Heroes Against Cancer Community Newsletter

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Hyperthermia Therapy: Using Heat to Help Heal Cancer

By Dr. Véronique Desaulniers

"Give me a chance to create a fever and I will cure any disease." ~ Parmenides

The fact that heat in all its forms is good for the body seems to be instinctual knowledge within us. It's the main reason why people in the colder northern climates flock to warm sunny climes such as California, Florida, the Caribbean, and Spain in wintertime, after all.

But can heat actually *heal* cancer?

The use of heat for healing has been practiced for millennia. In Ayurveda (the ancient Indian system of healing), a morning bath is said to be an integral part of the daily ritual of self-care, known as *dinacharya*. The ancient Greeks and Romans understood the importance of warm baths for maintaining vitality. The remains of well-preserved Roman baths can be found in the ruins of many cities including Pompeii and Bath in the U.K.

Similarly, many indigenous people continue to utilize sweat lodges as a way to cleanse impurities from the body and the spirit as well as a way to ground themselves to the earth.

(Roman baths in Bath, U.K.) Bathing was an important ritual for the Romans who built thermal baths over natural hot springs

In This Issue:

What is Hyperthermia? 2

Hyperthermia for Cancer Prevention and Vibrant Health 6

Boost Your Body with Bone Broth's Nutrition 9

Tips for Making Healthy & Delicious Bone Broth 15

Charlene's Cancer Fighting Kitchen 19

Discover the Amazing Healing Power of Rigvir® 23

FDA Approves GMO Knockoff of Rigvir® Cancer Treatment 28

In modern times, the use of heat for healing is called hyperthermia therapy. Outside of conventional medicine and even within it, exciting breakthroughs are occurring in the realm of cancer healing through hyperthermia that you should know about.

What is Hyperthermia?

Heat is energy, whether it is present in the body, on the surface of the sun, or in a candle flame. Every interaction that occurs in the body does so at a certain level of energy (i.e. temperature). These interactions can be tracked by monitoring pH levels or by measuring cellular voltage.

Body temperature is a part of our basic metabolism. Energy output (i.e. heat output) affects every system and function within the body. As mammals, healthy humans maintain a constant temperature level that ordinarily does not fluctuate much with outside temperature. Our body temperature, normally around 98.6 degrees Fahrenheit (37 degrees Celsius), is ideal for optimal function of all of our body's physiological systems.

Healthy people maintain a constant body temperature around 98.6°F or 37°C

That being said, the fact that there is a whole section about hyperthermia on the website of the National Cancer Institute (NCI) is proof that even conventional medicine cannot deny the serious cancer-healing power of heating the body, either locally or in general, for short periods of time.

According to the NCI, *"research has shown that high temperatures can damage and kill cancer cells, usually with minimal injury to normal tissues,"* referring to a 2002 study done in the Netherlands that found that temperatures in the 104-111 degrees F range (40-44 degrees C) were deadly to cancer cells.

They also cite a German study published that same year: *"…by killing cancer cells and damaging proteins* and structures within cells*, hyperthermia may shrink tumors."*

It should be noted that both of these studies quoted by the NCI were done within the context of hyperthermia being beneficial as an adjunct to traditional cancer treatments, including chemotherapy and radiation.

Not surprisingly, there is no mention on the NCI website about the awesome power that hyperthermia can play in healing, in and of itself. In fact, the real discoveries in this field have been around how body temperature relates to your immune system and how this relationship can prevent – and even heal – cancer.

For instance, did you know that if your overall body temperature is lowered by just one degree, there is a corresponding decline in immune system function by 40 percent? According to the groundbreaking research carried out by Dr. Nobuhiro Yoshimizu, creator of the BioMat technologies, the good news is that the opposite is also true. Heating the body boosts the immune system and may help fight diseases like cancer.

How Hyperthermia Affects Cancer Cells

Some medications will cause a drop in body temperature. There are also many disease conditions that are associated with a lower than normal body temperature as one of their symptoms. These include:

- Hypothyroidism
- Diabetes
- Alcoholism
- Kidney or liver disease or infection
- Sepsis
- Shock
- Asthma
- Stress
- Insomnia

In addition, cancer patients have lower basal body temperatures than those who are cancer-free.

Did you ever wonder why your body overheats and gets a fever when you get the flu or have an infection? According to experts, one reason the body does this is to raise its temperature enough to kill off viruses and bacteria.

A fever is not necessarily harmful. It is the body's way of killing off viruses and bacteria

Could heating the body through hyperthermia work the same way in regards to destroying cancer tumor cells and preventing them from growing? Hyperthermia therapy not only raises immune system function in general, but an accumulating body of evidence suggests that a more active immune system is the precise catalyst needed for shrinking tumors.

This makes total sense. Cancer tissue must live in an acidic pH environment and raising temperature will raise pH as well, creating an inhospitable environment for cancer cells to grow. A 2013 study published in the journal *Cancer Immunology Research* was able to pinpoint some precise mechanisms through which heightened temperature can lead to apoptosis or "programmed cell death" in cancer cells.

Researchers found that *"hyperthermia impact(s) the tumor microenvironment through temperature-sensitive check-points that regulate tumor vascular perfusion, lymphocyte trafficking, inflammatory cytokine expression, tumor metabolism, and innate and adaptive immune function."*

Other studies point to the effectiveness of hyperthermia as an adjunct to more traditional cancer therapies. A 2014 study done in Korea found that inducing a hyperthermic condition of 105 degrees F (42 degrees C) was toxic not only to regular breast cancer cells, but breast cancer *stem cells* as well.

This discovery is particularly significant since it is not possible to eliminate a cancer tumor completely unless its foundational stem cells are removed as well. The study was done as a combination of hyperthermia and the Type 2 diabetes drug

Metformin, which has shown (despite some pretty heavy negative side effects) to also be slightly cytotoxic to cancer cells.

Researchers have also discovered that using hyperthermia in conjunction with nanoparticle-enhanced curcumin (the main active ingredient in the south Asian root spice turmeric) instigates cancer cell death.

Consuming curcumin from turmeric root along with hyperthermia treatment increases cancer cell death

The concept of heat in the body to create healing is a concept that ancient medicine has known for thousands of years. Modern medicine, on the other hand, is just starting to embrace it. The real significance of conventional studies lies in the increasing evidence of the importance of temperature for the immune response, not so much in the pharmaceutical drugs that a heating environment works well with.

Using Hyperthermia to Help Heal Cancer

If you are considering hyperthermia for healing or preventing cancer, you don't have to use it in conjunction with dangerous chemotherapy drugs to get a positive result. Here are three powerful ways you can use hyperthermia therapy to prevent – and in some cases, reverse – cancer cell growth:

#1: Sauna/Far-Infrared Sauna

An infrared sauna produces radiant energy heat, the same kind of heat as the sun. However, this kind of sauna does not produce harmful ultraviolet rays. Far-infrared heats the body from the inside out. This stimulates the elimination of toxins in two ways – through the lymphatic system and also through sweating.

Sweating in a far-infrared sauna is not just about water, however. Far-infrared sauna therapy is the only detoxification protocol that has proven to release toxins from fat stores in the body. Fat cells are where a lot of the body's toxic load winds up as it attempts to "encapsulate" these foreign invaders and quarantine them in fatty tissue. Everything from heavy metals to drug and pesticide residue could be housed inside your fatty tissue.

Of course, if done in the proper way, far-infrared therapy also raises the body's core temperature enough to allow the tumor-shrinking principle of hyperthermia to do its job.

Saunas can be purchased for use in the home. However, far-infrared sauna sessions are typically done in a natural healing or alternative care treatment facility under the supervision of a qualified holistic health practitioner. This protocol is often accompanied by a diet that encourages deep detoxification. *(Look for more information about infrared saunas coming up in the May 2016 edition of your HACC newsletter.)*

#2: BioMat

The "BioMat," engineered by Dr. Nobuhiro Yoshimizu, is considered a medical device by the FDA. It combines far-infrared radiation, negative ion technology, and energetic healing through crystal

technology to produce some pretty powerful therapeutic results.

Like all hyperthermia therapies, BioMat raises body temperature in order to strengthen the immune system and increase enzyme production as well as to create a less hospitable environment for cancer cells to grow. BioMat also uses far-infrared radiation, already discussed above, that has the ability to penetrate directly into the blood vessels, lymph nodes, and nerves.

The negative ion component of the BioMat aids in detoxification while the energetic properties of amethyst and black tourmaline are designed to balance and soothe the body. In general, BioMat is said to increase blood alkalinity, reduce inflammation, remove toxins, purify the blood, balance chakras, ease joint pain, reduce stress, induce "delta state" sleep, and provide protection from electromagnetic fields (EMFs).

A clinical study conducted by Canadian doctor George Grant, PhD, found that the use of the BioMat for one hour daily over the course of 2 months resulted in reduced cortisol levels and increased serotonin and endorphin levels overall. This is significant as cortisol is known as the "stress" hormone and linked to a variety of negative health conditions. Serotonin and endorphins are brain chemicals that are believed to stabilize and enhance your mood and improve sleep quality.

Sleeping on a BioMat is also said to stimulate the production of nitric oxide, which is usually created through exercise or amino acid supplementation. Nitric oxide has been shown to restore breast cancer cells to healthy cells in numerous studies.

#3: Localized Hyperthermia

Localized hyperthermia is a procedure where specific body tissues (particularly firm tissue, such as a tumor) are exposed to high temperatures (up to 113 degrees F). It is based on the principle that if a rise in temperature to 104 degrees F or higher can be sustained for one hour within a cancer tumor, the cells in that tumor will be destroyed.

Malignant tumors are especially responsive to localized hyperthermia. They tend to have bad blood circulation, making them more sensitive to changes in temperature. Microwave, radiofrequency, and ultrasound are some ways in which localized hyperthermia for cancer tumors can be administered.

Localized hyperthermia can be used to heat one specific part of the body, such as a tumor

Many holistic doctors, such as Dr. Tony Jimenez of the Hope4Cancer institute in Playas de Tijuana, Mexico, use localized hyperthermia in adjunction to other modalities. At Hope4Cancer, the modality is used as part of Sono-Photo Dynamic Therapy (SPDT). SPDT uses a non-toxic chlorophyll-based agent and light and sound waves pulsed through the body to kill cancer through photosynthesis. *(The May 2016 HACC newsletter will have a full article dedicated to SPDT.)*

Hyperthermia for Cancer Prevention and Vibrant Health

In addition to the three modalities above, there are actions that you can take to warm your body on a daily basis and benefit from the healing properties of hyperthermia for cancer prevention and general vibrant health. These actions cost next to nothing. They are simple and are great de-stressors as well!

Baths

Our ancestors took advantage of the principles of hyperthermia mostly in the form of healing baths. You can take advantage of this method for heating the body as well. To get the most out of the healing properties of a warming bath, follow these basic guidelines:

- Always make sure that the water you are using has been filtered of chlorine as well as fluoride and that it also does not contain bromide. Bromide is a common substitute for chlorine in swimming pools and hot tubs. Many proponents of this switch claim that bromide is safer. In reality, this is not the case. Excessive bromide intake is associated with impaired iodine function, which can lead to hypothyroidism, hormone imbalance, and breast cancer.

- Consider taking a trip to a local natural healing mineral spa to feel the effects of not only warming the body, but also the infusion of the mineral components of the bath. Most of us are lacking in key minerals such as magnesium that natural springs are usually enriched in. Chances are there is a natural spring-fed warm pool or spa within driving distance to you. Talk to someone about the mineral components and filtering techniques of the spa you want to visit before you go. If you can't get to a spa or spring, use Epsom salts or mineral bath packs to create a relaxing and nourishing mineral component in your bathtub at home.

- Consider taking a "total immersion" bath. To do this, fill the bathtub as high as it will go with warm water up to about 104 degrees F (40 degrees C). Completely submerse yourself (as much as possible) for 20-30 minutes. Periodically scrub your body with a loofah or brush to stimulate detoxification through the pores and remove dead skin. Before and after your bath, be sure to drink plenty of water. To induce further detoxification, after the bath wrap yourself (including your head) in a large towel or blanket and lay down to rest for about ten minutes. This will induce sweating.

For a total immersion bath, fill the tub with warm water and submerge yourself as much as possible for 20-30 minutes

Bask in the Sun

Sun exposure is also called heliotherapy. An average of 15-20 minutes of sun exposure a day can aid in metabolic function, decrease blood pressure, stimulate the lymph nodes for detoxification, and

increase resistance to infection and bacterial overgrowth. According to some studies, even a mere ten minutes of exposure to the sun a day can reduce the frequency of colds by 40 percent.

Exposing yourself to sunlight will not only warm your body, it will also increase your vitamin D levels naturally. If you are on a healthy breast journey, this modality can be extra effective. Recent studies in California claim that regular exposure to sunlight may lower the risk of fatal breast cancer, in part because of the natural production of essential Vitamin D that comes with sun exposure.

Vitamin D deficiency is typical in those who have breast cancer. If you have enough privacy, exposing the sensitive skin of your breasts directly to the sun can be a nurturing and effective way to make the necessary vitamin D, while also warming the body.

For added healing through grounding (also called earthing), sit or lie directly on the ground with your bare feet touching the earth. Practice meditation or take a relaxing nap while you ground in the sun for total stress relief.

Exercise

Your muscles are responsible for heating your body when you work out. Sometimes, depending on the workout and your physical condition, this temperature may rise by several degrees.

Regular exercise will not only increase your overall body temperature during your workout, giving you the benefits of hyperthermia – it can also help to regulate your body temperature. Proper temperature regulation means that during the day you are more productive, while at night you will have a better night's rest.

Regular physical activity benefits your body in too many ways to mention here, but some conditions that can be prevented and may even be reversed partly through regular movement include stroke, metabolic syndrome, type 2 diabetes, depression, arthritis, bone loss, and cancer.

The good news for those who do not like to exercise is that just a mile or two of walking every day can have a positive result on temperature regulation and many other physiological functions in the body.

Visit a Warmer Climate

Studies in Washington D.C. and surrounding counties as well as in the U.K. found that deaths peaked in the winter months and were lower in the summer months in both of these areas known for their frigid winters. No doubt that Vitamin D levels from sunlight plays a big part in these differences, but so does temperature and how it affects the human body.

Vacationing or even moving if necessary to a warmer climate is a way to change body temperature for the better in a subtle and gradual way. If you move somewhere really hot, such as Tucson, Arizona, or Miami, Florida, be careful to acclimate to the change gradually.

If you decide to explore one of the many modalities mentioned above or another hyperthermia technique for cancer prevention and overall health, be careful not to overdo it. Remember that moderate warmth over time or extreme heat for short periods of time can heal; exposing the body to high heat for long periods of time or without adequate liquid intake can be dangerous, and can actually lead to inflammatory death of healthy cells (necroptosis).

Conclusion

If you have cancer, do your homework and connect with a qualified practitioner before you go forward with any form of hyperthermia therapy.

Ancient medical wisdom points to the use of heat for maintaining vibrant health throughout the centuries. Modern medicine is just beginning to understand the details of how temperature affects body systems. One thing is clear, however – hyperthermia is a powerful modality for creating alkalinity in the body, for boosting the immune system, and for preventing – and possibly even reversing cancer.

About Dr. Véronique Desaulniers

Dr. Véronique Desaulniers (also known as "Dr. V") is a natural health pioneer with over thirty years active practice in Bio-Energetics, Digital Thermography, Meridian Stress Analysis, Homeopathy, and Chiropractic.

After she was diagnosed with breast cancer in 2004 and healed herself through natural means, Dr. V decided to devote her time to sharing her personal, non-toxic healing journey with others. Her years of experience and extensive research have culminated in the award-winning book *Heal Breast Cancer Naturally and The 7 Essentials,*™ her coaching program that unravels the mystery of healing the body in seven easy steps.

Dr. V's story, wisdom and knowledge has touched the lives of thousands internationally. Her website is BreastCancerConqueror.com

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How to Support Gut Health, Build Lean Muscle & Increase Joint Mobility with Healing Bone Broth

Dr. Josh Axe and Jordan Rubin

Considered to be one of the most ancient and remarkable nutritional substances on the planet, bone broth is a beneficial "elixir" made from simmered animals bones. Not only does bone broth taste great and provide numerous nutrients and beneficial compounds, it's versatile and easy to use in many recipes.

Yet the vast majority of the general public passes up the opportunity to boost their health with bone broth, often unaware of how incredibly good it is for you. Instead, if any broth is consumed, it's often the store-bought, processed, sodium-filled, nutritionally bankrupt versions.

Bone broth is an age old food that's making a huge comeback as a "Super Food" due to its many nutrients and healing properties

Bone broth is a great addition to an anti-cancer diet as it provides valuable amino acids, collagen, gelatin, and trace minerals. In fact, there are dozens of different nutrients found within bone broth, many of which can't be obtained easily from other commonly eaten foods.

Boost Your Body with Bone Broth's Nutrition

Bone broth could be called "nature's multi-vitamin." It literally boosts every part of your body, from your gut to your brain, from your muscles to your ligaments. It's packed with over 19 easy-to-absorb, essential and non-essential amino acids (the building blocks of proteins), and collagen/gelatin which helps form connective tissue nutrients that support digestive functions, immunity, and brain health

It's also relatively low in calories, yet very high in minerals and other chemical compounds that many people are lacking in.

Here are six of the key nutritional compounds found in bone broth.

1. Glycosaminoglycans (GAGs)

Glycosaminoglycans have the primary role of maintaining and supporting collagen and elastin that take up the spaces between bones and various fibers. GAGs are supportive for digestive health since they help restore the intestinal lining, which is why a deficiency in these nutrients has been linked to digestive challenges.

Several important GAGs are found in bone broth including glucosamine, hyaluronic acid, and chondroitin sulfate.

2. Glucosamine

There are two main types of naturally occurring glucosamine: hydrochloride and sulfate. Both help keep up the integrity of cartilage, which is the rubbery substance within joints that acts like a natural cushion. Studies show that glucosamine can become depleted as we get older, so supplements are often used to support joint health.

An easy and relatively inexpensive way to obtain glucosamine naturally is from drinking more bone broth, which helps support cartilage health, acting as an alternative to pricey glucosamine supplements. Consuming more glucosamine can help support joint health, flexibility, and comfort

3. Hyaluronic Acid

Found throughout connective, epithelial (skin), and neural tissues, hyaluronic acid contributes to cell proliferation, differentiation, and mitigation. This allows our cells to perform various functions throughout the body as needed. It offers support for multiple skin types and promotes healthy aging, cell rejuvenation, and skin firmness.

4. Chondroitin Sulfate

Chondroitin sulfate is a beneficial glycosaminoglycan found in the cartilage within the joints of all animals. It's often used to support joint health and comfort, especially in combination with glucosamine.

Studies have found that supplementing with chondroitin supports healthy inflammation response as well as cardiovascular health, bone health, skin health, and healthy cholesterol levels.

Glucosamine and chondroitin found in bone broth help maintain good joint health and flexibility as we age

5. Minerals and Electrolytes

Bone broth provides essential minerals including electrolytes, all provided in an easy-to-absorb form. Electrolytes found within bone broth include calcium, magnesium, and potassium (not to mention many other minerals such as phosphorus). These electrolytes are important for supporting healthy circulation, bone density, nerve signaling functions, heart health, and digestive health. When added sodium levels are kept low, bone broth contains an ideal balance of sodium and potassium to support cellular health and efficiency.

6. Collagen

Collagen is the main structural protein found within the human body that helps form connective tissue and "seals" the protective lining of the gastrointestinal tract. It's also the gel-like, smooth structure that covers and holds our bones together, allowing us to glide and move freely.

Irritation within the gut that impairs normal digestive functions and causes permeability, allowing particles to pass into the bloodstream is known as leaky gut.

As a rich source of gelatin, bone broth protects and seals the mucosal lining of the GI tract, which means it improves nutrient absorption and also helps keep particles from leaching out where they shouldn't be.

As a complex protein, collagen contains a whopping 19 amino acids, with a mix of both non-essential (also called conditional) and essential types. Many of the amino acids found within collagen must be obtained from our diet since our body cannot make them on its own.

Key amino acids found within collagen include proline, glycine, glutamine, and arginine.

Cold bone broth will often have a thick, gelatinous texture. This gelatin helps to protect and seal the lining of the GI tract.

What is Bone Broth Made With?

Bone broth is very versatile and can be made using bones from just about any type of animal. The bones are usually simmered for about 24-48 hours, often mixed with other nutrient-dense foods such as vegetables, herbs and spices, and using an acidic liquid such as apple cider vinegar to liberate key minerals.

Many people prefer one type of bone broth over another. But you can simply use bones from any animal you have left over after cooking and then removing the meat, or buy bones from a farmer's market, local health food store, a butcher, or online. Some of the most popular types of bones to use come from cows, veal, lamb, bison, venison, chicken, duck, goose, turkey, or fish.

Types of Bone Broth

Beef Broth

- Beef broth is one of the richest, most savory, and nutrient-packed bone broths
- Often made using veggies, herbs and spices including garlic, celery, carrots, onions, and even apple cider
- High in bone marrow and amino acids, especially when you include some larger bones that contain a high amount of cartilage and collagen

Chicken and Turkey Bone Broth

- You've likely had chicken soup or broth many times in your life, but the homemade stuff is far superior to any canned variety
- Many homemade chicken broths are made using chicken feet, knuckles, skin, giblets or other organ parts which are high in healthy fatty acids and collagen

Don't throw away the scraps from a roast chicken or turkey. Everything can be thrown into a pot to make a nutritious bone broth

Fish bone broth

- Fish bone broth has been used in Asia for thousands of years
- The broth made from fish tends to be milder and lighter since the bones are smaller
- Fish stock is a great addition to soups, stews, and noodle dishes
- It's a great source of iodine, calcium, amino acids, and healthy fats (especially when you use wild-caught fish)
- It's a good alternative to chicken or beef stocks if you don't eat meat or have easier access to whole fish

Bone Broth: The Age-Old Remedy for What Ails You

In one way or another, just about every culture throughout history has used a form of bone broth to improve health and support a healthy immune system. In ancient China, for example, gelatin was prized as a natural way to maintain muscle strength, bone density, and ease of movement into older age, since it protects joints, bones, and muscle tissue from damage.

Our ancestors valued bone broth as a "nose-to-tail" approach to using all parts of an animal, including the bone marrow and skin that are often discarded today. Using these parts was an inexpensive, convenient way to obtain an abundance of minerals, proteins, and other nutrients while also flavoring recipes and avoiding waste.

Up until recently, western culture has mostly ignored the benefits of traditional bone broths. Many people are hesitant to consume animal parts other than meat or to cook with bones, marrow, and cartilage. Luckily, today more emphasis is being placed on the importance of obtaining nutrients naturally, rather than turning to synthetic supplements.

6 Health Benefits of Bone Broth

By regularly drinking bone broth or using it in recipes, you can help promote healthy gut integrity and permeability and support healthy inflammation. Here are the six major benefits of bone broth.

1. Protects Your Joints

Bone broth is one of the world's best sources of natural collagen, the protein found in vertebrae animals – in their bones, skin, cartilage, ligaments, tendons, and bone marrow. As we get older, our joints naturally experience wear-and-tear and we become less flexible.

Why does that matter? As we age, cartilage diminishes as it's attacked by antibodies (age-related degradation of joint cartilage). As bone broth simmers, collagen from the animal parts leaches into the broth and becomes readily absorbable to help restore cartilage.

Research done by the Department of Nutrition and Sports Nutrition for Athletics at Penn State University

found that when athletes supplemented with collagen over the course of 24 weeks, the majority showed significant improvements in joint comfort and a decrease in factors that negatively impacted athletic performance.

2. Good for Your Gut

Studies show that gelatin is beneficial for restoring strength of the gut lining, and fighting food sensitivities (such as to wheat or dairy), helping with the growth of probiotics ("good bacteria) in the gut, and supporting healthy inflammation levels in the digestive tract. A report published in the *Journal of Clinical Gastroenterology* found that gelatin effectively supports intestinal health and integrity.

Bone broth is easily digested and soothing to the digestive system, unlike many foods which can be difficult to fully break down. After all, a food is only useful if we have the means of absorbing its nutrients.

Studies have found that in individuals with digestive imbalances, serum concentrations of collagen are decreased. Because the amino acids in collagen build the tissue that lines the colon and entire GI tract, supplementing with collagen can support healthy digestive function.

3. Maintains Healthy Skin

Collagen helps form elastin and other compounds within skin that are responsible for maintaining skin's youthful tone, texture, and appearance. Collagen integrity is credited with helping to reduce the visible signs of wrinkles, decreasing puffiness, and fighting various other signs of aging. Many people report a decrease in cellulite when consuming foods and supplements containing collagen, since cellulite forms due to a lack of connective tissue, allowing skin to lose its firm tone.

Forget expensive injections. Collagen in bone broth can improve skin, hair, and nails, and fight signs of aging

4. Supports Immune System Function

One of the most remarkable things about bone broth is its gut supportive benefits, which as described above actually has a holistic effect on the body and supports healthy immune system function.

Leaky gut occurs when undigested particles from foods seep through tiny openings in the weakened intestinal lining and enter the bloodstream. This is where the immune system detects them and becomes hyperactive. This increases inflammation and leads to dysfunctions all over, as the immune system releases high levels of antibodies that cause an autoimmune-like response and attacks healthy tissue.

Bone broth is one of the most beneficial foods to consume to restore gut health and therefore support immune system function and healthy inflammation response. Collagen/gelatin and the amino acids proline, glutamine, and arginine help seal these openings in the gut lining and support gut integrity. Traditionally made bone broths are believed to support healthy inflammatory response and normal immune system function. Bone broth can even promote healthy sleep, boost energy during the day, and support a healthy mood.

5. Boosts Detoxification

Today in the Western world, the average person is exposed to an array of environmental toxins, pesticides, artificial ingredients, and chemicals of all sorts. While the human body has its own means of detoxifying itself from heavy metals and other toxic exposures, it often has a hard time keeping up when flooded with an overwhelming amount of chemicals. Bone broth is considered a powerful detoxification agent since it helps the digestive system expel waste and promotes the liver's ability to remove toxins, helps maintain tissue integrity, and improves the body's use of antioxidants.

Bone broth contains potassium and glycine which support both cellular and liver detoxification.

Some of the ways in which bone broth boosts detoxification is by supplying sulfur (especially when you add veggies, garlic, and herbs to your broth), and glutathione, which is a phase II detoxification agent that lowers oxidative stress.

Add garlic and veggies such as carrots, onions, and celery to bone both for added flavor, nutrients, and to boost detoxification

Stanford University's Medicine Preventative Research Center has found that glutathione helps with elimination of fat-soluble compounds, especially heavy metals like mercury and lead. It also helps with the absorption of various nutrients, the use of antioxidants, and with liver-cleansing functions. Bone broth also increases intake of essential minerals, which act like chelators to remove toxins by stopping heavy metals from attaching to mineral receptor sites.

6. Aids the Metabolism and Promotes Anabolism

Bone broth is a great way to obtain more glutathione, which studies show plays important roles in antioxidant defense, nutrient metabolism, and regulation of cellular events. A 2004 study published in the *Journal of Nutrition* states that glutathione's roles and benefits include regulating gene expressions, DNA and protein synthesis, cell proliferation and apoptosis, signal transduction, cytokine production, and immune responses.

Amino acids found in bone broth have numerous metabolic roles, including building and repairing muscle tissue, supporting bone mineral density, boosting nutrient absorption and synthesis, and maintaining muscle and connective tissue health.

Glycine found within collagen helps form muscle tissue by converting glucose into useable energy. Plus it slows cartilage, tissue, and muscle loss associated with aging by improving the body's use of antioxidants. Studies have revealed that glycine protects skeletal muscle loss and stops the expression of genes associated with age-related muscle protein breakdown.

Glutamine is another amino acid that's important for a healthy metabolism, since it helps us maintain energy by sending nutrients, including nitrogen, to our cells. Arginine also has the role of breaking down nitric oxide that helps improve circulation and sends

blood and nutrients to cells throughout the body, improving muscle and tissue integrity and promoting normal wound healing.

Tips for Making Healthy & Delicious Bone Broth

There are a few important basics to consider when making a great bone broth. First, while animal components and water alone can make a simple and healthy broth, combining it all with some select vegetables, herbs, and spices appears to have synergistic effects, working together to be more beneficial than either alone.

Speed-wise, it's easy to simply use the animal carcass and bones, but for additional collagen and gelatin benefits, consider using parts including chicken feet and neck. No matter what animal you decide to base your bone broth on, however, from chicken to cow to lamb to fish, make sure that it's as free of chemicals as possible.

A butcher shop specializing in organic, pastured meats is one of the best places to source high quality bones

The essential ingredients of a solid bone broth, according to best selling author Sally Fallon, co-founder of the Weston A. Price Foundation, are: bones, fat, meat, vegetables, and water.

Roasting bones for bone broth is optional. Some people feel it adds extra flavor, but it's not required - especially for poultry and fish

If you're making beef broth or lamb broth, you may choose to brown the bones and meat before putting it into a stock pot or slow cooker. Fish and poultry, meanwhile, are fine to put in a pot without browning first. Then you will simply add a bit of apple cider vinegar to your pot to help draw the minerals from the bones.

For added nutrients and flavor use sea salt, carrots, onions, and celery, along with parsley and other seasonings. To receive additional multi-systemic benefits, add ginger, turmeric, and other tasty powerful herbs.

As you can see, the options abound when making bone broth. You can use different animal bones as the base, make simple or more complex versions, and choose different vegetables and spices for flavoring ingredients. *(See the box on the next page for step-by-step directions to make a basic bone broth at home.)*

How to Make Homemade Bone Broth:

1. Choose a large pot for the stovetop or a slow cooker (crockpot).

2. Place the bones into the pot or crockpot and cover with water. (If you're making beef or lamb broth, you may choose to roast the bones before putting them into a stock pot. To roast bones, place bones on a cookie sheet in the oven and roast for 20-30 minutes at 350°F. Fish and poultry, including chicken feet and the neck, are fine to put in a pot without browning first.) Make sure you leave plenty of room for water to boil.

3. Add two tablespoons of apple cider vinegar to water prior to cooking. This helps to pull out important nutrients from the bones.

4. Heat slowly, by bringing it to a boil and then reducing the heat to simmer for at least 6 hours. Skim off fat on top as it arises.

5. Now, while 6 hours is the minimum time to extract those valuable nutrients from the bones, chicken bones can cook for 24 hours and beef bones can cook for 48 hours. (Fish stock, using the bones and the head, requires the least amount of time and sometimes one hour is adequate.) Overall, a low temperature and slow cook time is necessary in order to first preserve and then fully extract the nutrients in and around bone.

6. You can also add in vegetables, such as onions, garlic, carrots, and celery for added nutrient value. For standard flavor, add herbs and spices such as parsley or Herbs de Provence. For an additional kick (and more health benefits), consider adding ginger and turmeric.

7. Remove from heat and allow to cool slightly. Discard solids and strain remainder in a bowl through a colander.

8. Let broth cool to room temperature, cover, and chill. Use within a week or freeze for up to 3 months.

About Dr. Josh Axe

Dr. Josh Axe, DNM, DC, CNS, is a doctor of natural medicine, nutritionist, and author with a passion to help people get well using food as medicine and operates one of the world's largest natural health websites at www.DrAxe.com. He's the author of the recent smash-hit book *Eat Dirt* (a book all about gut health) as well as *The Gut Repair Cookbook*.

Dr. Axe operated a successful wellness clinic, Exodus Health Center, treating thousands of patients including professional and amateur athletes. Dr. Axe is an expert in herbal medicine, digestive health, and athletic performance. He has been featured on leading network television programs including the Dr. Oz, CBS, and NBC.

DrAxe.com is a leading source for empowering information on nutrition, natural health, fitness, healthy recipes, DIY home remedies, and trending health news.

About Jordan Rubin

Jordan Rubin is regarded by many as one of the most respected and beloved natural health experts in America.

His personal account of his battle and triumph over Crohn's disease has resonated with millions around the world and is one of the most dramatic natural health stories ever told.

A successful entrepreneur, New York Times best-selling author, international motivational speaker and television personality, Jordan's message of health and wellness is a beacon to the masses who are looking for answers to help take control of their health.

Jordan is the author of over 20 books. His eye-opening book, The Maker's Diet: the 40-day health experience that will change your life forever (April 2004, Siloam) spent a total of 47 weeks on the New York Times best seller list and remains popular today with more than 2.5 million copies in print.

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Charlene's Cancer Fighting Kitchen

Tomato Turmeric Garlic Oregano Celery Smoothie: The Free Radical Obliterator

This energizing culinary concoction is loaded with cancer busting goodness and tantalizing flavors.

First up are red tomatoes, which boast the powerful free radical eliminator, lycopene. Celery's attributes include two cancer fighting compounds for a double whammy effect. The first is apigenin which shrinks breast cancer cells. The second is acetylenics which halts malignant tumor growth.

Turmeric is famous for its anti-inflammatory benefits and cancer cell killing abilities. Then there's the multitude of immune-boosting and antimicrobial properties of both garlic and oregano.

All-in-all, this smoothie is a great way to kick start your day, or provide a refreshing pick me up at any time.

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.

Yield: Two 10-ounce servings

Preparation Time: 10 minutes

Ingredients:

- 1½ cups tomatoes, chopped
- 1 stalk of celery, chopped
- 1 tablespoon extra-virgin olive oil
- 2 tablespoons freshly squeezed lemon juice
- ½ cup spring or filtered water

Spices:

- 1 clove fresh garlic, crushed
- 1 teaspoon fresh turmeric root OR substitute ¼ teaspoon dried turmeric
- ½ teaspoon dried oregano
- ¼ teaspoon quality salt such as pink or sea salt

Directions:

1. Put all ingredients in a blender and process on medium speed for 15 seconds.
2. Change to high speed and process for 30 seconds more or until smooth.
3. Pour into glasses and garnish with a celery stalk if desired. Enjoy!

Creamy Chicken, Fish, and Vegetable Sauce

This versatile sauce contains cancer fighting ingredients that each help kick cancer to the curb: oregano's quercetin, turmeric's curcumin, cayenne pepper's capsaicin, and garlic's dialyl sultides (allium biochemicals).

These individual powerhouses get an extra boost from black pepper's unique ability to increase the absorption rate up to 2000 percent. The result… a delicious sauce that's anti-oxidant, anti-inflammatory, and immune boosting – along with inducing apoptosis (cell suicide) in cancer cells.

Yield: 1 ½ cups
Preparation Time: 15 minutes + 1 hour soaking time

Ingredients:

- ¾ cup sunflower seeds, soaked 1 hour (soaking makes the nuts/seeds more digestible and alkaline)
- 2 sun dried tomatoes, chopped and soaked 1 hour (soaking rehydrates the tomatoes and using the soak water in the sauce increases the nutritional value)
- ½ teaspoon turmeric powder
- ¼ teaspoon black pepper
- ¼ - ½ teaspoon cayenne pepper powder (depending on tolerance to hot spice)
- 1 teaspoon dried oregano
- ½ teaspoon quality salt such as pink or sea salt
- ¼ cup extra virgin cold pressed olive oil
- ¼ cup water from soaked sun dried tomatoes
- 3 tablespoons freshly squeezed lemon juice
- 3 cloves garlic, crushed

Directions:

1. Rinse and strain the soaked sunflower seeds.
2. In a blender or food processor, add all the ingredients.
3. Blend on high speed for 30 seconds or until creamy. Extra water can be added for a thinner sauce.

Serving Notes:

- You can substitute any untoasted nuts or seeds you have on hand for the sunflower seeds. Suggested substitutions include: walnuts, pumpkin seeds, hemp seeds, almonds, cashews, or macadamia nuts.
- The sauce can be poured over meat or vegetables and baked in a casserole dish in the oven.
- If cooking in a pan, put the sauce on after the meat or vegetables are cooked but still in the pan. Pour the sauce on and heat for about five minutes over very low heat.
- If you are sautéing the meat in the sauce, substitute regular olive oil or cold pressed coconut oil for extra virgin olive oil.
- You can also marinade fish, chicken, meat or vegetables in the sauce, and then cook with marinade still on.

Bouquet Garni

Bouquet garni is a French term for a combination of herbs bundled together. These herb bundles are traditionally used to flavor a number of dishes including broth, stews, soups, casseroles, and meat dishes. You can use a bouquet garni with any of your bone broth recipes.

(To learn more about the amazing cancer-fighting abilities of each of these herbs, check out the article on page 1 of the March 2016 HACC newsletter.)

Classic Bouquet Garni (Fresh Version)

- 5 springs of parsley
- 2 sprigs of thyme
- 1 bay leaf

Place herbs together and tie together with kitchen string or wrap in cheesecloth and then tie.

Bouquet Garni (Dried Version)

- 1 tablespoon parsley
- 1 tablespoon tarragon
- 1 teaspoon rosemary
- 1 teaspoon thyme
- 1 teaspoon whole peppercorns
- 1 bay leaf

Tips:

- There's no right or wrong way to make a bouquet garni and it depends on your personal taste. Other possible additions to your bouquet could include: chervil, marjoram, summer savory, garlic, lemon or lime zest, orange peel, basil, cloves, coriander seeds, etc.

- Adjust the quantity of herbs being used to the volume of food being prepared. Let taste be your guide with the goal being to enhance the flavor of your dish without overpowering it.

- Bouquet garni can be made with either fresh or dried herbs. If using right away, a combination of fresh and dried can be used.

- You can use plain kitchen twine, string, or even unwaxed & unflavored dental floss to create your bouquet. For a dried herb bouquet, place herbs in the center of a square of clean muslin or cheesecloth, gather the corners and tie securely with twine/string/floss. You can also sew or purchase small bags to use for this purpose. Fill the bag and then tie the top of the bag with a string.

- If you're using the bouquet garni in a dish you won't be straining, keep the end of your string long and tie it to the pot handle to make it easier to pull out the bouquet before serving.

- You can make bouquets in advance and freeze them until needed. To store several together, roll each fresh bouquet in a piece of cheesecloth, muslin, or dry paper towel and store in an airtight freezer bag. When needed, take one bouquet out of the bag and use. (If wrapped in paper towel, wait for it to defrost enough to easily remove the paper towel first.)

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.

Virotherapy: A New Era in Cancer Treatment?

By Ty Bollinger

The year 2015 was a busy one for me, as I spent many months traveling the world in search of everything there is to know about cancer – and more importantly, the many ways in which this prominent disease is being successfully treated throughout the world.

During my travels, I came across a revolutionary approach to cancer treatment that, in my humble opinion, just might be the most promising cancer therapeutic yet to come along in the 21st century.

It's known as Rigvir® virotherapy, and an astute team of scientists, researchers, and doctors in the European country of Latvia are successfully using it right now to treat *and cure* many different types of cancer. Among the many reasons why I believe Rigvir® is so promising is the fact that it's completely safe and *100 percent natural*, derived from beneficial viruses that live naturally inside the human body. Rigvir® is also highly effective at treating many forms of cancer, which I'll expound upon later.

Similar in function to the probiotic bacteria that populate the small intestine, the viruses from which Rigvir® is derived are recognized as *beneficial pathogens* that support the body's innate immune system. These valuable viruses are both oncotropic and oncolytic, meaning they selectively *target* and *destroy* cancer cells. They do this without harming healthy cells, which can't be said about conventional therapeutics such as chemotherapy and radiation.

I found the premise behind Rigvir® virotherapy as an efficacious cancer treatment so fascinating that I decided to conduct a series of interviews with the incredible minds behind its development. I also took the time to listen to a number of powerful life stories from people whose lives have been forever changed by this amazing treatment, which are nothing short of inspirational.

Discover the Amazing Healing Power of Rigvir®

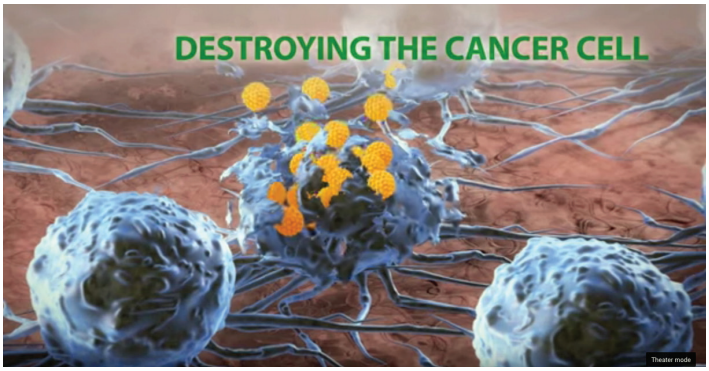
The idea that viruses can act as helpful scavengers to root out infection and disease isn't necessarily new. Saint Peregrine, the Roman Catholic patron saint of cancer patients who lived from 1265-1345, is said to have overcome an ulcerative growth on his leg as a result of a mystery virus that lived inside his body. Fast-forward about 600 years and the word "virotherapy" made its first appearance in the PubMed database around 1960.

It was around this time that emerging research began to toy with the idea that viruses could potentially be used as virotherapeutics to alter the way cancer grows and spreads. This hypothesis turned out to be correct – viruses *directly* affect the growth and spread of cancer cells. And now, thanks to the blood, sweat, and tears of scientific

progressives in Latvia, we finally have access to the world's first science-based virotherapeutic in the form of Rigvir.®

Rigvir® has its origins in the Latvian capital of Riga, where scientists there began looking at it as a possible virotherapeutic as far back as the late 1960s. A shorthand derivative of "Riga Virus," Rigvir® is based on a virus known as Echo-7 that was first extracted from the gut microflora of healthy children as part of early medical testing for the polio vaccine.

After this testing was completed, scientists began to take a closer look at the many isolated viral samples they had on hand, discovering in the process that Rigvir® possesses unique anti-cancer potential. They learned that Rigvir® is able to gain unique entry into cancer cells where it perpetually reproduces until those cells are eventually destroyed.



The Rigvir® virus enters a cancer cell and reproduces until the cell is destroyed

When Rigvir® is introduced into a cancer patient's body via intramuscular injection, it very rapidly activates the body's natural immune response, as well as the immune cells found inside the lymph nodes. It then actively and aggressively seeks out cancer cells, attaching to their surfaces for penetration, replication, and ultimate destruction.

Clinical testing has shown that Rigvir® acts quickly and powerfully in eradicating cancer cells throughout a patient's body, showing near-immediate effects. Although it's only been approved in two countries (Latvia and Georgia), for use in the treatment of melanoma, Rigvir® has also shown incredible success in the treatment of:

- Colorectal cancer
- Kidney cancer
- Bladder cancer
- Prostate cancer
- Stomach cancer
- Pancreatic cancer
- Uterine cancer
- Lung cancer
- Several types of sarcoma

What sets Rigvir® apart from many of the other cancer therapies out there is its *purity*. The only thing in a vial of Rigvir® is the virus and purified saltwater – that's it! None of the preservatives, heavy metals, or adjuvants commonly found in vaccines and pharmaceuticals are present, which makes Rigvir® exceptionally safe and virtually side effect-free.

The Rigvir® virus is injected into the muscle. From there it activates the body's immune response, including immune cells in the lymph nodes

"[Rigvir®] contains the virus and almost nothing else except for normal saline for injection," says Professor Ivars Kalvins, PhD, a scientist, inventor, and Director of the Latvian Institute of Organic Synthesis, which produces Rigvir® treatments for patients.

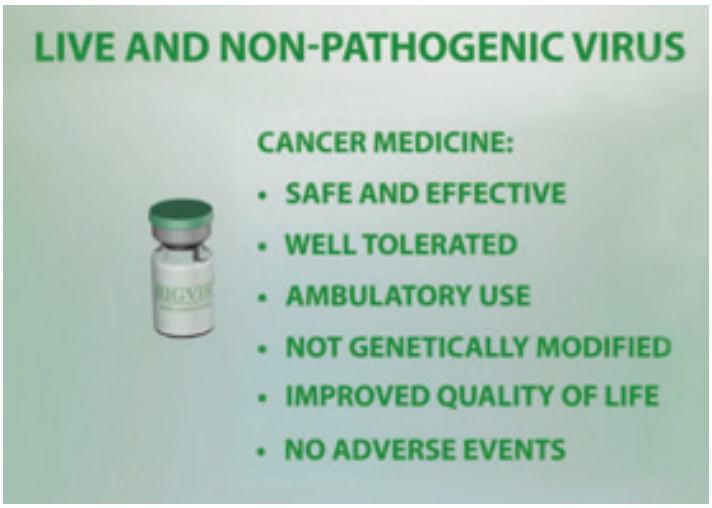
"This means that by administration of this (treatment), the body is not exposed to anything else, no additives, no toxic substances, only the live virus that upon entry into the body fluids starts searching for tumour cells – tumour cells that the virus eventually infects and kills."

Dr. Ivars Kalvins, who helped pioneer the development of Rigvir,® was one of three finalists for the European Medicine Award. Dr. Kalvins is proud of Rigvir's® successful track record as seen over the past 12 years since it first gained commercial approval.

Dr. Ivar Kalvins (left) helped pioneer the development of Rigvir®

For my docu-series, *The Truth About Cancer*: *A Global Quest*, I got a chance to speak with Dr. Kalvins about the nature of Rigvir® and how it works. He told me that, in addition to its immunomodulating efficacy, Rigvir® is characterized as being *selectively toxic*, meaning it doesn't harm healthy cells.

Most other drugs, he told me, *"are also killing healthy cells, not only the cancer cells. The only way to overcome this is to use living species like viruses. If you can find the virus [that specializes at] finding cancer cells and penetrating into these cells using the machinery, the factory, of these cells to reproduce themselves, this is exhausting the resources of (cancer) cells, and cells are dying out. This is the new approach. There is only one medicine in the world on the market that uses live virus – Rigvir.®"*



Rigvir® has demonstrated numerous benefits without the harmful side effects of many coventional cancer treatments

Rigvir® truly is a one-of-a-kind cancer treatment, and the first ever virotherapeutic in the world to gain commercial approval. And I'm excited to say that it's helping people from every corner of the globe overcome cancer, including late-stage cancers that the medical industry says are "incurable."

Real-Life Testimonies from Patients Cured of Cancer with Rigvir®

One sweet Ukrainian lady I interviewed on my trip to Latvia is Khrystyna Yakonvenko. She told me her amazing story of overcoming stage IV melanoma with Rivgir.® Stage IV melanoma, as you may already know, is considered by the conventional medical system to be incurable due to the fact that cancer cells have already spread from the lymph nodes to vital organs and soft tissue.

"It all started in the end of 2012," Khrystyna explained. *"When I contacted my doctor, he diagnosed melanoma of the fourth stage, with metastasis of the liver. They prescribed the palliative chemotherapy, and ... I completely trusted our Ukrainian doctors and the methods they were using, and I trusted this palliative chemotherapy – I simply didn't realize the effect of this diagnosis completely and entirely in that moment."*

When I asked Khrystyna how long she was expected to live, *"maximum of about six months,"* was her response, according to her doctors' assessment. But Khrystyna didn't let this diagnosis get the best of her.

"I was not feeling afraid; I was not falling into panic," she told me, as tears began to form. *'Simply, I understood that I had no right to live it, and I had to fight. When I first came to the Rigvir® therapy center, the doctors didn't say that, yes, we will do it – they said, we will try, because the stage is late. And I think that sometimes on the earlier stages, on the initial stages, people who have this very scary diagnosis, they sometimes by themselves, they lose hope, they stop fighting, and they simply leave it.*

Khrystyna Yakonvenko wipes away a tear as she tells how she almost died from Stage IV melanoma prior to receiving Rigvir® therapy

But sometimes there are people who, even at the late stages, they continue to fight, they continue to find the way out of the situation, and in this case, the disease is simply just over," Khrystyna explained, noting that her stage IV melanoma is now completely gone.

Zoya Sokolova from Russia had a similar story to tell, except hers started off much differently. After being diagnosed with stage III sarcoma, Zoya decided to go the conventional treatment route, only to end up on the verge of death! Fortunately for Zoya, her family intervened and took her to get Rigvir® Virotherapy before it was too late.

"The diagnosis was very sudden for me," Zoya recalled. *"It was after a very strong stress, and then after a month and a half I was diagnosed with a third-stage cancer. After the surgery, I had my chemotherapy, then I signed (up for) another six of chemotherapy, and a full course of radiotherapy.*

My condition allowed only for chemotherapy to be handled, and after the fourth, I wasn't able to stand up from the bed. I became a bed patient. Before these courses of chemotherapy, I was told about the (Rigvir®) center, about this treatment, but I believed in our doctors and their treatment methods, so I decided to follow that path.

It seemed that they wanted for me to be treated, but they couldn't give a warranty. They couldn't say for sure that [they] would treat this disease. And that moment when I couldn't stand up from the bed on my own completely, I was so weak, and my relatives they decided to take a van to make a bed for me, and simply drive me to Riga to the center.

Before coming to Riga, I got a blood test and a complete observation for the doctors here to have the

full picture of my condition. When the doctor saw my blood test, she was really astonished because the other blood test was lower than for a live person. She was astonished how I managed to get here staying alive.

The doctor said exactly, "I'm not asking how you got here, I'm asking how are you still alive with this blood test?" From my feelings at that moment, I realized that I would not survive, and I felt how my body is failing from day to day. The doctors recommended that I take certain measures, to take certain indications... before even taking Rigvir,® to boost my immune system, to reinvigorate and repair my immune system and my body so I could be ready for Rigvir.® And after a couple of weeks, I started to take Rigvir.®

It was really my family who made the decision because, as for me, I was so weak, I was so done, that I simply took this and I was ready to say goodbye to the life, [but] my family made the decision. I simply accepted their decision and I thought, what shall be shall be, [so] I followed them.

After following the indication of the doctors for boosting my body and my immune system [for] two weeks, I was able to stand up from the bed and walk around the house and move, so I was feeling better. After a month of already taking Rigvir® virotherapy, my condition changed entirely. I was now even able to walk around, stand up from the bed, I was even able to drive myself to Riga to receive the therapy."

Zoya's story is a tearjerker, but she was the fortunate one. The other women with whom she had been receiving treatment for similar cancers while still in Russia weren't so fortunate, as all of them rejected the Rigvir® treatment in favor of chemotherapy and radiation. And all of them paid for this decision with their lives.

"When I had my surgeries, I had them with the same women in the same room, so we were following the same path, and met on the same days for chemotherapy. And when I started Rigvir,® even though I had only four (regimens of) chemotherapy, not the full course, they continued this course, and as I was getting better with Rigvir,® they on chemotherapy were starting to feel worse and worse," recounted Zoya.

"When I started to receive Rigvir® therapy, very quickly I became a very healthy person. I started to travel, I started to have a lot of energy and I called them and I recommended that they start this treatment. But for some reasons they refused, and now they're all gone.

It's a pity that a lot of great people are gone now. But I'm happy, I'm healthy, and I can't say that at the beginning I didn't trust this method, simply I didn't know and I was so weak. But now, currently, I don't have anymore disabilities, I'm a completely healthy person and I'm so thankful to the people who have helped me here."

Zoya Sokolova started chemotherapy treatments with a group of women who all rejected Rigvir® treatment as an option. Zoya is the only cancer survivor from the group

I can't even begin to tell you how much joy was brought to my heart knowing that these two lovely women are still with us today and living vibrant lives thanks to Rigvir® Virotherapy. And the same can be

said for many other patients like them who I personally met in Latvia, including:

- Karlis Venskus, who was cured of stage IV stomach cancer with Rigvir®
- Egidijus Kazlauskis, who was cured of stage III melanoma with Rigvir®
- Gunars Strazdinsh, who was cured of stage III small cell lung cancer with Rigvir®
- Ruslan Isayev, who was cured of stage III skin melanoma with Rigvir®
- Svetlana Sheferova, who was cured of stage III melanoma with Rigvir®

FDA Approves GMO Knockoff of Rigvir® Cancer Treatment

You're probably asking yourself right about now – how can I access Rigvir® here in the United States for myself or a loved one? The unfortunate answer is that Rigvir® *isn't* approved for use in the U.S., and is only available in Latvia, Mexico, the Bahamas, Germany, and the country of Georgia.

The reason for this is a systemic bias within the U.S. Food and Drug Administration (FDA) that prevents life-saving cancer treatments that actually work from ever being commercially approved. I cover this conspiracy in considerably more depth in my docu-series, but suffice it to say that the cancer industry has a stranglehold on the ways in which cancer can be legally treated here in the States.

To make matters worse, the FDA did recently approve another form of oncolytic virotherapy known as "Imlygic"™ (talimogene laherparepvec) that, like Rigvir,® is the first of its kind to be approved for use in the treatment of melanoma. But unlike Rigvir,® Imlygic™ is *genetically-modified* (GMO) and *non-selectively toxic*, meaning it harms both benign and malignant cells.

Even worse is the fact that Imlygic™ isn't even all that effective, nor does it root out advanced-stage melanomas that have already spread to vital organs and other soft tissue. Imlygic,™ which is made of GMO herpes virus, can also infect patients with herpes, as admitted by the FDA in a recent press announcement.

A mere 16.3 percent of melanoma patients treated with Imlygic™ in a multi-center clinical trial saw any improvements at all from the drug's use, according to the FDA. And the drug did not show benefits among patients whose melanomas had already spread to the brain, bone, liver, lungs, or other internal organs.

Imlygic™ is also loaded with various chemical additives like disodium hydrogen phosphate dihydrate (pH balancer) and sorbitol (sugar alcohol) that have a questionable safety profile when injected directly into muscle tissue. Rigvir,® as I mentioned earlier, is made up of just the natural virus and saltwater.

According to the Imlygic website, "IMLYGIC™ has not been shown to improve overall survival or have an effect on visceral metastases" (meaning cancer of internal organs)

Imlygic™ pales in comparison to Rigvir® on every level from its safety to its effectiveness, not to mention the fact that Imlygic™ is made from a recombinant (genetically engineered) herpes virus that exists nowhere in nature, while Rigvir® is made from a naturally-occurring virus that is simply an extension of the body's own native immune system.

We can't keep shunning effective treatments like Rigvir® in favor of questionable ones like Imlygic,™ simply because drug companies (in this case Amgen), have enormous amounts of cash to shell out to the FDA in exchange for a regulatory stamp of approval. The system is broken, and tens of thousands, and even millions, of people are needlessly dying from preventable diseases as a result.

It is my sincere hope that someday our country will recognize other forms of medicine besides just pharmaceuticals and surgery, and that cancer patients who wish to undergo treatments that fall outside the norm will be able to do so, within our own country, legally, and with full support of health insurance providers.

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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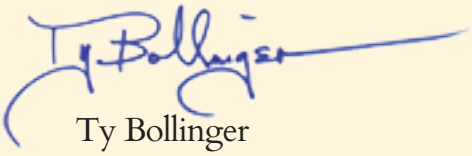
As I write this message for our April Heroes Against Cancer Community newsletter, we are just days away from our Encore presentation of "The Truth About Cancer: A Global Quest" (April 12th-20th). When we shared this 9-part docu-series back in October, I was absolutely blown away by the positive reaction from all over the world. And the reach this time is going to be even greater.

I can honestly say that I continue to be awed by this community and by the new people we're reaching every day with our message that cancer doesn't have to be a death sentence, that there are countless ways to heal from cancer, and that no matter what your doctor may say… there is always hope.

This Heroes Against Cancer Community is extra special to me because you're the folks who have gotten serious about putting what we talk about in A Global Quest into practice. My intention each month is to continue to bring you in-depth, practical, cancer-fighting information that isn't readily available in the mainstream. In this month's newsletter, for example, you learned about how hyperthermia can be used to fight cancer and other disease. Plus, the impressive Rigvir® cancer treatment that took me all the way to Latvia to learn about.

Next month I'll be going in-depth with you about the benefits of infrared saunas (including the difference between near and far infrared saunas). I'm also excited to share an article by my friends from the Hope 4 Cancer Institute in Mexico who will be bringing you a closer look at one of their exciting cancer treatments – Sono-Photo Dynamic Therapy.

I've got lots more great stuff to share with you in the coming months. Thank you as always for your fantastic support… and please be sure to share the Encore replay with your friends and loved ones.



Ty Bollinger

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