

# How to Make & Use Castor Oil Packs A Natural Home Therapy for Healing & Detoxification

By Dr. David Jockers

**D**ating back to its first recorded medical use over 3,500 years ago, castor oil has been used to stimulate blood circulation in the body's tissues and improve lymphatic drainage for optimal health and healing. Castor oil is known to promote detoxification processes, and can be used as a simple and natural home therapy to help your body detox.

Castor oil is obtained from the seeds of the castor plant (*Ricinus communis*). It is a colorless to very pale yellow liquid with a distinct taste and faint, mild odor.

Commercially, castor oil is used to make soaps, lubricants, hydraulic and brake fluids, paints, dyes, coatings, inks, cold resistant plastics, waxes and polishes, nylon, pharmaceuticals, and perfumes.



Castor oil is made from the seeds of the castor plant (*Ricinus communis*)

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Beyond its commercial uses, people all around the world have reported remarkable success using castor oil packs for a number of health conditions – including cancer. Historically, the Aztec Indians were said to have used castor oil packs to treat skin lesions, menstrual cramps, and digestive problems. The Persians used them as a therapy for epilepsy. The Egyptians for eye disorders, and the Greek physician Dioscorides used them for the reduction of tumors.

Early European users of castor called the plant “Palma Christe,” because they thought the leaves resembled the hand of Christ. They also found that it had remarkable medicinal qualities which made the name even more symbolic.

Castor oil packs (a flannel cloth soaked in oil) improve lymphatic drainage, stimulate lymphocyte development, and improve digestion. This uniquely powerful combination of health benefits makes castor oil packs a great addition to your healing regime.

### **Is Castor Oil Safe to Use?**

Castor oil is pressed from the castor seed which is native to India and has a unique chemical composition. Castor oil is essentially a triglyceride, comprised of fatty acids with 90 percent being ricinoleic acid, which is only found in trace amounts in other seeds. Oleate and linoleates are the other major components in castor oil.

The main component of castor oil, ricinoleic acid, is a phytochemical. A phytochemical is a natural compound found in fruits, vegetables, and seeds that typically have specific actions in our body when we consume them. For example, ricinoleic acid targets specialized receptors within the intestines as well as in the smooth muscle cells of the uterus, naturally stimulating detoxification.

The U.S. Federal Drug Administration (FDA) and the Joint Food and Agriculture Organization Expert Committee on Food Additives (JECFA) both recognize castor oil as safe, but do not recommend that it be taken orally.

### **Castor Oil Promotes Lymphatic Drainage**

How is it possible that castor oil was responsible in one study for suppressing tumor growth? Castor oil has cancer fighting abilities by which it stimulates the release of toxic build up and debris from the lymphatic system. On the other hand, when the lymphatic system functions poorly, bacteria thrive within the fluid that accumulates in lymphatic tubules and ducts.

Researchers have found that the absorption of castor oil through skin stimulates blood circulation, lymphatic drainage, and the production of lymphocytes (a type of white blood cell belonging to the immune system, typically found in lymphatic fluid) that are critical to a healthy immune system. For this reason, castor oil can be used to treat individuals with weakened immune systems such as those with AIDS (acquired immune deficiency syndrome) or HIV (human immunodeficiency virus infection).



*Absorbing castor oil through the skin stimulates blood circulation, lymphatic drainage, and production of lymphocytes*

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## How Castor Oil Packs Improve Immunity

A small study published in the *Journal of Naturopathic Medicine* in the late 90s found that a simple castor oil pack significantly improved key immune cell counts. This study found that a 2-hour therapy period produced a “significant” increase in the number of T-11 lymphocytes.

This increase in levels of T-11 cell lymphocytes represents a generalized boost in the body’s specific immune defense. Lymphocytes are produced in the bone marrow and the thymus gland and function to defend the body against viruses and other pathogens as well as against cancer cells. On the other hand, low levels of lymphocytes are a major risk factor in developing viral disorders and cancer.

Although the increase in T-lymphocytes was temporary, this study showed that castor oil treatment increased the T-lymphocyte count for over 7 hours following the treatment before slowly retreating back to normal levels by 24 hours post-treatment.

## Castor Oil Promotes Healthy Digestion and Elimination

One of the simplest therapeutic strategies for promoting detoxification is to maintain the healthy functioning of your gastrointestinal tract by promoting frequent bowel movements. A popular cathartic, castor oil stimulates defecation. Although there may be additional therapeutic benefits of castor oil when directly massaged into the skin for absorption, castor oil packs can effectively promote healthy digestion and elimination.

This laxative effect of castor oil may help you to have regular bowel movements, along with an increase in

energy and mood. In one study, 80 percent of elderly patients recorded relief from their decades of struggles with constipation after a short 3-day castor oil pack treatment.



*Castor oil can relieve constipation and promote a healthy, functioning gastrointestinal tract*

## The Liver’s Vital Importance to Detoxification

Their therapeutic properties and ease of use in the home make castor oil packs a natural and very effective detoxification therapy. One vital organ essential to your body’s natural detoxification abilities is your liver. Your liver functions just like your kitchen’s garbage disposal. Accumulation of pathogenic organisms and debris is similar to the inedible foods you put into the drain.

Just like the garbage disposal, your liver transforms toxic debris in your body into a form which can be properly eliminated. In the kidneys, this debris is dissolved, flushed out via the bile ducts, moved to the small intestine and successfully passed from the body in the stool. For this reason, if your stool appears chalky white, your body may be indicating to you that your liver is functioning poorly.

Castor oil packs can therefore be a great way to detoxify toxins from your whole body and reduce your risk of developing cancer.

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## Castor Oil Pack Tips

When making castor oil packs a standard routine for your body, use only therapeutic grade castor oil for optimum health benefits.

To avoid placing oil containing pesticide residue on your skin, seek and purchase castor oil labeled as:

- Cold pressed
- Without hexane
- 100% Pesticide Free
- Organic
- Non-hybridized
- Free of preservatives and additives
- Non-solvent extracted
- Unrefined
- Non-deodorized

## Trusted Castor Oil Retailers

The following retailers offer trustworthy castor oil pack kits available for purchase:

**Radiant Life:** The [kit](#) from Premier Research Labs Castor Oil includes organic cotton flannel, a wrap-around pack, and cold-pressed, non-solvent extracted and hexane-free castor oil.

**Heritage Store:** Their [kit](#) contains hexane-free, cold pressed castor oil, unbleached wood flannel, and castor cleaning towelettes.

**Banyan Botanicals Ayurvedic Herbs:** Offer unrefined and [organic castor oil](#).

**Dr. Adorable Inc.:** Their castor oil is cold pressed, hexane free, organic and you can purchase this off of [Amazon](#).

## Castor Oil Pack Instructions: How to Prepare and Use

Before using castor oil packs, test for skin sensitivity to castor oil by first massaging a small drop of castor oil directly to the skin. If sleeping with a castor oil pack, it is highly recommended to use an electric heating pad with an automatic shut off to avoid burns. This can be a messy process so be careful and follow the directions to reduce castor oil spills on furniture or your body.



*Before using a castor oil pack, test for sensitivity by applying a few drops of oil to your skin and watch for a reaction*

### Materials for Use:

- Therapeutic grade organic castor oil
- A large wool flannel, unbleached and organic
- Piece of plastic (a plastic trash bag works well)
- Heat source such as hot water bottle or heating pad
- Large old towel or sheet
- Glass container to store the flannel (a mason jar is perfect)

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**Directions for Use:**

1. Make sure you are well hydrated and have gone to the bathroom and emptied your bladder and/or colon before beginning.
2. Choose a space where you are able to lay down comfortably. To avoid any oil dripping onto the surface, cover the space with an old towel.
3. Find a piece of flannel that is large enough to cover your abdomen but not any larger or it can make a mess. Saturate the flannel in castor oil, you want to get it wet but not dripping (Warning: This can be a messy process.)
4. Lie down on your back on the surface protected by the old towel and cover your abdomen with the flannel. It is most important to make sure your right side (where the liver is) is completely covered from just above your groin to your sternum (breastbone) or pectoral muscles. You can also get 3 separate wool flannels that are about 1 foot by 1 foot and soak them and set them right onto your upper right quadrant of your abdomen (just under the right pectoral muscle).
5. Put a very large pillow under your knees and feet in order to take stress off of your lower back and to focus the blood flow into your abdominal region. You could also lie on the floor and put your legs up on the couch.
6. Cover the flannel with a piece of plastic (a plastic trash bag works well) and put the heating pad or hot water bottle on this.



*Place a hot water bottle or heating pad on top of the flannel and plastic*

7. Relax for 45-60 minutes (up to 2 hours but not recommended to go longer) while the castor oil pack does its work and use this period of time to read a book, pray, visualize, and/or spend time doing deep breathing. You could play some classical music or worship music. You could even take a nap. Just do something relaxing!
8. When finished, remove the pack and put the flannel into a glass mason jar and seal it tight and store in the refrigerator. Keep saturating the flannel with castor oil for future packs as you desire. You can also discard and use a new piece of flannel next time, but that will cost more.
9. Replace the castor oil pack when you notice a visible color change or if it smells bad.
10. Wash off any remaining castor oil on your skin with a natural soap or a solution of 1 quart of water and 2 tablespoons of baking soda.
11. Be sure to stay well hydrated as your hydration level will play a critical role in the detoxification effects from the castor oil pack.

12. Using the packs for just a few days can be enough to provide relief from certain symptoms, but the best results come with continual practice.
13. Try to do a castor oil pack treatment for 4 continuous days each week and then take 3 days off for 1-3 months. The individuals that see the best results do it every day. This may not be possible for you based on the time commitment it takes.



*Aim for a castor oil pack 3-4 times per week for one month*

14. Try to create a schedule where you can use this therapy in the middle of the day as a detox break, prayer or meditation session, and nap.
15. Do this at least 3-4 days a week for one month and you should notice improved quality of life.
16. If you are battling a chronic disease than it is a great idea to stay on a castor oil pack routine while you are focusing on detoxifying and healing.

### **Combining Detox Therapies**

Castor oil packs stimulate the lymphatic system to move toxins and the digestive system to purge these toxins from the body. The benefits of toxin removal can be amplified by combining it with other healthy adjunctive therapies.

Some of the best detoxification therapies to use in conjunction with castor oil packs include coffee enemas, infrared saunas, and hot/cold cycling showers. If you are using an infrared sauna or enemas as part of your health regimen, it is best to use the castor oil pack right before this to increase the amount of toxins being expelled by the body.

A great detox regimen would be to hydrate well in the morning including ingesting green juices and then using a castor oil pack for an hour, followed by a coffee enema, and finishing with 15-20 minutes in the sauna followed by an alternating hot-cold shower (if you don't have adrenal fatigue) for five minutes (30 seconds hot and 30 seconds cold repeated five times).



*Consuming green juices aids in the detoxification process*

### **Who Shouldn't Use Castor Oil Packs**

It is not recommended to use castor oil packs if you are experiencing any of the following conditions or life circumstances:

- **Women Who Are Pregnant**

Many midwives believe that castor oil may induce labor. Some research suggests that this could be true as ricinoleic acid may affect the lining of the uterus and potentially increase

contractions in pregnant women. Therefore, castor oil should be avoided by pregnant women unless recommended by a qualified doctor to naturally induce labor.

- **Women Who Are Breastfeeding**

Castor oil packs move toxins into circulation so they can be expelled by the body. However, when a mother is breastfeeding, these toxins could potentially enter the breast milk. This could be dangerous for the baby, and thus castor oil packs are not recommended for breastfeeding women.

- **Women with Heavy Menstrual Flow**

Women who typically experience heavy menstrual bleeding cycles should avoid using castor oil packs during their menstruation. Castor oil packs may induce further bleeding and could potentially be life-threatening in these situations.

If the woman experiences cramps or discomfort without excessive bleeding, then castor oil packs can be extremely helpful in reducing pain.

- **Certain Gastrointestinal Problems**

Ricinoleic acid is a natural laxative and is good for improving conditions such as gas, bloating, cramping, and constipation. But it can also interact with the lining of the gastrointestinal tract and aggravate certain conditions such as ulcers, diverticulitis, hemorrhoids, and colitis. It is not recommended to use if you have these conditions.

- **Extreme Skin Sensitivities**

Some individuals have very sensitive skin or chronic skin conditions that are easily

aggravated. These people are at more risk for a reaction to castor oil and therefore it is not recommended in these cases.



*Women who are pregnant or breastfeeding should avoid using castor oil packs*

## **Conclusion**

Castor oil packs have been used by people all around the world for a number of health conditions. They have anti-inflammatory and detoxification properties that improve the body's ability to heal itself.

Cancer is often marked by reduced function of the digestive, circulatory, and detoxification pathways. By improving the function of these pathways, castor oil packs are a potent natural therapy for anyone dealing with cancer.

Natural health strategies such as castor oil packs receive limited attention from the scientific community and therefore the research and evidence supporting its use is minimal. However, there are thousands of stories from people all around the world who have used castor oil with remarkable success. If you are looking to improve your health, give castor oil packs a try and share your story with us.

## About Dr. David Jockers



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

He runs one of the hottest natural health websites: [DrJockers.com](http://DrJockers.com) and is the author of *SuperCharge Your Brain*, the complete guide to radically improve your mood, memory, and mindset, and the *SuperCharged Recipe book* with over 180 full-color recipes to help you take back control of your health. He is a regular contributor to [thetruthaboutcancer.com](http://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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# The Truth About Estrogen and Breast Cancer

By Elyn Jacobs

Oncologists are afraid of estrogen; to them it is to be feared and therefore like a poisonous spider, must be banished, or stomped on. Yet is estrogen really that bad? No! You need estrogen for lowering your risk of heart disease and for developing strong, healthy bones. In fact, estrogen is essential to the health of all parts of your body, from your eyes, to your heart, to your brain and everywhere else.

It is true that estrogen stimulates the growth of cancer cells and thus increases breast cancer risk. But there is much more to the story than that! We need estrogen to live; it is just so terribly misunderstood.

## The Dance of Estrogen & Progesterone

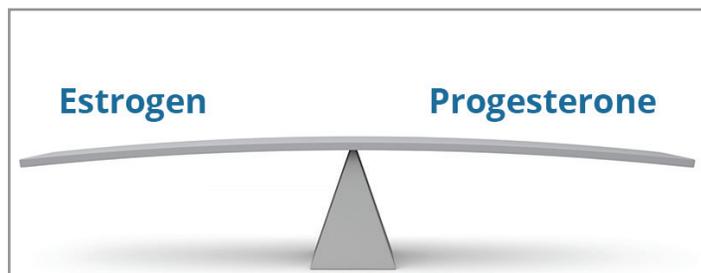
Did you know that estrogen and progesterone oppose one another to achieve balance, or “homeostasis”? However, if you have too much estrogen and too little progesterone, the body no longer functions in perfect homeostasis. Progesterone acts to balance estrogen’s actions. While estrogen is associated with breast and other cancers, progesterone has anti-cancer effects.

Estrogen also promotes water retention whereas progesterone is a natural diuretic – which is one of the reasons women who are low in progesterone have greater PMS symptoms. And when there is unopposed estrogen because of a deficiency in progesterone levels, there is an increased risk of developing cancer.

Blaming estrogen is a bit like blaming girls at a dance. If there are ten girls at a party but only five

boys, is it the girls’ fault if not all of them have a partner? Yes, one could always invite fewer girls to the party, but wouldn’t it make more sense to invite more boys?

In the same way, if estrogen levels are normal – or lower than normal – does it really make sense to lower progesterone levels? In fact, it may be a better idea to raise progesterone levels to match those of estrogen, so that the normal balance is restored. When the opposing force of progesterone is increased, the potentially toxic effect of estrogen is decreased.



*Progesterone and estrogen need to achieve a state of balance.  
Too much estrogen without sufficient progesterone  
can increase the risk of cancer*

## The Science behind Estrogen, Progesterone, and Cancer

Estrogen has been shown to trigger the activity of, or “turn on” the BCL2 gene, which when expressed at high levels causes cancer cells to grow rapidly and aggressively.

On the other hand, progesterone increases production of the so-called “tumor-suppressor” gene P53, which is also known as “the guardian of the genome” because of its ability to prevent mutations

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in DNA. More P53 causes cancer cell growth to stop, or even die by inducing them to commit suicide (a process known as “apoptosis”).

High levels of the BCL2 gene, therefore, stimulate growth of cancer cells and thus increase the risk of cancer. Progesterone counteracts the actions of the BCL2 gene by stimulating production of the P53 gene, causing cancer cells to die. For instance, progesterone has been shown to induce cell death in T47-D cancer cells (breast cancer cell line for invasive ductal carcinoma/metastasis with hormone receptors) in a laboratory setting.

So if estrogen triggers high BCL2 levels and progesterone stimulates P53 production, why not change the focus to supporting P53 gene activity? Indeed, it seems we can.

The late integrative oncologist Mitchell Gaynor, MD, was famous for his passion for explaining that we can change the way our genes behave by making good dietary choices. According to Dr. Gaynor, resveratrol in red grapes and red wine (organic please) can activate the P53 gene. As you may know, resveratrol belongs to a group of plant compounds called polyphenols, which are believed to have antioxidant properties and protect the body by lowering risk for cancer and heart disease.



*Resveratrol in red grapes and red wine has protective antioxidant properties*

Cruciferous vegetables – especially watercress, but also cauliflower, cabbage, garden cress, bok choy, broccoli, and Brussels sprouts (with their high content of the naturally occurring anti-cancer compound PEITC, or phenethylisothyanate) have been shown to support expression of P53. Additionally, herbs such as sage, rosemary, ginger, as well as curcumin (the main active ingredient in the spice turmeric), and ashwagandha (also known as Indian ginseng) have also been found to support P53 activity.

Vitamin C is another promoter of P53, which is one of the reasons intravenous vitamin C therapy is so effective against cancer. On the other hand, processed foods, refined flours, and sugars have all been shown to impair P53.

#### **Recap of P53 Supporters:**

- Cruciferous vegetables
- Resveratrol
- Sage, ginger, curcumin (turmeric), and ashwagandha
- Essential fatty acids, for example omega-3 fatty acids
- Licorice
- Mistletoe
- Vitamin D
- Selenium
- Vitamin C

Mediterranean herbs such as rosemary, thyme, basil and sage (all rich in ursolic and rosmarinic acid, both believed to have antioxidant properties) have been found to inhibit BCL2 gene activity. For more gene-changing foods and lifestyle habits read Dr. Gaynor’s book, [The Gene Therapy Plan, Taking Control of Your Genetic Destiny with Diet and Lifestyle](#).



*Herbs, including rosemary, thyme, basil, and sage inhibit BCL2 gene activity that stimulates cancer cell growth*

## **What's Stealing Our Progesterone?**

Progesterone deficiencies and cancer were quite rare before the industrial revolution, when people ate a whole-foods diet devoid of pesticides and added hormones, and before the advent of heavy chemical use and a dramatic increase in air pollution. Why?

Most likely because added hormones, xenoestrogens (see below), synthetic hormones, and pesticide residues have chemical structures similar to estrogen which fool our body, upsetting homeostasis. Compounding the problem is the constant level of stress most of us live with now. No wonder hormone imbalance has become rampant.

Low progesterone levels are also the result of poor adrenal function, impaired thyroid function, as well as poor liver function (hence the sluggish removal of toxins). Important to note is that gluten, commonly found in foods made with wheat, rye, and barley, can also impair the thyroid and adrenal glands by blocking the absorption of vital minerals and nutrients.

## **All Estrogen Is Not the Same**

Estrogen is the general term used for several types of estrogen-like hormones produced by the body, including estriol, estrone, and estradiol. Estriol is a weak estrogen and does not promote cancer formation. It may actually be cancer protective as it balances the pro-cancer effects of estrone and estradiol. Estrone is stronger, while estradiol is the strongest and is unfortunately the most predominant of naturally occurring estrogens.

In pre-menopausal women, estrogen is produced naturally in the ovaries, adrenals, and fat tissues. During menopause, estrogen production declines by over 50 percent and is produced primarily by the adrenals and fat cells. When the body is in hormonal homeostasis, progesterone opposes estrogen, thus keeping estrogen in check. When you have more estrogen than you need in comparison to progesterone, you are considered to be estrogen dominant. Even a woman with low estrogen levels can have symptoms of estrogen dominance if she is not producing enough progesterone.

However, the most harmful estrogens of all are the so-called "xenoestrogens" – which are chemical estrogens that the body does not recognize and which dramatically increase the risk of cancer.

Xenoestrogens are found in personal care products as well as in plastic containers and water bottles. They are harmful because they are endocrine disruptors known to alter the normal function of naturally-occurring hormones in the body.

These chemicals have the ability to mimic natural hormones and bind to hormone receptors. When xenoestrogens enter the body, estrogens accumulate, contributing to estrogen dominance.



*Xenoestrogens, found in some personal care products, can disrupt normal hormone function and increase the risk of cancer*

Unfortunately, xenoestrogens are not biodegradable, so they are stored in our fat cells – and breast tissue is mostly fat cells. While the liver does an amazing job of detoxifying natural estrogen, it cannot possibly be expected to detoxify the daily onslaught of harmful synthetic estrogen-like chemicals sent its way.

### **Phytoestrogens: The Anti-Estrogen**

Phytoestrogens, while lumped together with other estrogens by allopathic medicine, are generally speaking helpful, not harmful.

Phytoestrogens are plant estrogens which can actually act as anti-estrogens by reducing estrogen activity in the body and protecting us from the stronger estrogen (estradiol) our body produces as well as the xenoestrogens found in environmental chemicals. Not only that, they actually contains compounds that have been shown to reduce the growth and spread of cancer cells.

Phytoestrogens such as lignans found in flaxseeds act more like estrogen blockers than like estrogen; they help modulate the production, availability, and actions of hormones.

### **Managing High Estrogen Levels**

For women who have an overabundance of natural estrogen (again, often a result of toxin overload and

chronic stress), reducing the levels of an enzyme known as aromatase can be helpful. Aromatase is also known as estrogen synthetase or estrogen synthase – and is an enzyme responsible for the production of estrogens.

However, it is not necessary to rely on pharmaceutical aromatase inhibitors (which cause terrible side effects) to lower aromatase levels. Foods such as button mushrooms, pumpkin seeds, and flaxseeds can effectively help keep things in check.



*Flaxseeds and pumpkin seeds can help to inhibit aromatase, an estrogen-producing enzyme*

Additionally, supplements such as DIM (diindolylmethane) may help to protect against breast, uterine and colorectal cancer. DIM is believed to work by acting like estrogen – although under certain circumstances it might also block the actions of estrogen.

Another supplement, calcium-D-glucarate, is similar to a naturally occurring chemical called glucaric acid found in our bodies, as well as in oranges, apples, Brussels sprouts, broccoli, and cabbage. Calcium D-glucarate can be used to remove cancer-causing agents, toxins, and steroid hormones from the body.

When the liver and colon become sluggish due to low thyroid function, stress and an overburden of toxins, the body cannot break down and remove excess estrogen adequately from the system. The excess unbalanced estrogen gets stored in the fat cells of breast tissues when it is not properly eliminated. Supporting the liver with detoxifying foods such as cruciferous vegetables, onions, whey powder, and supplements can be very helpful.

Again, reducing estrogen is not always the goal – instead, the goal is to address the cause of high estrogen or hormone imbalance by eliminating xenoestrogens, boosting production of progesterone, reducing stress, and making other appropriate lifestyle changes that can help to create homeostasis and improve health.

### **Why Can't I Just Supplement With Progesterone?**

Before you reach for supplemental progesterone – know that while natural progesterone has an anticancer effect, synthetic progesterone (found in birth control pills and hormone replacement supplements) does not stimulate activation of the P53 gene. Additionally, as it occupies progesterone receptors, synthetic progesterone prevents natural progesterone from occupying these receptors.

Regarding natural progesterone creams – simply applying these creams and not altering lifestyle habits does not get to the real cause of the problem. Toxins in our food and in our environment and living in a constant state of stress drain the body's ability to maintain homeostasis!

Also, using progesterone cream may interfere with the body's ability to make its own progesterone. Still, some women find tremendous relief and resolution

of symptoms of imbalance by using these creams. Keep in mind that it is always best to work with a professional healthcare provider to increase progesterone levels naturally, resorting to supplemental use only if necessary until you bring the body back to homeostasis.



*Using progesterone cream may interfere with the body's ability to make progesterone*

### **Lifestyle Choices for Balancing Hormones**

Hormone levels go out of balance when we subject our bodies to a lifestyle that includes refined and processed foods, inadequate exercise, poor-quality sleep, and exposure to harmful xenoestrogens.

#### **Here are some things you can do to support hormone homeostasis:**

1. **Consume phytoestrogens** – Phytoestrogens exist within plants as a natural defense against herbivores. Plants secrete these hormones to control the fertility of animals that may eat them to reduce further attacks. They modulate the production, availability, and action of hormones while also slowing down cell division.

Phytoestrogens are a bit tricky to grasp, because they can both mimic estrogen and act as an estrogen antagonist. The most well-known phytoestrogens are probably the “isoflavones” found in soy. And although soy was initially considered a superfood, the reality is that soy is typically something we should avoid.

But phytoestrogens actually contain compounds that have been shown to reduce the growth and spread of cancer cells, for example...

- A 2009 study of 5,042 breast cancer patients in China showed a significant decrease in death and recurrence in patients on a phytoestrogen rich diet. Phytoestrogens can block cancer-promoting estrogens from attaching to the estrogen receptors on breast cells. They have also been shown to stop tumor growth, prevent metastasis, and shut off new blood vessels in growing tumors. Fermented soy, such as tempeh and miso are preferable to unfermented versions such as tofu as the fermentation process increases free radical scavenging activity. Additionally, fermentation removes the nutrient blocking effect that soy can have – for example, the phytic acid in unfermented soy can block absorption of key minerals such as magnesium and zinc.

Soy in a highly processed form (like soy protein isolate or soy protein concentrate) added to many processed foods should be avoided as they have the greatest ability to block nutrient absorption. Due to the fact that most soy is genetically modified, it is highly recommended to consume only organic, fermented soy.



*Be very cautious with soy products. At most, limit your consumption to organic fermented soy such as tempeh and miso*

- Phytoestrogens called lignans in flaxseed modulate the production, availability, and action of hormones. These lignans lower production of estrogen by blocking the aromatase enzyme that makes it (similar to aromatase inhibitors). They also block estrogen receptors similar to Tamoxifen, a medication used to prevent and treat breast cancer.

When lignans are consumed, intestinal bacteria convert them into weak estrogens. These estrogens attach themselves to estrogen receptors, stimulating them weakly and blocking estrogen binding. This prevents the body's natural estrogens estradiol and estrone from attaching to the estrogen receptors and strongly stimulating them. Similarly, they also block environmental toxins, making breast tissue more resistant to these toxins.

2. **Take a Vitamin E supplement** – Vitamin E is crucial to maintaining a healthy balance between progesterone and estradiol. Take a daily mixed tocotrienol/mixed trocopherol supplement containing alpha, beta, gamma, and delta tocopherols (found in formulas extracted from rice bran oil). For example [Pure Encapsulations Rice Bran Oil Tocotrienols](#).



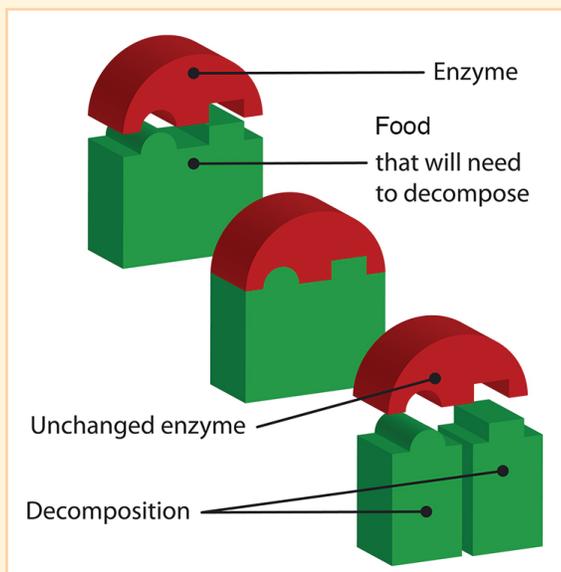
*Supplementing with Vitamin E can help maintain a healthy balance between progesterone and estradiol*

3. **Supplement with Magnesium** - Magnesium is another key nutrient for increasing progesterone levels, as it plays an important role in maintaining a healthy hormonal balance in the body.
4. **Eat good quality whole foods** – A diet rich in whole, primarily plant-based foods will support the adrenal glands and boost every function of the body.
5. **Physical Activity** – Exercise helps reduce stress and positively affects gene expression; additionally, it also helps to balance hormones.

6. **Clean out your closets and cupboards** – Replace synthetic health, home, and beauty products with natural, non-toxic alternatives. A quick visit to the [Environmental Working Group](#) website will enable you to evaluate the products you use at home.
7. **Reduce stress** – Stress challenges adrenal function and makes direct physiological changes to DNA, not to mention that it significantly raises estrogen levels and depletes progesterone. Engage in yoga, prayer, meditation, and other mind-body therapies that release negative emotions and help to relieve past traumas.
8. **Drink clean liquids** – Choose filtered water (remove chlorine, fluoride, and other toxins in tap water). Avoid alcohol, but if you drink wine, make it organic – you wouldn't eat conventional grapes, so don't drink conventional wine. And, while red wine does prevent breast cancer (resveratrol helps to metabolize estrogen and activates the P53 gene), don't go overboard. Remember that your liver has to process that alcohol and if you drink too much, it won't be able to metabolize estrogen efficiently.
9. **Go with your gut, take a probiotic** – Probiotics support gut bacteria and improve digestion, helping to prevent constipation. This is important because when the stool remains in the bowel for extended periods of time, excess estrogen is re-absorbed and recirculated. Plus, immune function depends on healthy gut bacteria, which affects cancer genes too! (see page 16 – *Why You May Need to Supplement with Digestive Enzymes*).

## Why You May Need to Supplement with Digestive Enzymes

Digestive enzymes are the work horses of digestion. They facilitate the breakdown of large particles into smaller particles and break down food into vital nutrients.

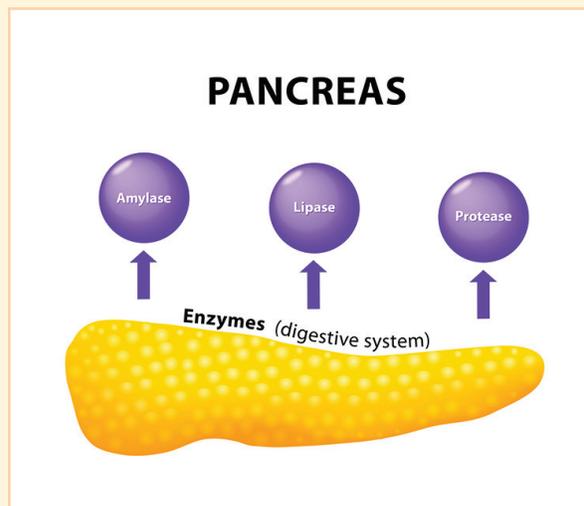


Partially digested food can be absorbed into the bloodstream, clogging the lymphatic system – not to mention causing gas, bloating, and other unpleasant symptoms. Therefore, it is essential to ensure that the food you eat is properly digested at all times.

However, the average diet is enzyme-deficient since cooking and processing destroy enzymes and most people do not chew their food adequately. A nutrient-deficient diet, aging, inflammation (especially in the form of food allergies or sensitivities), low stomach acid, and stress can all deplete your reserve of digestive enzymes, impeding proper digestion and nutrient absorption.

While the body produces enzymes from the food that we eat – especially raw and sprouted foods – enzyme supplementation can improve the effectiveness of the digestion process. Taking a digestive enzyme formula with a meal helps with the breakdown of the food in your stomach.

When shopping for digestive enzymes, look for a mixture of different types of enzymes, especially protease, amylase, and lipase. As with all supplements, quality matters and they should be free of allergens and unnecessary additives. Talc, artificial coloring, artificial flavors are all signs that it is not a quality product.



Check the label for enzyme strength in various units, not just a proprietary formula labeled by weight in milligrams. BiOptimizers have a really potent enzyme formulation called Masszymes. You can learn more about it here: [thetruthaboutcancer.com/wade](http://thetruthaboutcancer.com/wade)

Once again it is important to remember that cancer is primarily an environmental disease. It comes about over time through the individual's experiences, habits, and dietary choices. And yet, looked at another way, cancer is certainly a genetic disease in the sense that it is those same experiences, habits, and dietary choices that affect the way our genes behave. Everything you eat, drink, and think influences the likelihood of the 'dis-ease' known as cancer.

So before you allow your oncologist to bully you into taking Tamoxifen or aromatase inhibitors, ask them how the recommended treatment will correct hormone imbalances, improve your health, or change the cancer environment. If they can't answer your questions, find a qualified healthcare provider who can.

## About Elyn Jacobs



Elyn Jacobs is a certified cancer coach and strategist and a two-time breast cancer survivor. She empowers women to successfully navigate the process of treatment and care.

Elyn knows that cancer treatment requires an individualized plan, as every cancer is unique and there is not one plan for treatment that fits the needs of all. She knows too that healing often requires diverging from the medical standard of care.

Elyn's own experiences with breast cancer enables her to deeply understand the questions and concerns faced by those affected by cancer. Her mission is to help women find the right treatment, doctors, and post cancer care, and most importantly, to discover and correct the root cause of one's cancer. Her website is [ElynJacobs.com](http://ElynJacobs.com)

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# Charlene's Cancer Fighting Kitchen

## Super Greens Kale, Kiwi, Avocado, and Spirulina Smoothie



*Yield: Two 12-ounce servings*

*Preparation time: 10 minutes*

### Ingredients:

- 1 ripe Haas avocado, peeled and chopped
- 2 kiwis, peeled and chopped
- 1 handful of kale, carefully washed and chopped
- 2 teaspoons fresh turmeric root finely chopped  
OR 1 teaspoon powdered
- 1 teaspoon Spirulina flakes or powder\*
- Quality salt to taste, such as pink or sea salt (approx. ¼ teaspoon)
- 3 tablespoons lemon juice, freshly squeezed
- 1 cup spring or filtered water

*This super food smoothie features the potent blue green algae Spirulina which is known for its protein rich, antioxidant, anti-inflammatory, and malignant tumor-inhibiting properties.*

*Kale, a cruciferous vegetable, is a highly effective cancer busting food in its own right.*

*Add in avocado's rich essential fatty acid contents and kiwi's bioflavonoid, antioxidant, and antimicrobial benefits... and you've got a dynamic combo that tastes incredibly good.*

*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.*

### Directions:

1. Place all ingredients in a blender and process at medium for 10 seconds and then high for another 20 seconds or until smooth and homogenized. (Note: If you have a powerful blender such as a Vitamix or Blendtec, you can omit chopping the ingredients first.)
2. Pour into glasses and garnish with a slice of fresh lemon if desired. Enjoy!

*\*Spirulina flakes or powder are available at most health food stores or can be ordered online. If desired, substitute with chlorella OR a combination of spirulina and chlorella.*

## Raw Hemp Butter, Ginger, and Turmeric Spice Soup



*Hemp offers many anti-cancer and nutritional benefits including being antioxidant and anti-inflammatory. It is also a complete protein, and contains essential fatty acids.*

*When coupled with ginger and turmeric's cancer killing properties, this soup feeds the soul while fending off invading cancer cells.*

*\*Hemp butter can be found at Whole Foods, Trader Joe's, many health food stores, and online. You can also make your own hemp butter by combining 1 cup of hemp hearts and 2 tablespoons of hemp oil in a blender or food processor.*

*Yield: Four 6-ounce servings*

*Preparation Time: 15 minutes*

### **Ingredients:**

- ½ cup hemp butter\* (preferred) OR almond butter OR cashew butter
- 1 medium cucumber, finely cubed
- 1 medium onion, chopped
- ¼ cup lemon juice, freshly squeezed
- 2 cups spring or filtered water

### **Spices:**

- 1 teaspoon lemon zest (optional)
- 2 tablespoons fresh turmeric root OR 1½ teaspoons powdered
- 3 tablespoons fresh ginger root, washed and peeled
- Quality salt to taste, such as pink or sea salt
- Fresh ground pepper to taste
- Pinch or more of cayenne pepper powder (optional)

### **Directions:**

1. Put all ingredients in food processor or blender except cucumber and blend for 30 seconds or until creamy. Add more water for a thinner soup.
2. If a warm soup is desired, pour into a pot and heat on the stove on low temperature while stirring constantly just until hot to the touch.
3. Then pour into a medium bowl, add cucumber, mix, and adjust seasoning to taste.
4. Pour into serving bowls and garnish with a lemon slice and hemp seed oil, if desired. Enjoy!

## Mouth Watering Maca Cacao Pie



*This triple hitter includes three super foods that work synergistically to create a powerful cancer fighting dessert and complete health food.*

*Organic raw cacao powder (not to be confused with cocoa powder) is exceptionally rich in magnesium, vitamin C, and immune-boosting enzymes. Chia has natural antioxidant properties, omega-3 fatty acids, and complete proteins. Maca, on the other hand, is an immunostimulator, energizer, mood enhancer, and stomach cancer fighter.*

*These three super foods, combined with the remaining healthy, anti-cancer ingredients make this treat both tasty and therapeutic... and the perfect chocolate treat for Valentine's Day!*

*Yield: 8 servings*

*Preparation Time: 20 minutes + soaking time for nuts*

### **Filling Ingredients:**

- ½ cup raw macadamia nuts (soak 1 hour) OR cashews (soak 2 hours) OR hazelnuts (soak 4 hours), soaked in water
- ½ cup raw cacao powder OR for a darker chocolate add an additional ¼ cup
- ½ cup cold pressed coconut oil, liquefied at low temperature on stove top
- 3 tablespoons or more according to taste of raw honey OR coconut nectar\* OR Lakanto\*\*
- ¼ cup spring or filtered water (only if needed to make a smooth filling)
- 1 tablespoon raw cacao nibs and/or nuts for garnish (optional)

### **Spices:**

- 1 tablespoon chia seeds
- 1 tablespoon maca powder\*\*\*
- ¼ teaspoon cayenne pepper powder
- Quality salt to taste, such as pink or sea salt

### **Crust Ingredients:**

- ¾ cup raw almonds
- ½ cup buckwheat flour OR ground flaxseed
- 1 tablespoon cold pressed coconut oil
- 1 tablespoon raw honey OR coconut nectar\*
- Quality salt to taste, such as pink or sea salt

### **Directions:**

1. Rub a small amount of coconut oil on the bottom and sides of a 9-inch glass pie plate.

## Mouth Watering Maca Cacao Pie (continued)

2. Add all the crust ingredients into a food processor or blender and process until a loose cookie dough forms or ingredients begin to stick together.
3. Place dough mixture in the pie plate and press evenly from the center to the sides and about a half to one inch up the sides. Place in the freezer while preparing the filling.
4. Place filling ingredients and spices in a food processor or blender and process until smooth, adding water slowly if needed. The filling should be the consistency of thick pudding.
5. Take crust out of freezer and pour filling into the crust.
6. Spread filling mixture evenly on the crust.
7. Place pie back in freezer for two to three hours or until firm. Once filling is firm, cover with plastic wrap and keep in the freezer until ready to serve.
8. Remove from the freezer and garnish with cacao nibs or crushed nuts according to taste. You may need to allow pie to sit for 10 minutes or so before cutting.
9. Cut into slices and serve. Enjoy!

*\*Coconut nectar can be found in some specialty grocery stores and is readily available online. Coconut nectar is exceptionally high in enzymes, nutrient rich, and is low glycemic, so it's excellent for a sugar substitute.*

*\*\*Lakanto (Wholesome Sweeteners Brand) is a one to one sugar substitute available at Whole Foods. This is a superior sweetener for ketogenic diets and low glycemic needs.*

*\*\*\*Maca (powder) can be obtained at Whole Foods, Trader Joe's, and most health food stores.*

## 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.

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# New Year, New You

## Why Detoxification is Essential for Vibrant Living

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By Ty Bollinger

**G**rowing old is unavoidable. It's a reality that each and every one of us will one day have to face as part of the collective human condition. And yet, while nobody can escape the aging process entirely, the good news is that we can avoid some of the worst effects by simply making the right lifestyle choices.

Wherever you currently fall on the age spectrum, there are immense benefits to be had from properly maintaining your body, even if you're just now starting down the path to better health. Just like your car requires regular maintenance in the form of routine oil changes, new tires, fresh coolant, and a thorough washing and detailing, so does your body.

The human body is much like a car's engine in that it tends to get "gunked up" from constant exposure to toxins. Cleaning chemicals, environmental pollution, pharmaceutical drugs, processed foods – all these and more place a constant burden on the body's natural cleansing systems. While these systems are designed to capture and flush as many toxins out of the body as possible, they can (and do) become overwhelmed by the immense, constant toxic onslaught of our modern world.

This is why supplemental detoxification is so important. In order to jumpstart your body's flushing capacity to ensure that any and all toxic stragglers are removed as quickly and thoroughly as possible, it's absolutely vital that you follow certain protocols on a routine basis.



*Chemicals and other toxins present in our air, water, soil, and food end up in our bodies and must be detoxed*

Let me explain why my colleagues and I are passionate about sharing these with you as we trek into 2016 – a new year for a new you!

### **Fact over Fad: Detoxification as a Way of Life**

Detoxification is about a whole lot more than just a superficial notion of feeling "clean" as part of some trendy dieting fad. It's about protecting your body against the very real and damaging effects of toxic buildup.

For instance, did you know that peer-reviewed science continues to show that harboring toxins inside your body can trigger a wide array of health conditions – including everything from chronic fatigue and muscle and joint pain to brain disease and cancer?

Chronic toxic exposure is also a leading cause of obesity, which now afflicts more than one-third of Americans. A 2012 study published in the journal

*Environmental Health Perspectives* explains how so-called “obesogens” are a major contributor to the American obesity epidemic, which more often than not is erroneously blamed solely on people eating too much rather than walking around with polluted, poor-functioning bodies.



*Chronic toxic exposure is now being recognized as a major contributor to obesity*

I don't know about you, but this type of information is highly motivating to me. It makes me want to do everything possible to get these obesogens out of my body and avoid them at all costs – and I'm guessing you probably feel much the same way!

### **Why Detoxification Needs to Happen Before Weight Loss**

Your first thought upon reading this might be something along the lines of, “Well, I'd better get busy shedding those pounds then!” Not so fast... The problem with trying to lose weight before detoxifying is that toxins tend to live inside fat tissue. This means that the minute you start burning off that spare tire, those toxins will immediately start flooding your system. Depending on your personal level of toxicity, this process might overwhelm your vital organs.

Many holistic practitioners recommend doing a series of detox cleanses before trying to actively lose weight. This isn't to say that you should intentionally hold off trying to clean up your diet out of fear of toxic overload. Rather, you should do a few things first before embarking on a major dietary overhaul that could cause you to lose a lot of weight very quickly.

*“By far, the majority of toxins are lipid-soluble molecules,”* explains a 2002 study published in *Advances in Nutrition: An International Review Journal* about the nature of toxins embedding themselves in fat tissue. The study continues: *“While water-soluble molecules are excreted through the urine, lipid-soluble molecules cannot directly enter into the urine and are instead attracted to the lipid in cell membranes. This attraction allows them to be transported inside of cells with ease, where they can sequester and exert their toxic effects.”*

### **The First Step in Detoxifying: Reducing Toxic Exposure**

Before I get into the minutiae of what detoxifying these poisons from your body entails, I want to address the very first thing you need to do before you even think about starting a cleanse. This is to reduce your toxic exposure as much as possible. There's no point in trying to rid your body of toxins if you're just going to continue piling more of them on unwittingly.

In order for your body to gain an upper hand in the detoxifying process, you'll need to give your liver and intestines a break from having to process so many toxins at one time.

Here are a few of the most common sources of toxicity you need to watch out for:

- **Endocrine-disrupting chemicals (EDCs)**

Both an environmental and dietary concern, EDCs include phthalates in plastics; polychlorinated biphenyls (PCBs) in electrical devices and fluorescent lightbulbs; bisphenol-A (BPA) in food can linings; synthetic steroids in conventional meat products; and estrogenic compounds in soy-based foods.

- **Pesticides**

The reason I'm constantly telling you to buy and consume organic and/or chemical-free produce and meat whenever possible is because many common food pesticides are highly toxic. Pesticides, insecticides, and herbicides are designed to destroy life. Is it any wonder they also accumulate in, and act to damage the human body?

- **'Soft' and heavy metals**

What makes metals like lead, aluminum, mercury, cadmium, arsenic, and nickel so hazardous is that they're highly pervasive in our surroundings nowadays. Often, they don't show immediate effects in the body due to their gradual accumulation over time.

Sources of exposure include air pollution, non-stick cookware, cosmetics, vaccines, dental amalgam fillings, cigarette smoke, conventional household cleaning products, and contaminated food products.

For example, processed foods that contain high-fructose corn syrup are major mercury offenders, as is brown rice (and its various derivatives) grown in tainted soils.



*Dental amalgam has been used to fill teeth for the past 150 years. Approximately 50% of the amalgam is elemental mercury by weight*

- **Fluoride**

This brain- and bone-damaging poison is hard to avoid if you live in a community that adds artificial fluoride chemicals to the public water supply. But you can help minimize exposure to this noxious chemical – which has been shown to leach lead and other poisons from water pipes – by investing in a whole-house water purification system that uses reverse osmosis, bone char, activated alumina, and/or deionization filtration technology. You can also choose to consume only natural spring or reverse osmosis-filtered water to minimize fluoride exposure.

- **Food additives, preservatives, and growth hormones**

There's a popular mantra that says if it's advertised on television, you probably shouldn't eat it! Many packaged and processed food products are loaded with chemical preservatives such as sodium benzoate, monosodium glutamate (MSG), refined sugars, artificial sweeteners, synthetic food colorings, and other synthetic non-foods that contribute to early aging and degenerative disease.

Avoiding these and eating only pure, simple foods made from organically grown, non-irradiated components will go a long way towards minimizing your toxic exposure.

- **Pharmaceutical drugs**

Most of what mainstream society recognizes as medicine (especially with regards to anti-cancer treatments), the body sees as poison. Pharmaceuticals are among the worst toxic offenders in our modern world, with a strong lipophilic tendency to build up in fat and neurological tissue. Some pharmaceuticals also have a long half-life, meaning they don't break down very quickly and can take months, or even years to disappear from the body.

## Cleaning Out Your Colon

Once you've taken the proper steps to rid your diet and lifestyle of as many toxins as possible, it's time to start cleansing. And what better place to start than with your colon, the seat of your body's purging system and the exit route through which all toxins must pass.

If your colon is clogged up, it's going to be difficult for your body to expel toxins from wherever else they might be hiding. And since the bulk of your body's immune system resides in your colon, making sure it's functioning at its best is critical for effective detoxification.

Your intestinal mucosa has been assigned the important job of processing toxins, particularly all the lipid-soluble ones that it converts into water-soluble molecules for safe excretion. But in order for this process to work, your body needs to produce a healthy amount of fecal matter, for which adequate dietary fiber is essential.

Insoluble fiber in foods like psyllium husk (or oat bran, if you're allergic to psyllium) binds with toxins in the intestinal tract, preventing them from being digested and absorbed. Apple pectin works in conjunction with this fiber to bind with and remove toxic heavy metals, forming a type of gel that flows easily out of the digestive tract.

Other colon activators include bentonite clay (also known as montmorillonite clay), activated charcoal, slippery elm bark, marshmallow root, licorice root, and fennel seed – each of which serves a unique role in getting the digestive tract moving. These substances also help draw impacted fecal matter and any harmful pathogens or other impurities from the intestinal lining for elimination.



*Chewing (and swallowing) a half teaspoon of dried fennel seeds is a home remedy for flatulence, gas, and bloating*

Any effective colon cleanse will involve both colon activation and colon soothing, hence the need for these various foods, herbs, and trace elements. Fiber draws out the waste, while pectin, clay, and charcoal bind with toxins to ensure they don't get left behind. The roots, bark, and seeds in turn provide soothing relief and anti-inflammatory benefits.

## Getting Rid of Heavy Metals

At the same time that you're cleaning out your colon, you'll also want to draw out latent heavy metals with chelating agents. Many of the same fibrous foods that help flush the colon also help draw out heavy metals. The following foods are very beneficial in this regard:

- **Strawberries** – contain a special network of fibers that feed the seeds on their outside flesh. These fibers also bind with mercury, helping to pull this toxic metal out of your system and through the bowels.
- **Chlorella** – is a single-celled alga that's an even more potent mercury chelator, capturing up to 99 percent of this metal before it gets absorbed through the intestinal walls and into your bloodstream. Chlorella is also effective in drawing cadmium and other toxins out of the body, effectively rendering them non-toxic as they pass through your system during a cleanse.
- **Spirulina** – is another type of sea algae that works in tandem with chlorella to draw out radioactive substances like uranium that chlorella can't capture. Spirulina also draws out mercury, arsenic, and many other common toxic metals that may be trapped inside your body.
- **Sulfur-rich foods** – such as garlic and broccoli help stimulate the body's production of glutathione, a potent chelating agent that targets, transports, and excretes a host of heavy metal toxins from the body. The amino acids taurine and methionine are likewise sulfur-containing and help to reduce oxidative stress caused by heavy metal exposure.
- **Cilantro** – has been shown to promote mercury elimination, as well as prevent lead from absorbing into bone tissue.
- **Alpha lipoic acid (ALA)** – is an antioxidant compound that studies have shown helps boost glutathione production and chelate toxic metals. Caution must be exercised, however, as ALA (and many other chelating agents) have the potential to redistribute metals throughout the body if not used properly.
- **Selenium** – is a powerful trace element that, due to its ionic properties, attracts toxic metals like mercury from their hiding places in order to flush them out of the body.
- **N-acetyl-cysteine (NAC)** – works well alongside vitamins C and E to stimulate the production of glutathione, the body's master antioxidant and arguably the most effective physiological chelator inside your body.



*Spirulina and chlorella are sold in liquid and powdered form which can be added to juices or smoothies. They are also available as tablets or capsules*

## Clean Kidneys, Healthy Urination

Bowel movements are one primary way that your body eliminates toxins, and urination is another. This is why cleansing your kidneys is also important, as these organs purify the bloodstream of toxins.

The first and most obvious step to cleansing your kidneys is to drink plenty of clean, mineral-rich water – I’m talking at least one gallon per day! Water acts as a vehicle to draw and remove toxic waste from nearly every crevice of the body. Plus it also keeps your cells hydrated so toxins are less able to make themselves at home.



*Drinking plenty of water is critical in any detoxification protocol.  
Aim for at least one gallon (4 litres) daily*

The following foods and herbs (when organic and unprocessed) offer added kidney-cleansing benefits. Eat the vegetables raw or lightly steamed and/or use them raw in fresh juices.

- Parsley
- Asparagus
- Cranberry juice
- Apple cider vinegar (look for organic brands such as Bragg’s with the “mother” – the murky, cobweb-like strands of enzymes, proteins, and healthy bacteria at the bottom of the bottle)
- Beet juice
- Lemon juice
- Marshmallow root – can be taken in supplement form or purchased dried and made into a tea (try adding some dried peppermint leaves for a flavor boost).



*Dried marshmallow root bears little resemblance to those puffy white balls of sugar you roast over a campfire*

### **Give Some Love to Your Liver**

Your body’s primary detoxifying organ – the liver – comes next in the detoxification lineup. Much like a pool filter, the liver captures whatever toxins it can from the bloodstream and flushes them into the colon via the bile duct.

This is why it’s absolutely critical to clean out your colon prior to doing a liver flush. If your colon isn’t clean and clear, all those toxins being dumped by your liver can back up in your system!

Your liver performs other important functions as well, including regulation of fat digestion, hormone breakdown, and nutrient assimilation. And just like your colon, your liver can fail to effectively perform these and other critical tasks when it gets bogged down by too many toxins.

One easy and delicious way to begin cleansing your liver is to start juicing and consuming raw vegetables daily. Cruciferous vegetables such as cabbage, broccoli, and Brussels sprouts help balance your body’s pH levels, easing the detoxification burden. To make vegetable juice more palatable, you can add oranges, carrots, and/or fresh ginger root to the mix.

Potassium-rich foods like sweet potatoes, bananas, beet greens, and blackstrap molasses are also helpful in the liver-cleansing process. That's because potassium gets a sluggish liver moving, allowing for this vital organ to regenerate and become stronger.

A gentle liver cleansing protocol might involve consuming only raw foods and fresh juices for several days in a row – usually about five days. Depending on how aggressively you want to detox, you can stick to consuming only juices during these five days, or you can choose to eat raw fruits and vegetables as meals, smoothies, or snacks.

Every morning during this five-day cleanse, you'll need to start your day by drinking an eight-ounce glass of water. One hour later, blend up eight ounces of any freshly-squeezed citrus juice and eight ounces of water with one lemon, one clove of garlic, one tablespoon of olive oil, and one piece of ginger root. With each subsequent day of the cleanse, you'll add an additional clove of garlic and an additional tablespoon of olive oil until you reach day five.



*Garlic, lemon, ginger, and olive oil are used in this 5-day liver cleanse*

During this time, you'll want to consume a liver detox tea made from dandelion root – one of nature's most powerful lipotropics – meaning it flushes fatty deposits from the liver. You can also supplement with other healing herbs including ginger, clove, cinnamon, burdock root, and horsetail. You can also add uva ursi, juniper berries, and parsley for added kidney-cleansing benefits.



*Support your liver detox with dandelion root tea*

Other helpful liver-cleansing herbs include turmeric, milk thistle, and root vegetables such as beets. Protocols for how to take all these as part of a specific liver cleansing regimen tend to vary, but my recommendation is to take these foods and herbs daily as part of an ongoing liver detoxifying routine.

### **How to Do a Coffee Enema**

Another important part of liver cleansing involves coffee enemas. While many conventional doctors scoff at the idea of coffee enemas, they were included in the Merck Manual (the world's best-selling medical textbook) until the mid-1970s as a treatment for a variety of conditions.

Coffee enemas allow the stimulating effects of coffee to breach the intestinal wall and reach the liver, triggering bile flow and activation of the gallbladder. This process also jumpstarts the production of

glutathione, which as I've previously mentioned is an incredibly powerful detoxifying agent.

To make coffee for an enema, combine two tablespoons of organic, light roast ground coffee with three cups of filtered or distilled water, bring it to a boil, simmer for 15 minutes and remove from heat. It's very important that you allow the coffee to cool! After straining the mixture to remove any coffee grounds (i.e. through a cheese cloth or fine sieve), add to an enema pot or bag, dispense, and wait about 10-15 minutes for the mixture to properly absorb into your body before releasing.

### Healthy Lymphatics Make for a Healthy Life

One area of detoxification that many people forget about is the lymphatic system. This network of purifying organs and tissues is essential for filtering out and eliminating toxins and other waste buildup.

Lymphatic fluid is the mechanism through which your body's immune system sends out white blood cells to fight infection and even cancer cells. In other words, it's the life-blood of both waste elimination and disease prevention.

Here are a few things you can do to help keep your lymph fluid moving so toxins are less likely to take hold and wreak havoc:

- **Supplement daily** with cat's claw, burdock root, and Pau d'Arco
- **Drink Essiac tea** regularly
- **Bounce on a rebounder** for at least 15 minutes every morning to warm up your body and activate your lymphatic flow

*(For more information about the lymphatic system, refer to the August 2015 issue of the HACC newsletter)*

### Get Rid of Those Parasites

And lastly, parasites – those nasty little critters that can invade your digestive tract, muscle tissue, and even your brain! While it's a good idea to target parasites throughout the entire cleansing process from colon to lymph, understanding what parasites are and how to target them specifically is also important.

Symptoms of parasitic infestation include everything from constipation and bloating, to allergies, food cravings, problems sleeping, skin conditions, constant headaches, and yeast infections – including the infamous candida albicans overgrowth that now plagues millions.



*Thrush and yeast infections are two of the conditions caused by an overgrowth of Candida albicans bacteria*

The first step towards eliminating parasites is to weaken them. And one of the easiest ways to do this is by supplementing with fresh garlic or garlic capsules as part of every meal. You can then move on to flushing parasites by supplementing with anti-parasitic nutrients such as black walnut, Pau d'Arco, burdock root, wormwood, cloves, and thyme.

## Conclusion

I'll be the first to admit that this is a whole lot to take in, especially for someone new to the concept of cleansing. If you want a simpler, "done for you" system, I highly recommend the Optimox protocol developed by Dr. Daniel Nuzum. (Doc Nuzum has been a featured expert in both *The Quest For The Cures* and *A Global Quest* docu-series). He has developed a revolutionary, full-body detoxification program that takes the guesswork out of cleansing.

The Optimox (optimal detox) protocol is an advanced 4-step formulation which helps to clean out your colon, support your liver and kidney functions, promote lymph drainage, and trigger your digestive system to make more of the most critical digestive juices you need to turn your digestion around, possibly for good!

You can learn more about Doc Nuzum's "Optimox" detox system here: <http://thetruthaboutcancer.com/detoxinterview/>

Here's to a healthier new you!

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## 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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I hope you are well and that 2016 is off to a great start health-wise!

As I promised you in December, this edition of the *Heroes Against Cancer Community newsletter* is focused on detoxing. Our bodies are engaged in a daily battle against an army of unseen toxins. Giving our organs the support they need to fight (and recover from) this battle is so vitally important.

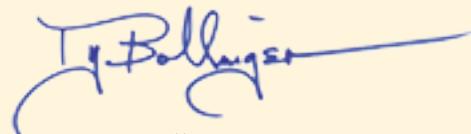
I encourage you to benefit from the information in this issue – whether it's trying out castor oil packs, going step by step through the detox protocol I outlined, or trying out Doc Nuzum's new line of detox supplements.

After *The Truth About Cancer: A Global Quest* aired, a lot of you wanted to know more about hemp and cannabis oil. Stay tuned for our Feb edition where I'll be bringing you an eye-opening look at the history and benefits of these maligned healing plants.

Many of you have also written to ask where you can meet me or hear me speak live. Coming up March 18-20 I will be speaking at the California Jam (Cal Jam) event in Southern California. This is a yearly health & wellness event with some of the world's leading experts on health and sustainability. I'm thrilled to be sharing the stage at Cal Jam with some of the experts from my docu-series including Dr. Joseph Mercola, Dr. Sherri Tenpenny, Erin Elizabeth, and Robert Scott Bell.

If you can make it to Cal Jam I'd love to see you there. If not, I may end up in a city near you in 2016 and/or I hope you can make it to our TTAC event coming up in the fall (more info on that to come).

Hope to see you soon!



Ty Bollinger

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