against the onslaught of toxic invaders that we face every single day. That's where the "Shield" essential oil blend comes into play. The revitalizing properties of clove and cinnamon add a spicy flare to the purifying essences of both oregano and thyme. A study out of Slovakia found these latter two oils work synergistically to quell gastrointestinal distress while helping to support healthy inflammation levels.

Oregano and thyme offer further antimicrobial support, while ginger's warming and energizing effects offer added protection against allergies and other seasonal discomforts. Each of these five special oils works in tandem with one another to help fortify the body's immune defenses and guard against whatever nature decides to throw our way.

4 | **Digest - Peppermint, Ginger, Lemon, and Fennel**

One of the major components of good health is keeping a proper diet. But what good is eating nutritious food if our bodies aren't able to digest it properly? There are many reasons why some people have a hard time digesting their food, but the synergistic effects of peppermint oil combined with ginger, lemon, and fennel oils can help. These oils together can help to improve the way the body processes nutrients while fortifying the functionality of the stomach and intestines to ensure we're getting the most out of our food.

Peppermint contains unique chemical constituents that help to support a healthy colon and gastric lining. It's been used for thousands of years to help soothe and relax the muscles of the stomach, and works cooperatively with ginger to further stimulate the functionality of the intestinal tract. Lemon bears similar pro-digestive properties, as does fennel, a powerful gut-healer that helps to relax intestinal muscles, clear the bowels, and relieve symptoms of digestive irritability.



In many cultures it is customary to chew fennel seeds after meals as a digestive aid

5 | **Exxhale - Eucalyptus, Thyme, Peppermint, Rosemary, and Bergamot**

Ever hear the phrase "just breathe?" Inhaling and exhaling in a sustained and steady way throughout the day is essential for cells to become fully oxygenated. It's also key to healthy respiration, which our bodies require for

proper nervous system function. But anxiety, stress, and other factors can interfere with the way we breathe, negatively affecting our heart rate, adrenal function, digestion, and various other bodily processes.

Essential oils can help, and particularly those like eucalyptus that help to open up the air passageways and improve the flow of oxygen into the lungs. Eucalyptus and other "minty" oils like peppermint work together to not only make breathing easier, but also help cleanse the respiratory system of harmful microorganisms and other toxins that negatively impact the body. Thyme's antimicrobial properties offer further support, while rosemary oil helps to improve the body's respiratory rate.

The citrusy essence of bergamot is likewise beneficial to the body's autonomic nervous system (the part that regulates breathing), offering synergistic support with the other four oils to support healthy blood pressure levels and heart rate. Its calming effects further support balanced, rhythmic respiration that helps us to not only just breathe, but also to breathe easy.

As you can see the sky really is the limit when it comes to the synergistic healing potential of essential oils. And what's really great about using them this way is that, more often than not, those oils that possess the strongest synergistic magnetism also smell good together.

Remember too that while premade blends are an easy way to try out essential oil combinations, don't be afraid to try mixing and matching various essential oils that you love to make your own, personalized blends.

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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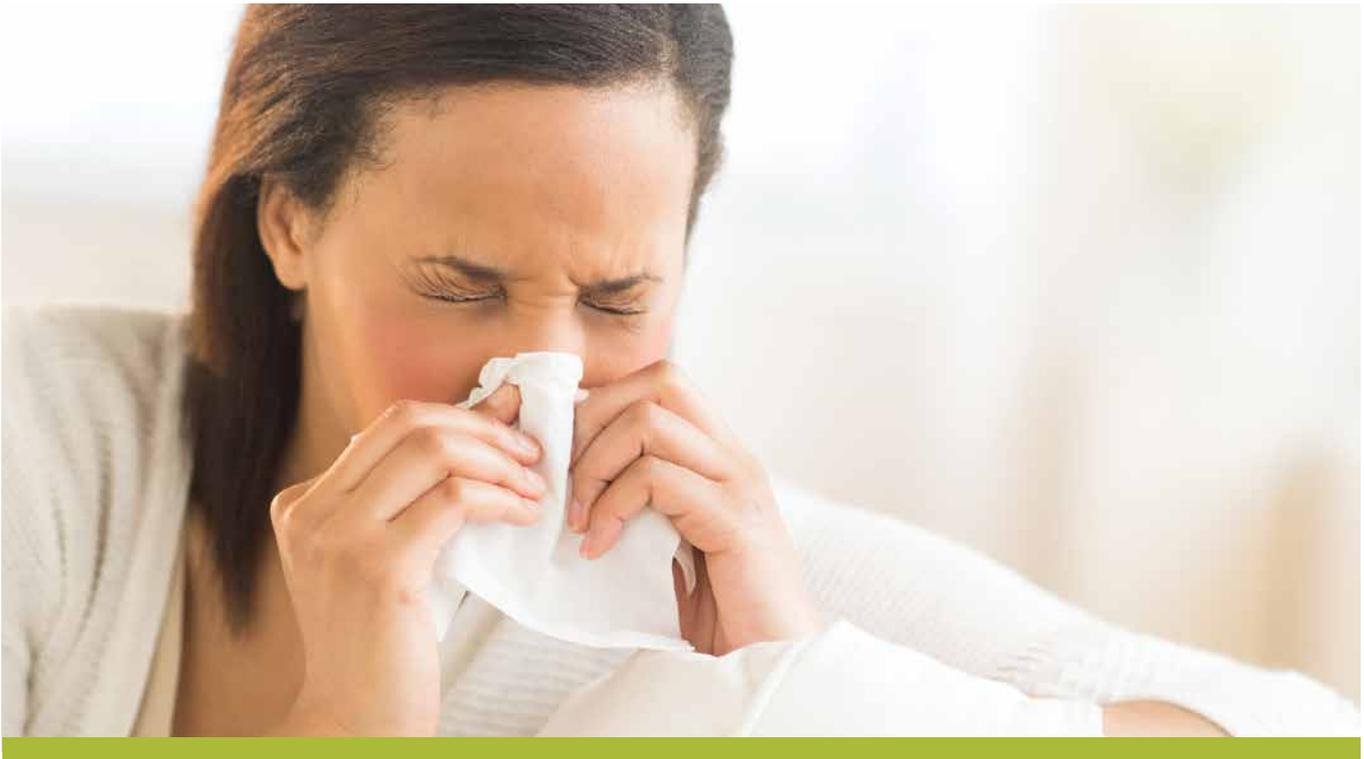


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Could Allergies Be a Precursor or Predictor of Future Cancer? How to Reverse Them Without Harming Your Immune System

By Robert Scott Bell, D.A. Hom.

I used to be the poster-boy for allergies. When I was a child, I received allergy shots regularly over a 10-year period, in addition to numerous prescription and over-the-counter drugs. As I was raised in a pharmaceutical family, we never thought to ask why I had so many allergies, dutifully following doctors' orders by treating symptoms with FDA-approved medication.

I learned that allergies are a hyper-immune response to environmental triggers, but no explanation was forthcoming as to why my immune system reacted with such extreme vigor while most of my peers' immune systems did not. Weren't they exposed to the same allergens?

This begs the question, if allergens are the cause of allergies, why does everyone not suffer from the hyper-im-

mune responses that I had? Just like when Ty Bollinger and I go Outside the Box each week on radio, this is one of those things that make you go "hmmm."

Losing Faith in the Healing Power of Allopathic Medicine

It was not until my freshman year of college that I began to question the wisdom of managing my allergic sniffles, gagging, and wheezing with toxic drugs. Ten years of injections had taken their toll and I was sick and tired of being sick and tired. So I asked my doctors at Emory University in Atlanta why I was suffering so long with no end in sight – despite the best treatment that medical insurance could buy. The answer: "We don't know."

I was rapidly losing confidence in the doctors who were more than happy to write additional prescriptions for more drugs and allergy injections, despite admitting that they did not know why I was sick.

My next question to the experts: "Will I ever be well?"

Their answer astonished me: "Maybe, one day, you will grow out of it."

At 18, this would be the breaking point in my blind trust of the allopathic medical profession. They did not even know why I was riddled with allergies and their best answer indicated that all I could hope for was that my symptoms would disappear as mysteriously as they had appeared. What year in medical school did they learn that? Since I was little, I always wanted to be a doctor; I looked up to doctors, but I was no longer in awe of what they learned to earn their degree.

Imagine if you achieved the MD degree and the best you could tell your patients is "you might grow out of it." No wonder the doctoring profession suffers so much depression.

Discovering the REAL Reason for My Allergies

By now you may be asking about the cancer link to allergies. We're getting closer and your patience shall be rewarded. But first, on my journey to real healing I had to learn the actual reason that I suffered so much for so many years. It's true that I prayed to God for healing many times during my young life. I would have even been grateful for a lightning bolt if that would have reversed my allergies and many ailments, but none was forthcoming. Thankfully, five years after giving up on modern medicine, my prayers were answered when I met a homeopathic doctor who would explain everything.

"Your liver is toxic," he told me. My attention was piqued as he explained the state of food in America grown with pesticides, herbicides, and fungicides. Add to that the processing with additives, preservatives, and flavorings and you have a toxic mess with every bite. Eventually, these toxins overwhelm the body's capacity to bind and excrete these foreign, synthetic substances. They rob your body of the precious minerals that are used in defense of oxidative stress and inflammation both locally and systemically. Because of poor farming practices, even organic food is often deficient or even devoid of these precious life-sustaining elements like selenium, chromium, and silicon.

Additionally, I learned that my intestines were decimated by repeated rounds of antibiotics throughout my childhood and teen years. Despite the acknowledgment that these chemo-like drugs wipe out intestinal flora, little attention is paid to the fact that the epithelial cells lining the gastrointestinal tract are also damaged.



Allopathic medicine can only manage allergy symptoms at best, and most MDs have no understanding of what really causes allergies

What does this mean in terms of functionality? Macro-molecules, undigested proteins, and pathogens all have easy access to your bloodstream through the now-porous lining of your gut. Your earth-suit (body) has been punctured from within by modern medicine. This is leaky gut. It may also be diagnosed as colitis, Crohn's, or irritable bowel.

Guess what your immune system does on a daily basis in such circumstances? It goes into a semi-permanent state of hyper-drive, constantly defending against all the things that now have (improper) access to the inner recesses of your body.

Here's a timely question for you to see if you are paying attention: Do you know anything else that manifests when your immune system is in a constant state of ON? This chronic reaction and over-reaction is also diagnosed as allergies.

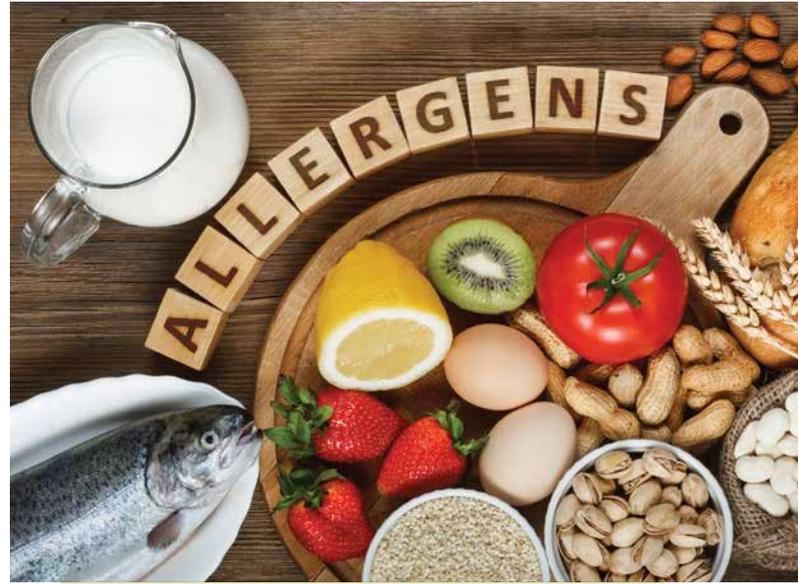
Yes, allergies are not caused by allergens, but are the hyper-histaminic response to them in a body whose immune system is in a constant state of overreaction. That was me. Remember when doctors told me that I might grow out of my allergies? Fortunately, I didn't; I corrected the underlying liver congestion and gut damage, thus eliminating the real reason why they were there in the first place. It took me two full years to do it! Now you can do the same or better in as little as two months! The accelerated protocols you can use to repair your GI tract and reverse allergies are in *Unlock the Power To Heal* (www.unlockthepowertoheal.com), the book I wrote with Ty Bollinger. Some of that information follows in this article, too.

Has anyone ever grown out of their allergies while not changing their diet or lifestyle to improve the health of their liver and intestines? Sure. And it's not a good thing. You can stop reading right here if you don't want to know the allergy link to cancer. You have been warned.

Understanding the Link Between Allergies and Cancer

For those of you ready to learn more about how to change the course of your immunological future, you are ready to learn why "growing out of allergies," in fact, may lead to a future diagnosis of cancer.

Should you do nothing to actually heal the true source of why your immune system is in a chronic state of hyper-function (allergies), and it mysteriously stops over-reacting to allergens, your immune system has run out of reserves. It is exhausted and becomes hypo-functional. You may even stop "getting" colds and flu.



What if your allergies weren't actually caused by "allergens," but are a hyper response by an overreactive immune system?

Don't be fooled by those who claim to never get sick following the miraculous cessation of lifelong allergies. Why? Shouldn't we be celebrating the end of sinus congestion, watery eyes, and shortness of breath no matter what the reason?

Those who still worship at the altar of the church of pharmaceutical mysticism (modern medicine) will likely celebrate the end of their allergy symptoms in this way, unaware of the precipitous danger they now face. The immune system is not better, the opposite has occurred; it has become hypo-functional. This means that the body is now vulnerable for the unlimited growth of cancer. If you are still with me, we can chart a new course involving the repair and rebuild of functional, appropriate immunity.

Why Typical Allergy Treatments Harm Rather Than Help

The first mistake most Americans make when trying to relieve their allergies is to suppress the allergic symptoms while ignoring the underlying factors that brought them about. While you may feel better temporarily on a drugstore medication, you run the risk of making the underlying condition much worse. But what is that condition? The health of your gut!

Allergies start long before you actually notice that you have them. This is often because of damage to the gastrointestinal lining in childhood from well-meaning doctors prescribing antibiotics. These anti-bacterial drugs can be life-saving in serious situations, but they indiscriminately kill all the good bacteria, too!



Allergies often get their start from damage to the gastrointestinal lining as a result of taking antibiotics in childhood

That would be bad enough, but in the process of killing the bugs, the lining of the gastrointestinal tract is left damaged and inflamed like little napalm explosions deforesting the jungles of Vietnam. The rain forest of the gut, once teeming with beneficial bacterial life forms, is now left desolate, like a sandy desert with occasional pools of quicksand. When this occurs, undigested protein macromolecules can cross a now-permeable gut barrier, just as sure as microbes have easy access to your blood should you have an open wound on your skin.

Pathogenic bacteria, viruses, and even fungal species like *Candida albicans* can take advantage of such a damaged state as well. They would normally not have access to the blood stream, but when the gut lining is compromised, the gate openings become large enough for access to formerly prohibited substances and life forms. When undigested proteins enter the bloodstream, they elicit powerful immune responses appropriate to repel the intruders. So, what's the problem?

This goes on undetected, often for years. The immune system is always on, always responding to this incursion with each and every meal. When the immune system is constantly in reactionary mode, it begins to hyper-respond or hyper-react to normally occurring substances in the environment as well. Pump up that histamine!

Yet we wrongly blame the allergens. Dust, mold, animal dander, grasses, pollen, weed, dairy, grain – you pick one or all of them! I was the poster boy for pretty much all of them in my young life. While the trigger may vary from person to person, the stage was set deep inside the body well before it first manifested as an allergy. All the OTC drugs, prescriptions, and allergy shots did little but manage my symptoms, but they never addressed my underlying, chronic gut inflammation.

Since most doctors are trained to only manage symptoms, you will rarely find an allergist that focuses on restoring gut integrity in order to ultimately rid you of your allergies. I do not mean to oversimplify the process of healing, nor downplay your desire for symptomatic relief. You can actually achieve both.

Remedies for Allergy Relief

Homeopathic remedies such as *Allium cepa*, *Sticta pulmonaria*, and *Kali bichomicum* are often successful at minimizing symptom severity – particularly when the sinuses are involved. Since Latin-named homeopathic single remedies are often confusing or intimidating for someone new to homeopathy, complex formulations

for many different types of allergies are available from King Bio (www.drkings.com) to make symptom management much easier (and safer, since there are no side effects), including regional allergies (www.drkings.com/en/regional-allergies-map/). I am often met with much gratitude from those who I have introduced to silver hydrosol (www.natural-immunogenics.com/products/sovereign-silver.html) for spraying directly into the sinuses as well. The silver works as an astringent, cleansing the area of allergen triggers, while reducing tissue inflammation as well.

More importantly, the correction happens deeper in the GI tract with a focus on restoring epithelial integrity to the gut lining, including enzyme and probiotic restoration. And remember to take a good prebiotic and probiotic each and every day! In this way, 100 percent whole food mineral supplementation (like selenium) will actually get in to further restore optimal metabolic functions.



Spraying silver hydrosol into the sinuses can help reduce tissue inflammation

Molecular hydrogen (H₂) is normally produced in abundance when the good bacteria of the microbiome meet fiber from an organic, raw diet. Since most westerners do not eat well and are in various state of GI dysfunction, I recommend ECHO water to bring copious amounts of H₂ in with every glass. Molecular hydrogen also supercharges minerals like selenium and enhances their antioxidant activity. It is also shown to aid in the recovery from asthma!

In the near future, you will also have access to my (RSB's) special homeopathic formulations in support of optimal liver and intestinal detoxification pathways. Stay tuned by listening to *The Robert Scott Bell Show* (www.robertscottbell.com) 2 hours a day, 6 days a week! You can also find more details in the book, *Unlock the Power to Heal* (www.unlockthepowertoheal.com), including the revolutionary gut recovery protocol involving the use of silver hydrosol and aloe vera juice (I recommend <https://aloe1.com>). Remember, the power to heal really is yours!

About Dr. Robert Scott Bell



Six days a week Robert Scott Bell empowers his listeners with healing principles that can aid in physical, emotional, mental, spiritual, economic and yes even political healing!

Robert hosts the fastest two hours of healing information on radio, dealing with everyday health issues from the perspective of alternative/holistic health care. *The Robert Scott Bell Show* tackles the tough issues and shows no fear when confronting government and corporate bullies who would stand in the way of health freedom.

You will be amazed by the amount of information about healing that is kept secret from you and what you can do to learn more about it! Robert Scott Bell is a homeopathic practitioner with a passion for health and healing unmatched by anybody on radio.

Robert has personally overcome numerous chronic diseases using natural healing principles and has dedicated his life to revealing the healing power within all of us. His show website is www.robertscottbell.com



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Charlene's Cancer-Fighting Kitchen



Herbed White Bean Kale Soup



With fall setting in and fresh, hearty greens abundant, it's time to think about soup. Here is a protein-packed bean soup loaded with anti-cancer herbs and kale.

Kale has numerous anticancer benefits, including impeding the growth of tumors, inhibiting cancer stem cells, and taming inflammation. In particular, the quercetin in kale lowers inflammation and prevents tumor growth.

Tiny but powerful, herbs are an integral part of any anti-cancer diet. For instance, the carnosol in rosemary has been found to detoxify certain substances (such as estrogen) that initiate the growth of breast tumors. Sage and thyme are both powerful antioxidants, and support the immune system. Thyme also improves the production of progesterone, which is essential for balancing estrogen.

Yield: 2-4 servings
Preparation time: 30 minutes

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.

Ingredients:

- 1 tablespoon grass-fed ghee, or grass-fed butter
- 1 large white onion or a few shallots, chopped
- 1 teaspoon red pepper flakes (or more or less to taste)
- 1 large clove garlic (more to taste), chopped
- 3 tablespoons fresh rosemary, chopped
- 3 tablespoons fresh sage, chopped
- 4 sprigs thyme, chopped
- 1 can or 1 ½ cups organic cooked cannelloni beans or other white beans (if using canned, rinse with clean water and drain)
- 1 18-ounce jar crushed or chopped organic tomatoes
- 32 ounces chicken bone broth such as Organixx plain both broth. (Substitute vegetable stock for a vegetarian soup)
- 1 small bunch kale, washed and de-ribbed, chopped
- High quality salt to taste (about ½ teaspoon)
- Freshly ground black pepper
- Extra virgin olive oil (plain or rosemary-infused) for garnish

Directions:

1. Melt ghee in a large soup pot over low heat. Add onion and cook, stirring occasionally, until translucent, about 6-8 minutes. Add red pepper flakes and garlic and stir for one minute. Add rosemary, sage, and thyme; sauté 2 minutes.
2. Add beans, tomatoes, and bone broth. Bring to a boil and add kale. Reduce to a simmer; season with salt and pepper. Cook 10-15 minutes more.
3. Serve in bowls; top with 1 teaspoon or more olive oil. You may also wish to garnish with additional minced herbs.



Coconut Cream Quiche with Buckwheat Crust



The simplicity and versatility of quiche make it perfect for breakfast, lunch, dinner, or snack.

This tasty quiche is exceptional for its anti-inflammatory, antioxidant, immune-boosting components with essential fatty acids for extra satisfying appeal.

Yield: 8-12 slices
Preparation time: 30 minutes

Crust Ingredients:

- ½ cup buckwheat flour or grind your own from untoasted buckwheat kernels
- ½ cup cold pressed coconut oil, semi-hard
- ½ teaspoon quality salt such as Celtic or Himalayan
- ¼ cup very cold filtered water

Filling Ingredients:

- 1 cup full fat unsweetened coconut milk
- 4 large organic pasture-raised eggs
- 3 tablespoons cold pressed coconut oil
OR butter, melted
- 2 cups fresh baby spinach
- ½ cup fresh parsley leaves, coarsely chopped
- 2 spring onions (scallions), chopped
- ½ cup fresh shiitake mushrooms, sliced
- 2 cloves garlic, crushed and chopped
- 1 teaspoon fresh ginger root, minced
- 2 tablespoons freshly squeezed lemon juice
- ¾ teaspoon turmeric powder
- ½ teaspoon each quality salt and freshly ground black pepper

Directions:

1. Combine the buckwheat flour and salt in a bowl, mixing with a fork for even distribution. Add the coconut oil and blend with a pastry cutter or large fork. When it looks like pea-sized crumbs add water slowly and knead with hands gently a few strokes until it holds together like cookie dough. Note: this process can be accomplished very quickly in a food processor with the plastic blade or regular blade on pulse for 30 seconds until the dough forms.



2. Place dough on a lightly floured surface and roll out with a rolling pin. Place in a lightly oiled 9-inch pie or tart dish, allowing the excess to hang over the sides. Trim off excess dough to one inch overhang and then roll it under so you can pinch the edge all the way around as you would for a regular pie. Set crust aside.
3. In a large bowl whisk together the milk, eggs, and melted, cooled coconut oil until frothy. Stir in the remaining filling ingredients.
4. Add the filling to the prepared pie crust. Bake at 350° F (177° C) for 20 minutes or until the crust is light brown and the filling is firm (a knife should come out clean when inserted in the center).
5. Remove quiche from oven and allow to cool for five minutes. Slice into eight slices and serve immediately. Enjoy!





Ratatouille



Delicious and nutritious ratatouille freezes well and is a great way to use those late summer/early fall veggies.

Eggplant is rich in dietary fiber, and loaded with vitamins and minerals. It also contains powerful cancer-fighting antioxidants such as chlorogenic acid and nasuquin which helps keep blood vessels clear and relaxed.

Zucchini has the ability to protect against cell mutations and oxidative stress, and contains powerful anti-inflammatory compounds. It's also a good source of potassium and lutein.

Tomatoes contain all four major carotenoids (alpha and beta carotene, lutein, and lycopene) and are also high in antioxidants. When paired with healthy fats such as olive oil, the health benefits of tomatoes increase dramatically. When onions are added to the mix, the sulfur-compounds increase the bio-availability of the cancer-fighting lycopene in tomatoes.

Yield: 6 servings

Preparation Time: 60 minutes + 30 minutes "resting" time for eggplant & zucchini

Ingredients:

- 1 small eggplant, cubed
- 1 small zucchini, sliced lengthwise and cut in quarters
- 1 teaspoon Celtic or Himalayan sea salt
- 7 Tablespoons organic extra virgin olive oil, divided
- 1 medium yellow onion, chopped
- 2 green, red, or yellow peppers, chopped into 1-inch chunks
- 2 cloves garlic, pressed or finely chopped
- 1 pound tomatoes, seeded and chopped into ¾-inch chunks
- 4 Tablespoons chopped flat-leaf parsley

Directions:

1. Place eggplant and zucchini in a large glass bowl. Sprinkle with salt. Let stand 30 minutes. Drain excess water from bowl and dry vegetables on a kitchen towel.
2. Heat 4 Tablespoons oil in a large skillet over low heat. Working in batches, add eggplant and zucchini to skillet; sauté until light golden, about 6 minutes per side. (Alternately, you can bake in the oven at 325 degrees until soft and lightly roasted.) Transfer to a plate; reserve.
3. Add 3 Tablespoons oil to skillet. Add onion and peppers and sauté over low heat until just tender, about 15 minutes. Stir in garlic. Season with salt and pepper.
4. Add tomatoes. Sprinkle with salt and pepper. Cover



skillet; cook over low heat until tomatoes begin to juice, about 5 minutes. Remove cover and stir. Simmer until juices are almost evaporated, about 2-3 minutes.

5. Add the cooked eggplant and zucchini to pot. Cover and simmer over low heat for 10 minutes. Uncover; sprinkle with parsley. Simmer uncovered, stirring a few times, watching closely to avoid scorching, 10-15 minutes more. Season with salt and pepper, if desired.

6. Serve warm or at room temperature.



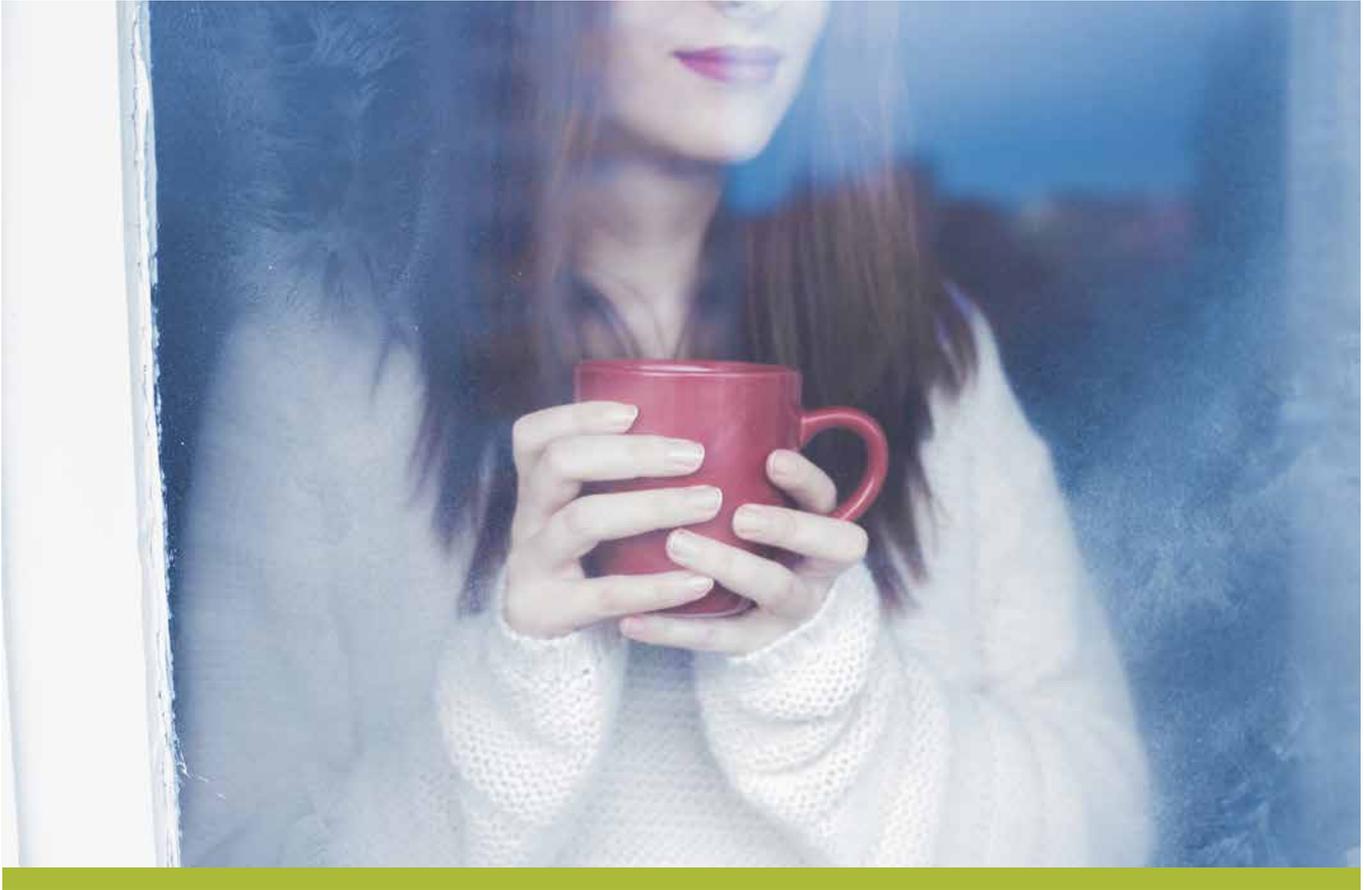
About Charlene Bollinger



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.



How to Ensure You Have Adequate Vitamin D During the Winter Months

By Dr. David Jockers, DC, MS, CSCS

Vitamin D deficiency or insufficiency affects about one billion people worldwide. Many factors contribute to vitamin D deficiency including variations in sun exposure due to latitude, season, and time of day. Vitamin D is often called the “sunshine vitamin” because the primary source of vitamin D is exposure to the sun.

When sun exposure is limited, it’s critical to obtain vitamin D from other sources. This article will explain the importance of vitamin D – including for cancer prevention – and the best whole food sources of this essential vitamin.

Why Do You Need Vitamin D?

You likely know that having adequate levels of vitamin D is crucial for your overall health and wellbeing. It is best known for promoting bone health and healthy calcium metabolism, but researchers have found that vitamin D is critical for all systems of the body. Vitamin D plays a central role in the immune system, muscle function, cardiovascular function, the respiratory system, and brain development.

With vitamin D being so vital for a healthy body, a deficiency in vitamin D can have serious health consequences. A leading authority on the global impact of

vitamin D deficiency, Dr. Michael Holick, predicts that vitamin D deficiency is the most common medical problem worldwide.¹ It affects people of both genders and all ages.

In a 2011 study, researchers estimated that doubling vitamin D levels would reduce the vitamin D-sensitive disease mortality rate by 20 percent. Researchers concluded that increasing serum vitamin D levels is the most cost-effective way to reduce global mortality rates.² The study noted that many vitamin D-sensitive diseases, including cancer, account for more than half of global mortality rates. Other studies have also shown that vitamin D levels are inversely associated with the risk of death from cancer and other diseases.³

There are many cancers that have been linked to vitamin D levels. Numerous studies have established this link, including a recent 2017 study showing that higher vitamin D levels are associated with, and may cause, a better cancer outcome.⁴ Specific cancers that are linked to vitamin D include:



Vitamin D deficiency is linked to a number of diseases, including several types of cancer

1 | Colorectal Cancer

The third most common cancer for both men and women in the United States is colorectal cancer (also called colon or rectal cancer). It is also one of the deadliest forms of cancer, being the second leading cause of cancer-related deaths for men and the third for women.

The link between vitamin D levels and colorectal cancer has been established by several studies. Data from these studies shows that for every 10 ng/ml *decrease* of vitamin D in a person's blood, there is a significant *increased* risk of colorectal cancer.⁵ A 2011 meta-analysis of studies of vitamin D levels and colorectal cancer found a consistent inverse relationship between serum vitamin D levels and colorectal cancer.⁶

2 | Prostate Cancer

The second most common type of cancer among men (after skin cancer) is prostate cancer. The conventional treatment options for prostate cancer are radiation, surgery, chemotherapy, and hormone therapy. These options have serious side effects, and many patients fail to respond to conventional treatment options.

A treatment option for prostate cancer with no side effects is vitamin D! Calcitrol, the active form of vitamin D, has been shown to inhibit the growth of prostate cancer cells, limit anti-apoptotic genes and their pathways that account for the quick proliferation and expression of prostate cancer cells, and stimulate apoptosis (programmed cell death).⁷

3 | Breast Cancer

After skin cancer, breast cancer is the most commonly diagnosed cancer for women. About 1 in 8 women in the United States will develop invasive breast cancer over the course of her lifetime. Other than lung cancer, breast cancer causes more cancer-related deaths for women than any other cancer.

In a 2015 study, researchers discussed the role of breast cancer stem cells in breast tumor formation and their progression towards malignancy. The effects of vitamin D compounds on breast cancer stem cell activity was studied. Researchers determined that vitamin D compounds repress the breast cancer stem cell population, potentially contributing to the inhibition of breast cancer.⁸

Scientists have also studied the role of GcMAF, one of the two vitamin D-binding proteins, as an activating factor for breast cancer cell apoptosis.⁹ These studies show that GcMAF (the vitamin D-binding protein) stimulates macrophages that in turn attack and eradicate human breast cancer cells. (GcMAF will be discussed in more detail below.)

4 | Lung Cancer

Studies have found an association between vitamin D and lung cancer. A 2015 study concluded that 25(OH)D may be associated with reduced risk of lung cancer.¹⁰ The study noted that there is mounting experimental evidence that high 25(OH)D has a protective effect on the risk of various cancers. Another study found an inverse association between serum vitamin D and lung cancer risk.¹¹



Lung cancer is one of several types of cancer associated with having low levels of vitamin D in the blood

Vitamin D and GcMAF

Vitamin D has two binding proteins. The first is vitamin D-binding protein-derived macrophage activating factor (GcMAF) and the other is vitamin D receptor (VDR).¹² GcMAF supports the immune system and is naturally occurring in healthy people. In individuals with abnormally functioning immune systems (such as cancer), GcMAF is significantly depleted.

There are many benefits of GcMAF, including improving the immune response, suppressing cancer growth, and decreasing tumor receptors involved in cancer metastasis.^{13,14} Clinical trials using GcMAF have been successful in many types of cancer, including prostate, breast, and lung cancer.¹⁵

To understand the treatment of cancer with GcMAF, you must understand nagalase. Nagalase (alpha-N-acetylgalactosaminidase) is an enzyme secreted by cancer cells.¹⁶ A patient's serum nagalase activity is proportional to their tumor burden.

When nagalase is secreted from cancer cells, GcMAF cannot be produced. This results in no macrophage activation and the capability of cancer cells to avoid the immune system. Treatment with GcMAF stimulates and reactivates macrophage, which detect and kill abnormal cancer cells.¹⁷ GcMAF also performs anti-angiogenic activity by stopping the growth of tumors and the progression of cancer.¹⁸

In one study, late stage cancer patients with elevated serum nagalase activity were given weekly GcMAF injections.¹⁹ Almost all of the patients showed a significant decrease of serum nagalase activity after the weekly GcMAF injections with no reported side effects.

With vitamin D being essential to overall health, it is important to understand what vitamin D is, how vitamin D works in the body, and why some people are deficient.



Vitamin D is the only vitamin that is produced by the body when skin is exposed to sunlight

What Is 25(OH)D?

Vitamin D is unique because it is the only vitamin made by the body when skin is exposed to sunlight. It's also different from other vitamins because it's converted to a hormone by the body. This hormone is sometimes called "activated vitamin D" or "calcitriol."

When vitamin D is produced by the body or consumed through foods or supplements, it is processed by the liver. The liver changes vitamin D to a substance called 25(OH)D. To determine your vitamin D levels, blood tests measure your 25(OH)D level.

25(OH)D is a chemical that is sent all over the body where tissues turn it into activated vitamin D. From there, vitamin D works by managing calcium in your blood, bones, and gut. It also helps cells all over the body communicate properly.²⁰

The active form of vitamin D plays a key role in maintaining immune homeostasis. Several epidemiological studies have linked inadequate vitamin D levels to a higher susceptibility of immune-mediated disorders including chronic infections and autoimmune diseases.²¹

Causes of Vitamin D Deficiency

As mentioned earlier, vitamin D deficiency is a common health problem affecting about one billion people worldwide.²² There are numerous causes of vitamin D deficiency, mostly related to inadequate sun exposure. People are spending more time inside and often using copious amounts of sunscreen during the times they are out in the sun.

During the winter months and in certain geographic areas, people do not receive sufficient sun exposure.²³ Even though the sun may be shining, it may not be strong enough to produce vitamin D. In the more than 70 countries that are positioned north of 35°N (including parts of the U.S.), no vitamin D is produced during the winter months.²⁴ Further north, in countries like Norway (69°N) and much of Canada, no vitamin D is produced from October until March.²⁵

If you live in an area where you're not getting sufficient vitamin D from the sun, it's important to consume whole foods rich in vitamin D. If optimal vitamin D levels cannot be reached from food sources, supplementation may be necessary.

Dietary Sources of Vitamin D

There are two forms of Vitamin D: D2 and D3. Plants produce vitamin D2 when they're exposed to UV light. Fortified foods in the United States use synthetic vitamin D2, and most synthetic supplements contain vitamin D2.

Vitamin D3 is the biologically active form of the vitamin. Vitamin D3 is created in your skin in response to sun exposure. Only animal-based food sources, such as those discussed below, contain D3.

The distinction between vitamins D2 and D3 is important. Research has shown that vitamin D3 is more potent in raising and maintaining vitamin D concentrations.^{26,27} In the 2017 study, researchers found that vitamin D3 increased total and free 25D levels more than D2.

A limited number of foods contain significant amounts of vitamin D.²⁸ Whole food sources of vitamin D are much healthier options than foods *fortified* with vitamin D. Here is a list of the best dietary sources of vitamin D:

1 | Salmon and Fatty Fish

Salmon and other fatty fish are good sources of vitamin D. A 3-ounce salmon fillet, for instance, contains about 450 IUs of vitamin D.

It's important when choosing salmon to consume only wild-caught salmon. Wild-caught salmon is rich in the long-chain omega-3 fatty acids EPA and DHA that are essential for healthy neurological and cardiovascular function. These fatty acids are also necessary for cellular repair and optimal immune function.

Salmon has the unique antioxidant astaxanthin which gives salmon their pinkish-red color. Astaxanthin has potent anti-aging properties. Be sure to avoid farm-raised salmon which are often fed genetically modified grains and dead animal parts. To make the fish look more appealing, fish farms use *synthetic* astaxanthin that is produced from petrochemical sources. The toxic coloring along with the inexpensive feed and medical interventions such as antibiotics make most farm-raised salmon highly toxic.

Sardines are another excellent source of vitamin D. In fact, a 3.5-ounce can of sardines has around 270 IUs of vitamin D. Sardines also provide omega-3 fatty acids and many vitamins and minerals such as vitamin B12, calcium, iron, niacin, phosphorous, and potassium.

2 | Cod Liver Oil

Cod liver oil is an excellent source of vitamin D. The vitamin D content in cod liver oil is more concentrated than any single other food source. One tablespoon contains about 1,300 IUs of vitamin D.

Cod liver oil is also an excellent source of omega-3 fatty acids and vitamin A. Vitamin A is required for the synthesis of hormones and is important for the function of the immune system. Because vitamin A is fat soluble, the combination of fatty acids in cod liver oil enhances the delivery of vitamin A to the body.

Adequate intake of vitamin D with cod liver oil is estimated to reduce the burden of chronic disease by at least 10 percent by normalizing vitamin D levels.²⁹ If you were turned off the taste of cod liver oil as a child, know that many new formulations of cod liver oil are flavored with mint or citrus to improve the taste. It's also available in capsule form.

3 | Grass-Fed Butter

Grass-fed butter is a delicious source of vitamin D. It's naturally high in omega-3 fatty acids as well as saturated fats and dietary cholesterol which are key for brain health. Grass-fed butter also contains conjugated linoleic acid (CLA), butyrate, vitamin A, and other beneficial nutrients.

Grass-fed butter is also a great source of vitamin K2. Studies show a synergetic effect of vitamin K2 and vitamin D3 in improving bone mineral density.^{30,31} Vitamins K2 and D3 also play an important role in cardiovascular and joint health.



Grass-fed butter is a good source of both vitamin D and vitamin K2

4 | Raw, Grass-Fed Cheese

Raw cheese has the ideal ratio of vitamin K2 and vitamin D3 along with other nutrients that make it the perfect food for healthy bones, joints, and cardiovascular function. The saturated fats in cheese give it a rich, delicious flavor making it one of my family's favorite foods.

Choose raw cheese from grass-fed cows rather than highly processed cheese made from an inferior dairy supply. Ninety percent of dairy cows are raised in confined stalls and fed a diet of GMO grains. Because cows naturally eat grass, this grain diet is not genetically suited for the cow's internal ecosystem. These cows often develop sickness, disease, and infectious bacteria such as *E. coli*.

Mainstream dairy feedlots use powerful antibiotics to keep sickness and infection down in the cows. This damages the cow's natural microflora and contaminates the dairy with antibiotics and chemicals.

Grain-fed cows produce dairy and cheese that is very high in omega-6 fatty acids. For cows on a grain-fed diet, the average omega-6 to omega-3 ratio is 25:1. Humans should have an omega-6 to omega-3 ratio around 4:1 or 2:1. When consuming grain-fed dairy, our ratios can become skewed which will trigger inflammation and accelerate cellular degeneration.

Raw cheese from 100 percent grass-fed cows has the perfect omega 6:3 ratio of 2:1. It also contains five times the amount of conjugated linoleic acid (CLA), which is a powerful cancer-fighting nutrient. CLA also has the benefit of boosting the metabolism and enhancing natural immunity.

Raw, grass-fed cheese also contains calcium, magnesium, amino acids, and vitamin A. This nutritious and delicious cheese can be an excellent part of the diet for people who do not have food sensitivities to dairy and are able to digest and absorb the nutrients.

5 | Egg Yolks

Egg yolks are an excellent source of vitamin D. One egg yolk contains around 40 IUs of vitamin D. Be sure to eat the entire egg, not just the whites as vitamin D is only found in the yolk.

Eggs developed a bad reputation for years as a "cholesterol-raising" food. Research has debunked these assertions and shown that eggs are a healthy addition to your diet.³² [Note: See Ty's article in the Aug 2017 edition of the HAC newsletter for more about this topic.]



Eggs are a nutrient-dense food and egg yolks (the darker yellow-orange the better) are another good dietary source of vitamin D

Eggs are one of the most nutrient dense foods on the planet. It is a complete protein (6 grams per egg) with the full array of amino acids. In addition to vitamin D, egg yolks are a source of K2 (which works in synergy with vitamin D), zinc, B vitamins, vitamin A, iron, lutein, zeaxanthin, choline, and other nutrients.

It's very easy to incorporate eggs into your diet and they're not just a breakfast food. Boiled eggs are easy to carry with you for a nutritious snack or easy lunch. Try vegetable omelets or quiches for dinner. Another healthy way to consume eggs is to bake one inside a half of an avocado.

When purchasing eggs, organic, pasture-raised eggs are by far the best! These eggs will have dark yellow or even orange yolks and contain greater nutrition than other eggs. Eggs labeled “cage-free,” “vegetarian fed,” or “naturally raised” may still have been fed genetically-modified (GMO) grains. You will notice light yellow yolks with these and other conventionally-produced eggs.

6 | Mushrooms

Mushrooms produce vitamin D when exposed to ultraviolet light. Most mushrooms are grown in the dark and do not contain vitamin D, but some mushrooms are grown in ultraviolet light to stimulate vitamin D production. Exact amounts of vitamin D depend on the type of mushroom. Chanterelle, morel, shitake, and portobello all provide vitamin D.

Mushrooms also contain beta-glucan, selenium, vitamin B6, zinc, and copper. These nutrients are critical for healthy immune function and the formation of the cellular antioxidant glutathione.

There are many ways to enjoy mushrooms and they complement a variety of dishes. Topping your salad with sliced organic mushrooms and sautéing mushrooms to top your grass-fed beef or bison burger are just two delicious options.



Mushrooms can be a good source of vitamin D if grown in light instead of the dark. Look for chanterelle, morel, shitake, and portobello mushrooms

7 | Beef Liver

Organ meats are loaded with powerful nutrition and beef liver is one of the most nutrient-dense foods available. A 3.5-ounce serving of cooked beef liver contains about 45 IUs of vitamin D. Beef liver also contains several other nutrients such as vitamin A, iron, and protein.

It's important to source your beef liver from grass-fed cows for the same reasons discussed above related to cheese. Beef liver is generally more tender than other meats, and it has a mild flavor. If you don't enjoy liver on its own you can add some ground liver to grass-fed hamburger meat to make tasty burgers, or add pieces of liver to a beef stew.

8 | Foods Fortified With Vitamin D

Enriched milk and cereals also provide vitamin D. Almost all types of cow's milk in the United States are fortified with vitamin D, but sour cream and cheese usually are not. An 8-ounce glass of milk contains at least 100 IUs of vitamin D, and a 6-ounce serving of yogurt contains around 80 IUs. Because conventional dairy is highly inflammatory, I do not recommend these sources of vitamin D. If you do purchase dairy, make sure the products you choose are organic. Better yet are coconut or nut milks, such as almond or cashew. These milks can contain as much vitamin D and more calcium than dairy milk.

Processed breakfast cereals that line grocery store shelves are also not a good option. Don't be fooled by what's written on the front of the box. The fact that a cereal (or other food) is fortified with vitamins does not mean it's a healthy choice. Most cereals contain high amounts of added sugar and preservatives, not to mention the grains and genetically modified ingredients they're typically made with.

Some brands of orange juice are fortified with vitamin D and provide around 100 IUs for an 8-ounce glass. Again, choose organic juices with no added sugars and consume in limited quantities.

Is Supplementation With Vitamin D a Good Idea?

The best sources of vitamin D are sunlight and whole food dietary sources. However, if you're unable to receive the recommended amount of vitamin D from these sources, consider adding a vitamin D3 supplement such as Organixx Turmeric 3D (<https://organixx.com/turmeric-3D>) to your daily regimen.

As discussed above, vitamin K2 works in synergy with vitamin D3. To keep these vitamins in balance, I often recommend to my clients a concentrated form of vitamin K2 in combination with D3 supplementation. These are nutrients our bodies need each day.

The ideal range for vitamin D3 levels for healthy adults is between 70-90 ng/ml. To prevent and slow cancer cell growth, however the preferred range for vitamin D3 levels is between 80-100 ng/ml.

To obtain these amounts through supplementation, I use the following formula:

1 | To boost D3/K2 levels: 2,000 IU of vitamin D3 (400 mcg of vitamin K2) for every 25 pounds of body weight. This typically will add 15-20 IU to your blood D3 levels each month. If your levels are 20, supplementing vitamin D using this formula for three months should get the level up to 80. I always recommend that you test your D3 levels to be sure.

2 | For maintenance: 1,000 IU of vitamin D3 (200 mcg of vitamin K2) for every 25 pounds of body weight. Again, you need a blood test to make sure!



Having your blood tested is the only way to know whether or not your vitamin D levels fall within the ideal range

Healthy Sun Exposure and Sunscreen

In areas where there is sufficient UVB exposure, there are several factors to consider in determining how much sun exposure is appropriate. These factors include the portion of skin exposed to the sun, the color of your skin, and the strength of the UV rays. If 60 percent of the body is exposed to the sun, it is ideal to seek 10,000 to 20,000 IU of vitamin D3 from sun exposure.

Intentionally sun bathe no less than 3 times per week according to the following recommendations based on your skin color:

Light Skin = 15-20 minutes daily

Medium Skin = 25-30 minutes daily

Dark Skin = 40-45 minutes daily.

Many people are concerned that sun exposure causes cancer. However, UVB rays from the sun may actually provide protection from cancer. A 2012 review found a strong inverse correlation with solar UVB exposure for 15 types of cancer.³³ Another study concluded that sun exposure is associated with increased survival from melanoma.³⁴

Sunscreens alone do not reduce the rate of skin cancer.³⁵ In fact, a recent study found that individuals wearing sunscreen had a higher likelihood of getting melanoma.³⁶ Many sunscreens contain chemicals that have

been linked to serious health consequences including an increased risk of cancer.

A significant percentage of the sunscreens, moisturizers, and lip products with SPF contain a form of vitamin A (retinyl palmitate) that may speed the development of skin tumors and lesions.^{37,38} Other toxins found in common sunscreens are: benzophenones (dixoybenzone, oxybenzone), cinnamates, PABA esters, salicylates, digalloyl trioleate, menthyl anthranilate, and avobenzone.



It's important to read your labels as many brands of sunscreen contain health-harming ingredients

While some sun exposure is good, that doesn't mean that more is better and you still need to avoid excessive sun exposure. Natural sunscreen protection can come from tropical oils such as coconut, eucalyptus, jojoba, and shea butter. Zinc oxide, when applied appropriately, is a powerful protectant from the damaging effects of too much sun. You can also prevent carcinogenic activity in your skin before and after sun exposure by using moisturizers like coconut oil, aloe vera, and green tea extract which contain antioxidants. It's also prudent to wear a hat and other protective clothing if you know you're going to spend excessive time in the sun.

Summary

Vitamin D plays a very important role in promoting overall health by performing many critical functions in the body. Exposure to UVB rays from the sun is the main source of vitamin D. When seasonal changes and fewer sunlight hours prevent the body from manufacturing adequate vitamin D levels, there is an increased risk for vitamin D deficiency.

Vitamin D deficiency is incredibly common in the United States and all around the world. Increasing levels of vitamin D could prevent chronic diseases, including cancer, and reduce mortality rates.

When there is not adequate sun exposure for the body to produce adequate levels of vitamin D, the best sources of vitamin D are whole foods. Wild-caught salmon, cod liver oil, grass-fed butter, raw, grass-fed cheese, egg yolks, mushrooms, and beef liver are all nutritious sources of vitamin D. Be wary of foods fortified with vitamin D because many of these contain ingredients that are downright harmful.

Supplementation with vitamin D3 is necessary when you cannot get adequate amounts from sunlight and whole foods. Vitamins D3 and K2 work synergistically so it's beneficial to supplement with both vitamins.

About Dr. David Jockers



Dr. David Jockers is a functional nutritionist, corrective care chiropractor, exercise physiologist, and certified strength & conditioning specialist.

He runs one of the hottest natural health websites: DrJockers.com and is the author of *SuperCharge Your Brain*, the complete guide to radically improve your mood, memory, and mindset, and the *SuperCharged Healthy Recipes* book with over 180 full-color recipes to help you take back control of your health. He is a regular contributor to thetruthaboutcancer.com and has well over 1,200 professionally published natural health articles on the web and in print magazines.

Dr. Jockers is a sought after speaker around the country on such topics as weight loss, brain health, functional exercise, natural detoxification, and disease prevention. He currently owns and operates Exodus Health Center in Kennesaw, Georgia.

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