

The Healing Garden: Top 10 Culinary Herbs for Preventing & Healing From Cancer

By Elyn Jacobs

While I do not claim to have a green thumb, I do love my herb garden. I love it for its beauty, but also for its medicinal value – and in fact it only rarely requires a green thumb.

Before we had allopathic medicine, herbal medicine *was* our medicine, and it was relatively non-toxic and quite effective. In fact, herbs as medicine are so effective that in more modern times, numerous pharmaceutical drugs are still derived from plants.

When it comes to preventing and healing from cancer, eating fresh herbs is a must. Herbs have numerous anti-cancer benefits. From promoting cancer cell death (apoptosis), to preventing angiogenesis (the growth of blood vessels that supply tumors with nutrients), to preventing and combating inflammation, and more.

One of the really cool things about garden herbs is that they can balance hormones and boost detoxification – both critical factors for fighting many cancers.



Eating fresh (and dried) herbs provides your body with numerous benefits including balancing hormones and boosting detoxification

In This Issue:

| | |
|--|----|
| Ten Healing Herbs for Your Kitchen Pharmacy | 2 |
| Reaping the Benefits of Fresh, Organic Herbs | 7 |
| Treating Cancer Naturally: 11 Strategies That Work | 9 |
| Charlene's Cancer Fighting Kitchen | 18 |
| Opting Out of Compulsory Vaccinations | 23 |
| What to Do if You've Already Been Vaccinated | 24 |
| Fixing Gut Issues Caused by Vaccines | 29 |

Herbs such as oregano, thyme, rosemary, sage, and turmeric promote liver detoxification. They protect us from the harmful effects of environmental toxins as well as natural toxins such as estrogen in the form of byproducts of our metabolism. Impaired detoxification will result in excess estrogen levels in the blood.

Herbs such as sage and rosemary block and deactivate estrogen and boost the production of progesterone. Progesterone is necessary to oppose estrogen and shut off the replication of cancer cells, causing them to die.

Studies have shown that women who are deficient in progesterone have a much higher risk of breast cancer. Unfortunately, as we age, progesterone declines faster than estrogen. Also, we are increasingly exposed to chemical estrogens in our homes and work places as well as in health and cosmetic products, further leading to estrogen dominance.

Again, herbs knock the socks off of so many cancers, not just hormone driven cancers. Let's discuss these herbs and their actions in more detail, because you certainly won't hear about herbs as a tool to prevent or heal cancer from your conventional family doctor.

Ten Healing Herbs for Your Kitchen Pharmacy

Rosemary

The two key natural phytochemicals in rosemary are caffeic acid and rosmarinic acid. Both are potent antioxidant and anti-inflammatory agents which help protect the body's cells from damage by free radicals.



Rosemary contains potent antioxidant and anti-inflammatory phytochemicals

Rosemary also contains terpenes, which are organic compounds that contribute to the flavor, scent, and color of plants. These naturally occurring substances encourage cancer cells in tumors to stop reproducing and eventually die.

Rosemary has been found to detoxify substances that can initiate the breast-cancer process and it stimulates liver enzymes which inactivate estrogen hormones. Research done at the State University of New Jersey demonstrated that rosemary extract was able to inactivate excess estrogen by stimulating the liver enzymes responsible for metabolizing estrogen.

Rosemary can prevent the formation of heterocyclic amines (HCAs). These are the carcinogenic compounds that form along with polycyclic aromatic hydrocarbons (PAHs) when beef, pork, fish, or poultry is cooked by pan frying or grilling directly over an open flame. So if you crave fried or grilled steak or chicken, consider a rosemary based rub or marinade. Extract of rosemary leaves also blocks oxidation of edible oils or fats. Oxidized fats are associated with increased cancer risk.



If cooking meat on a grill, marinating with rosemary will help protect you from harmful HCAs and PAHs

When taken during chemotherapy, rosemary can help overcome treatment resistance by blocking the anticancer drug efflux transporter P-glycoprotein.

Add Rosemary to: roast potatoes, soups, stews, meat, and poultry.

Parsley

Parsley has potent anti-inflammatory and anticancer abilities. Natural chemical compounds known as phytochemicals in parsley can slow the speed of cell division, leaving time for the cell to correct DNA mistakes and activate apoptosis (cell death).

Research shows that one particular compound known as apigenin (an oil also found in abundance in celery, artichokes, along with herbs such as parsley) may well be the key agent for killing breast and pancreatic cancer cells. It has been credited with preventing angiogenesis, the growth of blood vessels that supply tumors with nutrients. One can think of it as a natural, non-toxic form of Avastin, a pharmaceutical drug that comes with a long list of side effects, some of which are life-threatening.

Apigenin also induces cell death, reduces expression of the MCF7 gene (which is associated with cancer growth) and blocks the activity of the so-called “proto-oncogene” HER2/neu. Overexpression of HER2/neu is associated with an unfavorable prognosis for the development and progression of certain aggressive types of breast cancer.

Add parsley to: salads, tabbouleh, soups, stews, sauces, and vegetables. Or chew fresh parsley for a natural breath freshener.



Parsley contains apigenin which helps kill cancer cells

Dill

Dill possesses antibacterial, antioxidant, and other medicinal properties. This is mostly due to the monoterpenes, which are natural chemical components of fragrant oils obtained from leaves, flowers, and fruits. These compounds stimulate and activate the enzyme glutathione-S-transferase, a powerful antioxidant that neutralizes carcinogens such as free radicals.

Dill also aids in digestion as the essential oils present in dill activate the secretion of bile and digestive juices and stimulate the passage of bowel movements. Dill is also an excellent remedy for insomnia, thereby helping people get restorative, cancer-preventative sleep.



Chopped fresh dill is excellent in many dishes

Add dill to: salmon, cucumber salad, roasted or steamed carrots, potatoes, zucchini, salads, and sauces.

Basil

Basil has powerful anti-inflammatory and antioxidant properties. It contains natural compounds known as flavonoids that help shield cell structures from radiation and oxidative damage, and may also protect liver cells.



Fresh basil is easy to grow in a pot on a windowsill and has multiple protective properties

Both fresh basil and basil oil have strong antibacterial capabilities. By adding the herb or oil to your salad, you can ensure that your raw vegetables are safe to eat.

Add basil to: salads, sauces, sandwiches, and pesto.

Sage

Sage is a member of the mint family. Sage contains a variety of volatile oils, flavonoids (including apigenin, diosmetin, and luteolin), and phenolic acids, including rosmarinic acid. All of these components combine to provide powerful antioxidant and anti-inflammatory activity. Sage can increase the flow of bile and supports liver detoxification.



Sage contains high levels of phytoestrogens which can help to safely block estrogen receptors

Sage contains high levels of natural compounds known as phytoestrogens. Phytoestrogens bind to the estrogen receptors of cells, but they do not stimulate the cells as strongly as estradiol (the natural estrogen). In fact phytoestrogens are roughly 1000 times weaker than estradiol.

By binding to the body's estrogen receptor sites, phytoestrogens effectively satisfy the receptors blocking estrogen and are thus believed to decrease cancer stimulation.

Phytoestrogens also suppress tumor growth, even in tumors that are not hormone-dependent. Research shows that phytoestrogens are inhibitors of breast, uterine, bowel, prostate, melanoma, and other types of cancers.

Sage also repels insects and helps to eliminate body odor, perhaps supporting the use of non-toxic deodorants. Sage helps to relieve hot flashes and is a memory booster! (Who couldn't use that?)

Add sage to: eggs, lamb, white beans, pizza crusts, breads, roasted beets, roast chicken, soups, sauces, and stews.

Clary Sage

Clary sage is a close relative of the common garden sage. Its oil has been used to improve vision and soothe tired or strained eyes and is often added to soaps, detergents, creams, lotions, and perfumes. In fact, it is the main component of Eau de Cologne.

Research has found that a fragrant chemical compound found in clary sage known as sclareol was comparable in its actions to the anti-breast cancer drug Tamoxifen – without the toxic side effects of this popular pharmaceutical. This suggests the possibility that sclareol might inhibit estrogen, and also may be able to interact with estrogen receptor sites without being toxic to normal cells.



Fragrant clary sage is most available in essential oil form

Clary sage has shown significant cytotoxic activity against leukemia, breast, and uterine cancer cells, inhibiting DNA damage and inducing apoptosis. It has also been found to enhance the activity of some anti-cancer drugs.

Clary sage is most available in the form of essential oils such as those from Ameo, Young Living, and do-Terra. This oil should only be used topically with carrier oil or in a diffuser, and should not be used in combination with alcohol as it may increase drowsiness.

Thyme

Thyme contains phytochemicals known as terpenoids that are recognized for their cancer preventive properties and medicinal uses.



Thyme is a good source of vitamin C, iron, and manganese and is delicious in bean, egg, and vegetable dishes

Rosmarinic, thymol, and ursolic acids are the terpenoids in thyme that possess anti-cancer properties, which make thyme a powerful antiseptic, antibacterial, and antioxidant.

Add thyme to: roasted carrots, squash, eggs, bean dishes, chicken, soups, sauces, and stews.

Oregano

Oregano contains the phytochemical quercetin, which is known to slow cancer growth and promote cell death. Additionally, oregano also contains anti-inflammatory, immune-supportive, antibiotic, anti-mutagenic, antifungal, antiviral, anti-parasitic compounds. It encourages apoptosis (cell death), making it a powerful anti-cancer herb overall. Oregano is particularly effective against leukemia, prostate, breast, and colon cancer.



Oregano is used abundantly in Italian dishes such as pizza and tomato sauces

Add oregano to: pizza, tomato sauce, chicken, vinaigrettes, seafood dishes, and beans.

Mint

Mint contains phytochemicals with anti-bacterial and anti-inflammatory properties, and it cuts off the blood supply to tumors, resulting in their death. Mint promotes digestion and inhibits harmful bacterial growth in the mouth. Studies have tied poor oral health to cancer and poor digestion to the malabsorption of key nutrients critical for the prevention of cancer.

Mint helps relieve congestion and cough; helps relieve depression and fatigue, and may protect the liver too.

Research shows that mint protects against radiation, including radiation therapy commonly used in cancer treatment. This so-called “radio-protective” effects are likely due to free radical scavenging, antioxidant, metal chelating, anti-inflammatory, anti-mutagenic, and enhancement of the DNA repair processes.

Researchers at the University of Salford in Manchester, England, have shown that peppermint has an impressive ability to block tumor growth. They found that an extract of peppermint was able to block oxygen flow to the tumors by attacking the blood vessels. Interestingly, it only attacked the blood vessels associated with the tumor, leaving healthy vessels alone.



Not only is mint delicious and refreshing, it offers protection against radiation

Add mint to: pulse or blend with olive oil to drizzle on grilled fish, chicken, artichokes, or asparagus. Add to tabbouleh or use the leaves to make tea. Chew on fresh mint to freshen breath and reap the anti-cancer benefits.

Cilantro

Cilantro (also known as Chinese parley or coriander) helps to remove heavy metals like mercury and lead from the body. The antimicrobial and heavy metal

chelation factors of cilantro have led to its recent use in many “detoxification” juices and drinks. (See more about its detoxification effects in our article on page 25.)

Cilantro is also a strong antioxidant, thus decreasing oxidative stress. Other benefits include: anti-anxiety properties aid with sleep, helps lower blood sugar, and supports cardiovascular health.

Add cilantro to: guacamole, curry dishes, soups, salads, stews, and fresh juices.

Reaping the Benefits of Fresh, Organic Herbs

In general, it’s a good idea to eat fresh organic herbs daily, and at various times throughout the day for

maximum health benefits. They add a boost of flavor to any meal while also giving your body the tools it needs to prevent and fight many chronic health conditions, including cancer.

Can’t seem to get enough herbs in your diet? Consider supplements such as:

- **Rosemary extract supplements** (Nature’s Way or Completely Green)
- **Oil of Oregano** (Survival Enterprises)
- **Mint tea** (Traditional Medicinals)

Now that you know something about the amazing power of herbs, why not begin to incorporate them into each and every meal?!

How to Make an Herb Crust

For one super easy way to add copious amounts of herbs to your daily diet, consider making an herb crust, ideal for using as a pizza crust or “toast” for sunny side up eggs.

Ingredients:

- 1/3 cup fresh herbs, chopped (parsley, oregano, thyme, rosemary, cilantro, dill, sage)
- 2 tablespoons chopped scallions or chives
- 2-3 tablespoons garbanzo bean flour
- 1 tablespoon chia seeds
- 2-3 tablespoons freshly ground flax seeds
- 1/2-1 teaspoon quality salt, to taste
- 1 teaspoon organic unrefined coconut oil OR olive oil

Directions:

Mix all ingredients together with enough filtered water to enable you to make a dough that you can spread. Place mix in the center of a piece of cooking parchment paper and spread in a circle approximately 1/4 inch thick.

Place parchment paper on a baking sheet and bake at 375F for 20minutes. (This works really well in a toaster oven.)

If using crust as a “toast” for eggs, turn onto a plate, carefully pulling off paper and slide eggs on top, allowing the yolks to run over the crust. For pizza, carefully peel off the paper, flip back onto paper; add toppings and return to oven five minutes until toppings are warm and cheese (if using) is melted.

Notes of Caution:

Using Essential Oils

Quality essential oils (such as those from Aмео, Young Living, and doTerra) are widely available, but do not consume them without first seeking the advice of a knowledgeable practitioner, as some essential oils can be toxic when taken orally in the wrong dose.

Tarragon

One garden herb you may specifically want to restrict is tarragon, which research shows could be mutagenic, meaning it can damage DNA. So while tarragon does have medicinal qualities, eating too much of it might not be a good idea. If you really like the taste of it, try substituting fennel, chervil, or anise seed instead.

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

Sources:

Dimas K et al. "Labd-14-ene-8,13-diol (sclareol) induces cell cycle arrest and apoptosis in human breast cancer cells and enhances the activity of anticancer drugs." doi:10.1016/j.biopha.2006.01.003

King JC et al. "Evidence for activation of mutated p53 by apigenin in human pancreatic cancer." doi:10.1016/j.bbamcr.2011.12.008

Long X et al. "Apigenin Inhibits Antiestrogen-resistant Breast Cancer Cell Growth through Estrogen Receptor- α -dependent and -independent Mechanisms." doi:10.1158/1535-7163.MCT-07-2350

Manjeshwar SB & Rao S. "Radioprotective potential of mint: A brief review." *Journal of Cancer Research and Therapeutics* 2010; 6(3): 255-262

Nabekura T. "Overcoming Multidrug Resistance in Human Cancer Cells by Natural Compounds." doi:10.3390/toxins2061207

Sanjeev S & Sanjay G. "Apigenin: A Promising Molecule for Cancer Prevention." doi:10.1007/s11095-010-0089-7

Sashidhara KV et al. "Cell growth inhibitory action of an unusual labdane diterpene, 13-epi-sclareol in breast and uterine cancers in vitro." *Phytotherapy Research* 2007; 21(11): 1105-8

Wang SC et al. "Targeting HER2: recent developments and future directions for breast cancer patients." *Seminars in Oncology*. 2001; 28(6 Suppl 18): 21-9

Zhy BT et al. "Dietary administration of an extract from rosemary leaves enhances the liver microsomal metabolism of endogenous estrogens and decreases their uterotrophic action in CD-1 mice." *Carcinogenesis* 1998; 19(10): 1821-7

Treating Cancer Naturally: 11 Strategies That Work

By Dr. David Jockers

Many disturbances to our body's natural capabilities can promote cancer growth. Some of these concerns include a weak immune system, unbalanced pH, reduced oxygenation to cells, and excessive toxicity.

These problems can be treated and symptoms of cancer can be healed. However, treating cancer using natural therapies requires a diligent approach and a long-term commitment.

You hold the power to unleash your natural healing capabilities. Use these 11 natural cancer treatments to relieve your symptoms and prevent the further spread of tumors throughout your body.

If you are currently cancer-free, these modalities can be used to prevent cancer from gaining a foothold. Unlike toxic cancer treatments such as chemotherapy and radiation, these natural therapies fortify the body and help to keep your immune system strong.

1. Ketogenic Diet

A ketogenic diet allows the body to turn fat into fuel (form ketones) in a physiological process which does not burden the cell's powerhouses known as mitochondria. Typically, mitochondria create energy from glucose found in abundance in our carbohydrate-intensive diets.

The ketogenic diet is low in carbohydrates and high in good fats. A ketogenic diet reduces the risk of mutations occurring within cells along with the

formation of free radicals, both of which are causes of colon, lung and breast cancer.

The ketogenic diet reduces symptoms in patients with metabolic conditions because it lowers the energy generated from the breakdown of glucose found in simple and complex carbohydrates. Cancer cells thrive off of the energy created from glucose fermentation, which is also called anaerobic metabolism due to the lack of oxygenation.

Examples of ketogenic approved foods include: pastured beef and dairy products (including eggs), organic poultry, and wild fish & seafood. Vegetables and fruits low in carbohydrates (including cabbage, asparagus, lemon and limes), healthy fats such as avocados and coconut oil, along with a few nuts and seeds are usually permitted.

Committing to a ketogenic diet can delay the development of tumors and increase the survival rate for patients by greater than 50 percent.



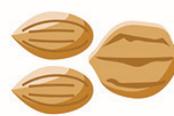
AVOCADO



EGGS



FISH



ALMONDS & WALNUTS



OLIVE OIL



COCONUT

You can starve cancer by practicing a ketogenic diet consisting of an abundance of healthy fats (about 75%), only 20% protein, and no more than 5% carbohydrates

Using intermittent fasting where you consume meals between a 4 to 8-hour window each day can be a very effective way to get into ketosis. Fasting is an anti-inflammatory, immune strengthening activity as it reduces overall blood sugar and enhances ketone body formation.

2. Hyperbaric Oxygen Chamber

Couple your commitment to the ketogenic diet with hyperbaric oxygen therapy. The combination of a nutrient-dense ketogenic diet and hyperbaric oxygen therapy is being studied for its effectiveness with various forms of cancer. Many health care practitioners are using this modality to improve immunity and help people overcome chronic disease conditions.

The two therapies combined have shown to decrease tumor growth rates, improve ketosis, and decrease glucose levels.

Hyperbaric oxygen therapy promotes oxygen supply to cells and improves pH by decreasing acidity which are two main factors which lead to cancer development. Healthy cells only thrive in conditions where they receive a proper oxygen supply, unlike cancer cells. Receiving hyperbaric oxygen therapy treatments can buffer your body's pH, improve oxygen supply, and overall improve cellular conditions which reduce risk of cancerous growth.

Most practitioners will recommend a 50-minute session three times per week, but many individuals choose to purchase or rent a portable hyperbaric chamber where they can do several hours at a time or even sleep in it overnight on a regular basis.



Hyperbaric oxygen therapy treatments improve oxygen supply, and improve cellular conditions which reduces the risk of cancerous growth

3. Juicing

Juicing is an amazing tool which anyone can use to decrease the likelihood of developing cancer. Juicing nutrient-dense foods inundates the body with powerful antioxidants and cancer fighting tools to boost the immune system and improve health. In fact, juicing some vegetables and fruit can supply a higher amount of nutrients for absorption in comparison to eating the entire raw or cooked food source on its own.

When deciding what to juice and how to receive the greatest benefits with minimal effort, try juicing cruciferous vegetable sprouts. Cruciferous vegetables, and their sprouts in particular, contain phytochemicals which have profound anti-aging, anti-cancer, and antioxidant properties.

Kale, broccoli, and cauliflower sprouts are only required in small concentrations to reap health benefits. Such sprouts provide natural enzymes for the body to fight cancer by reducing free radicals and inflammation. To name only a few examples, sprouts contain nutrients such as:

- Vitamins and minerals including K and C
- Chlorophyll
- Glutathione
- Amino acids
- Sulforaphane
- Beta-carotene
- Quercetin

Sulforaphane deserves special attention because of its abilities to detoxify natural pathways and reduce the burden of carcinogens in cells and tissue.

Quercetin, obtained in high yield when juicing fresh, high quality foods, increases apoptosis and prevents cancer metastasis.



Juicing cruciferous vegetable sprouts (such as kale, broccoli, & cauliflower sprouts) provides an additional boost of nutrients

Always attempt to drink juice immediately after making it in order to consume the juice at its most nutrient dense condition. Otherwise, store the juice in an airtight glass container in the darkest and coolest part of your refrigerator for optimal nutrient quality.

Many practitioners recommend cancer patients consume 32-64 ounces of fresh green juices each day to help slow cancer growth. For prevention, 8-16 ounces can be a great strategy to ensure your body is receiving sufficient micronutrients.

4. Fermented Foods

Excellent sources for healthy bacteria are fermented foods and beverages. A healthy gut microbiota is important in regulating the entire health of the whole body and mind. Those at increased risk for metabolic conditions and cancer typically have elevated concentrations of harmful bacteria in their gut microbiomes.

Some cancers associated with unhealthy gut bacteria are colorectal cancer, pancreatic carcinoma, and gallbladder cancer.

Bacteroidetes are a main type of bacteria found in fermented foods which produce a substance known as butyrate. Butyrate possesses its own cancer-fighting properties and is involved in enzymatic processes associated with breaking down starch.

Try adding fermented dairy products such as yogurt and kefir with live cultures from grass-fed cows to your diet. Cultured vegetables, Kombucha, sauerkraut, and other fermented foods and beverages are also sources of good bacteria.



Fermented vegetables are a good source of healthy bacteria

Many practitioners recommend 2-4 servings of fermented foods each day to improve health and prevent/slow cancer growth.

If following a ketogenic diet, look for fermented foods that are low in sugar and carbohydrates so that they fit into the ketogenic diet model. This would include sauerkraut, kimchi, coconut water kefir, water kefir, coconut milk kefir, apple cider vinegar, and unsweetened coconut yogurt.

Note of caution: Take things slow when first adding fermented foods to your diet to avoid painful gas and bloating.

5. Vitamin D

An important component to the central nervous system and the health of the entire human body is vitamin D. This vital nutrient has anti-inflammatory and antioxidant abilities which continue to astound researchers.

Studies find that vitamin D is associated with reducing autoimmune complications and can limit the release of natural killer cell secretions when situations are unwarranted, such as during pregnancy.

One of the key functions of vitamin D is its ability to balance inflammatory pathways linked to cancer and promote the production of proteins such as GcMAF which regulate cancer cells. *(Learn more about GcMAF in the Feb 2016 edition of the Heroes Against Cancer Community newsletter.)*

GcMAF requires vitamin D in order to be created and fulfill its vital functions to maintaining the health of all cells and tissues. GcMAF has been shown to reverse breast cancer by preventing cancer cells

from multiplying. Vitamin D therapy therefore also promotes GcMAF function and the ability to treat lymphoma, bladder, ovarian, and head and neck cancers among many others.

You can find out how much vitamin D is in your system by taking a blood test called the 25-hydroxy vitamin D test. (Other names for the test are 25-OH vitamin D test; Calcidiol; 25-hydroxycholecalciferol test.)

Ideal levels for vitamin D3 are between 60-100 nanograms per milliliter (ng/ml) with ideal ranges between 80-100 ng/ml for individuals looking to prevent or slow cancer growth. As a general rule, take 1,000 IUs per 25 pounds of body weight to slowly raise your vitamin D levels into range. OR take 2,000 IUs per 25 pounds of body weight to quickly raise your vitamin D levels.

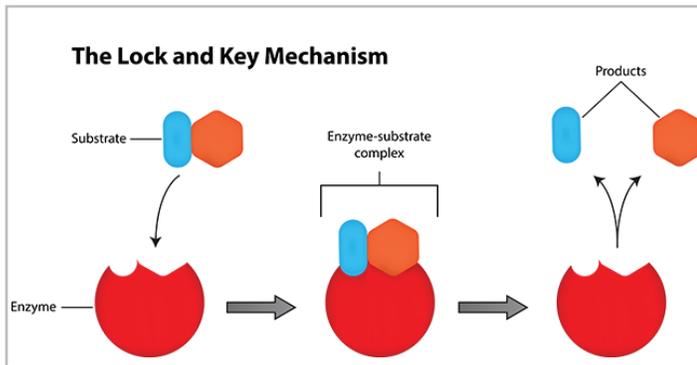


Because vitamin D is a fat-soluble nutrient, it is important to take the supplement with a fatty based meal for optimal absorption

6. Enzymes

Your body contains numerous enzymes required for performing normal physiological processes. Enzymes promote anti-inflammatory effects, stimulate anti-cancer substances, and assist in the removal of toxins from the body.

Perhaps you remember learning from your science teacher how a lock and key model represents an enzyme and the substance it acts upon to perform a function? Maybe you also remember then how if certain conditions are not met, enzymes become unraveled.



Like an ice-cream cone melting on a hot summer day, an enzyme can no longer serve its function when certain conditions are not met.

For this reason it is very important that the proper balance of pH in our bodies is met. Unfortunately, our diets often leave our internal organs swamped in an environment full of excess acidity and affect the ability of enzymes to perform.

The toxins in the air we breathe, the water we drink, the personal care and household cleaning products we use, and many other lifestyle conditions further exacerbate this problem which can lead to cancer.

You must consciously choose to replenish the enzymes in your body and promote a stable environment for them to function. Enzymes are found in foods such as raw fruits and vegetables, fermented vegetables, and legumes.

A couple of the enzymes contained in fruits and vegetables are quinone reductase and glutathione-S-transferase, which are critical in regulating antioxidant pathways.

When we consume enzyme containing foods we enhance the natural detoxification pathways to clean the liver, intestines, lungs, and stomach. Citrus fruits such as lemons and limes are rich in organic acids which (ironically enough) help to lower the acidity in our bodies and improve natural functions.

Enzyme therapy has been shown effective in treating individuals receiving chemotherapy treatment and reducing side effects including nausea, fatigue, vomiting, and pain. Systemic enzymes improve the natural immune system defenses which target cancer cells and prevent further growth.

Health practitioners who use enzyme therapy will often recommend anywhere from 5 grams to 45 grams daily depending upon the speed of the cancer growth. Five grams is great prevention for a slow growing tumor, while 45 grams is the typical dosage for individuals with very fast growing cancers.

7. Turmeric

Research in clinical studies has shown that curcumin found in turmeric root has powerful abilities to treat cancer symptoms, including its ability to fight inflammation. Turmeric exhibits the same inflammation prevention control as do synthetic anti-inflammatory drugs like Tylenol and is supported by more than 570 studies.

Turmeric is a spice which you can add to your favorite curry dishes, Indian cuisines, and traditional soups and stews. It is excellent mixed in with healthy fats such as pastured milk.

Curcumin promotes the production of other antioxidant compounds such as glutathione and prevents oxidative damage or stress done to organs.

Many practitioners recommend 500-1000 mg doses of curcumin 3-4 times daily with food. Curcumin should also be mixed with piperine from black pepper and taken with a fat-based meal for optimal absorption.

8. Budwig Protocol

The Budwig Protocol was developed by Dr. Johanna Budwig, a world leading expert of her time in research on fats and their impacts in human microbiology. Since the start of her research in 1952, the Budwig Protocol has been used to treat and cure cancers of the lungs, prostate, ovaries, breast, pancreas, and even brain.

The protocol requires the combination of quark (a soft, fresh cheese) and flaxseed oil. The resulting mixture limits the body's toxic burden by improving oxygenation and promoting detoxification.

The health benefits of the quark mixture can be thought of as a comparison to a dead car battery. The flaxseed oil in the quark is high in electrons and saturated fats which becomes involved in a chemical reaction and protects electrons in the flaxseed so that they may enter dead cells.

This process charges these cells and gives them the boost they need to once again be healthy. Attracting oxygen into cells is necessary to kill off cancer cells and heal the body with healthy ones.

Dr. Budwig found this treatment so effective that she advised her cancer patients to consume quark up to 8 times daily for up to six months.

Follow the recommended recipe for quark preparation:

- Combine 2 Tablespoons of quark OR organic cottage cheese with 1 Tablespoon flaxseed oil or freshly ground flaxseeds. Using an immersion blender, mix the ingredients together until well combined and no visible oil appears. Eat immediately.



9. Detoxification

Various detoxification pathways can become blocked or underused which leads to the buildup of carcinogens and the formation of cancer. Increase healing in your body by removing toxins using any or all of the following detoxification strategies:

- **Exercise:** Increases oxygen flow and opens up pores for detox.
- **Infrared saunas:** Stimulates deep tissue for the release of carcinogens.
- **Coffee enemas:** Removes toxins along the gastrointestinal tract and can also improve mood.
- **Castor oil packs:** Stimulates the flow of toxins out of organs and out of the intestines.

- **Dry brushing:** Stimulates lymphatic flow and glandular function.
- **Consume an anti-cancer diet:** Decreases toxic burden and decreases inflammation.
- **Drink lemon or mineralizing water:** Balances the body's natural pH.

Detoxification is a requirement in the process of healing the body and treating symptoms of cancer. Receiving a massage coupled with aromatherapy oils is another excellent technique to improve lymphatic function and promote detoxification. Essential oils can boost health in cancer patients and reduce stress and anxiety. *(See the January 2016 edition of the HACC newsletter for more information about detoxing.)*

10. Sunlight

Removing toxins from your body in order to treat cancer is dependent on the proper functioning of your glands. Part of Dr. Budwig's protocol mentioned earlier is to receive naturally sourced photons from the sun. This creates a magnetic field which attracts electrons into the cells of your body.

Dr. Budwig also believed that the sun's rays stimulate the function of glandular organs including the pancreas, salivary glands, bladder, liver, and gall bladder. Stimulating energy into your cells is not only vital to heal cancer but can improve the health of your mind as well.

Sunlight can improve your mood, create optimism, and better support your immune system's ability to fight off foreign invaders and cancerous cells.



Getting outside in sunlight is beneficial for improving both mental and physical health

Getting 20-30 minutes (for fair skin) up to 1-2 hours of high quality sun exposure (for darker skin) each day is of tremendous benefit to those looking to prevent or slow the growth of cancer. Be sure not to use sunscreen so you are able to absorb the UV rays that are critical to good health. You can use organic coconut oil on your skin before and after sun exposure in order to optimize your skin health.

11. Beta Glucans

Beta glucans are naturally occurring compounds found in nature but not in the human body. These complex sugar molecules supplement the immune system in order to design well targeted attacks on cancer and other foreign agents. Beta glucans

provide immunomodulation and treat excessive inflammation due to autoimmune responses.

Some common foods which contain beta glucans are yeast, mushrooms, fermented foods, and indigestible soluble fibers including oats and barley.



Beta glucans are found in the cell walls of yeast. Oats and mushrooms are also excellent sources of beta glucans

Beta glucans protect the body from cancer by activating immune cells such as antibodies, natural killer cells, cytokines, T-cells, and macrophages. Together these cells coordinate attacks on tumor growth.

There are more than 1,000 published scientific articles on the health benefits of beta glucan therapy. Beta glucan supplementation has been shown in research to lower the rate of cancer cell concentration by effectively detecting and destroying their targets.

Many practitioners use 500 mg daily as a preventative measure for a healthy individual and 1000 mg, taken 2 times daily, outside of meal times as an immune strengthening agent in order to slow or prevent cancer growth.

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 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 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.

Sources:

Akramiene D et al, "Effects of beta-glucans on the immune system." *Medicina (Kaunas)*. 2007; 43(8): 597-606

"Aromatherapy and Essential Oils (PDQ®)" from ncbi.nlm.nih.gov/books/NBK65874/#CDR0000441069__16

"Beta Glucan Research – *Saccharomyces cerevisiae*" from betaglucan.org

"Cancers, Tumors & Blood Disorders" from nyulangone.org/conditions/areas-of-expertise/cancers-tumors-blood-disorders

Kehr W, "The Budwig Diet Cottage Cheese and Flaxseed Oil" from cancer-tutor.com/budwig

Ko L, "5 Things You Need to Know About Juicing" from pbs.org/wnet/need-to-know/health/juicing/10814

Lanone S et al. "Overlapping and enzyme-specific contributions of matrix metalloproteinases-9 and -12 in IL-13-induced inflammation and remodeling." doi:10.1172/JCI14136

Lee YY, "What is Obesity Doing to Your Gut?" *Malays J Med Sci*. 2015; 22(1): 1-3

Linnewiel-Hermoni K et al. "The anti-cancer effects of carotenoids and other phytonutrients resides in their combined activity." doi:10.1016/j.abb.2015.02.018

Lovanovski VJ et al. "Pilot study evaluating broccoli sprouts in advanced pancreatic cancer (POUDER trial) - study protocol for a randomized controlled trial." doi:10.1186/1745-6215-15-204

McInnis J, "Mitochondrial-associated metabolic disorders: foundations, pathologies and recent progress." doi:10.1186/1743-7075-10-63

"Nutrition and Supplementation Management in Autoimmune Diseases" from meschinohealth.com/ArticleDirectory/Natural_Management_Autoimmune_Disease

Poff AM et al. "The Ketogenic Diet and Hyperbaric Oxygen Therapy Prolong Survival in Mice with Systemic Metastatic Cancer." doi: 10.1371/journal.pone.0065522

Schönmeier BH et al. "The effect of hyperbaric oxygen treatment on squamous cell cancer growth and tumor hypoxia." doi:10.1097/SAP.0b013e31804a806a

Siniscalco D et al. "The in vitro GcMAF effects on endocannabinoid system transcriptionomics, receptor formation, and cell activity of autism-derived macrophages." doi:10.1186/1742-2094-11-78

"Spices, turmeric, ground" from superfoodly.com/orac-value/spices-turmeric-ground

Thomas F et al. "Environmental and Gut Bacteroidetes: The Food Connection." doi:10.3389/fmicb.2011.00093

Thyer L et al. "GC protein-derived macrophage-activating factor decreases α -N-acetylgalactosaminidase levels in advanced cancer patients." doi:10.4161/onci.25769

Zhang Y et al. "A major inducer of anticarcinogenic protective enzymes from broccoli: isolation and elucidation of structure." *Proc Natl Acad Sci U S A*. 1992; 89(6): 2399-2403

Charlene's Cancer Fighting Kitchen

Better than Store Bought Italian Seasoning Blend



Yield: ¾ cup

Preparation Time: 5 minutes

Ingredients:

- 3 tablespoons dried oregano
- 3 tablespoons dried basil
- 2 tablespoons dried marjoram
- 2 tablespoons dried thyme
- 1 tablespoon dried & cut rosemary
- ½ tablespoon dried sage

Directions & Uses:

1. Use a food processor, hand chopper, blender, coffee grinder, or mortar & pestle to crush the spices to the consistency you like.
2. Store in a small glass jar or reuse one of your spice jars.
3. Use anywhere you'd usually use Italian seasoning, such as tomato sauces, soups, etc.

Homemade spice blends are so much tastier than what you can find in most stores. The best part is they don't contain harmful fillers such as MSG.

Feel free to adjust the recipe to use spices you have on hand. For additional flavor and heat, add garlic powder and red pepper flakes to taste.

(You can find all the cancer-fighting benefits of the individual ingredients in the article on page 1.)

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.

Raw Sun Dried Tomato and Cashew Cream Soup



Yield: Four 10-ounce servings

Preparation Time: 20 minutes

Ingredients:

- 1 cup raw cashews, soaked four hours
- 1/3 cup sun dried tomatoes, soaked 30 minutes in 1 cup water
- 1/2 cup chopped fresh tomatoes
- 3 tablespoons freshly squeezed lemon juice
- 2 additional cups spring or filtered water

Spices:

- 1/2 teaspoon cayenne pepper powder (add more for a spicier soup)
- 3 cloves fresh garlic, crushed
- 1 small onion, chopped
- 1 handful parsley without stems, chopped
- Add quality salt to taste such as pink or sea salt

Cashews contain anti-depressant bio-chemicals along with essential fatty acids and minerals that effectively enhance one's mood while lending a delicious creamy flavor.

The sun dried tomatoes are rich in lycopene, adding potent antioxidant and anti-inflammatory properties to wage war against cancer cells.

The herbs & spices contribute even more weapons to the anti-cancer arsenal of this warming soup.

Directions:

1. Drain and rinse soaked nuts, drain again and put nuts in food processor or blender.
2. Add sun dried tomatoes with their soaking water.
3. Add remaining ingredients and spices to the food processor or blender and blend for 30 seconds or more until smooth.
4. If a warm soup is desired, pour into a saucepan and warm on the stove until just hot to the touch.
5. Pour into bowls and serve with raw gluten free crackers. Enjoy!

Raw Avocado Acai Key Lime Pie



This delightful dessert tastes so good you won't believe it's potent against estrogen-related cancers.

Acai berries contain anthocyanin, a flavonoid antioxidant that causes natural cell death in cancer cells.

Flax seed, on the other hand, is high in lignans. These are essential phytoestrogens that effectively reduce tumor growth in breast and prostate cancer. Flax seed also contain important omega-3 fatty acids and minerals for overall good health and soluble fiber to prevent constipation.

Yield: 8-10 slices

Preparation Time: 30 minutes + 2 hours chilling time

Filling Ingredients:

- 2 medium Haas avocados, ripe (can substitute other types of avocados)
- 1/3-1/2 cup freshly squeezed key lime juice (can substitute juice from other types of limes)
- 1/3 cup cold pressed coconut oil
- 3-4 tablespoons raw honey OR Lakanto* OR coconut nectar**

Spices:

- 1 teaspoon fresh bee pollen (omit if allergic to bees or pollen)
- 1 tablespoon raw organic acai berry powder***
- 1 teaspoon Spirulina flakes
- 1 1/2 teaspoons fresh turmeric, finely chopped OR 1 teaspoon powdered turmeric
- Quality salt to taste such as pink or sea salt (approx. 1/4 teaspoon)

Crust Ingredients:

- 3/4 cup almonds
- 1/2 cup organic buckwheat flakes OR 1/2 cup ground flax seed
- Quality salt to taste such as pink or sea salt (approx. 1/4 teaspoon)
- 1 tablespoon cold pressed coconut oil
- 2 tablespoons raw honey OR Lakanto* OR coconut nectar**

Raw Avocado Acai Key Lime Pie

(continued)

Directions:

1. Grind together all crust ingredients in a food processor or blender. Rub a small amount of coconut oil on the bottom and sides of a 9-inch glass pie plate.
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 an inch up the sides. Place in the freezer while preparing the filling.
4. Blend all the filling ingredients in a food processor or blender. Take the prepared crust from the freezer and pour the filling into the crust. Spread it creatively for a nice presentation. Place in the freezer for two to three hours or until very firm.
5. Garnish with a slice of lime on the top and sprinkle one teaspoon of finely grated lime peel for extra zest and nutrients. Slice into eight equal slices or more if desired. Put slices on plates and serve within ten minutes. 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.*

****Acai Berry Powder is available at most health food stores, Whole Foods, and Trader Joe's.*

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.

Vaccine Damage: How to Minimize the Effects of Taking a (Forced) Vaccine

By Ty Bollinger

If you've been following the news over the past several years, you're probably aware of all the controversy surrounding vaccines and whether or not people should be forced to get them.

One side of this discussion insists that vaccines have a successful track record of eradicating infectious diseases like polio, and should thus be mandated for the greater good. The other side points to improved sanitation and better nutrition as being among the many non-vaccine-related reasons why public health has improved significantly during the early 20th century.

In my view, the issue really isn't one of trying to establish whether or not vaccines work as a prerequisite for mandating them. Rather, it's about the perceived moral justification behind forcing any individual against their will to receive a controversial medical treatment that comes with known health risks.

Every human being should have the freedom to reject vaccination or any other invasive medical procedure for any reason they choose, whether it be safety concerns, conscientious objection, or even just a fear of needles – your body is your own, after all.

And yet, forced vaccination policies are becoming increasingly common in the U.S. This is especially true within the medical industry where workers are now being told that they must get a flu shot, for

instance, or else face termination. Perhaps you or someone you know is also currently in this position, raising the question of the best approach to take to avoid persecution while also preserving the right to make one's own choices.



Forced vaccinations are becoming increasingly common in the U.S., particularly with healthcare workers

Having to choose between your livelihood and possibly your life – *vaccines are known to cause permanent damage and even death, in many cases* – isn't what America's founders could have envisioned for a free people. However, it's a dire reality that many Americans (and citizens in other countries) now face. It's an issue that we as natural health advocates must acknowledge, and more importantly *address*, as we move forward as a community that embraces freedom of choice in health.

If you're a medical worker facing possible termination for refusing a flu shot; a parent of a school-age child facing expulsion if he or she isn't vaccinated in accordance with the CDC schedule.; or someone who has already complied with a

compulsory vaccination mandate and is now looking for ways to optimize your immune system to mitigate possible vaccine damage... the information I've gathered here for you could be life-saving.



States require children to be vaccinated in order to attend school, but there are still ways to opt-out of mandatory vaccination

Exemptions, Petitions, and Litigation: Approaches to Opting Out of Compulsory Vaccination

For most Americans, opting out of compulsory vaccination is still a fairly simple process – if you've been educated in how to do it. For students, each state has exemption laws on the books that allow for vaccine refusal on the basis of personal or philosophical objection, religious belief, and/or medical need.

It's important to note that although some of these laws are being actively eroded by corrupt special interests, all 50 states still recognize at least one or more of these standard opt-out remedies.

[The National Vaccine Information Center \(NVIC\)](#) is an excellent resource for learning more about how your state handles vaccine exemptions. I highly recommend that you familiarize yourself with the laws in your state and learn how to protect your family from vaccine coercion.

For healthcare workers, things can be a little trickier. Private employers are legally entitled to enforce whatever policies they choose for their employees as long as these policies don't violate employment discrimination laws. At the current time, these laws don't specifically prohibit discrimination based on medical compliance – which means that a private hospital can technically get away with forcing nurses to get flu shots under threat of termination. However, the same exemption templates that students can use to reject vaccinations at school are also applicable to healthcare workers in many cases.

For instance, nurses and doctors can opt to file religious exemptions notifying their employers that a required vaccine violates their religious beliefs.

The Association of American Physicians and Surgeons (AAPS) has created a [helpful template](#) for healthcare workers to use that asserts religious exemption from a Christian perspective (or you can tailor it to your own religious beliefs).

Another nurse [crafted her own objection letter](#) citing compulsory vaccination as contrary to science and in violation of the Nuremberg Code, an international law that prohibits coercion, force, or duress in the administration of vaccines.

Unionized healthcare workers also have an advantage in the exemption department because they can band together and unilaterally oppose compulsory vaccination policies under a unified front.

Even non-unionized healthcare workers can create and circulate a petition opposing forced vaccination, another approach that's been successful on numerous occasions.



Unionized healthcare workers may have an advantage in opposing mandatory workplace vaccination

When all else fails, there's also the litigation approach. In consultation with their attorneys, some medical workers have been successful at gaining exemptions from mandatory vaccination by citing Centers for Disease Control and Prevention (CDC) data showing that no vaccine is 100 percent safe and effective, which means vaccine mandates are akin to medical experimentation. Medical experimentation is also in violation of the Nuremberg Code.

By and large, the most effective way to combat any mandatory vaccination agenda you might be facing is to stand up and speak out in whatever capacity you have at your disposal. Science is on the skeptic's side, but it's important to both understand it and to present it clearly and concisely before your superiors, covering major points such as:

- Influenza vaccines aren't nearly as effective as we've all been led to believe, according to a systematic review of the available science published in the *British Medical Journal*.
- Two separate studies published in the Cochrane Database suggest that flu vaccines don't work at all, or at least aren't substantiated as having tangible efficacy in children or adults. The

researchers involved were clear in pointing out that only *industry-funded* studies show flu vaccine effectiveness. Publicly-funded studies were "significantly less likely to report conclusions favorable to the vaccines."

- Vaccines in general contain carcinogenic toxins such as aluminum, formaldehyde, and mercury that could pose serious and potentially permanent health risks.
- Mandatory vaccination is nothing more than obligatory medical experimentation, which violates the moral and ethical principles outlined in the Nuremberg Code.

What to Do if You've Already Been Vaccinated

If you've already received a vaccine – especially if against your wishes – you're probably wondering what you can do to minimize any potential damage caused by the injection.

Unfortunately, many of the most common ingredients used in vaccines aren't easily removed from the body through the normal detoxification pathways. This is primarily because they're injected directly into the bloodstream or muscle tissue (rather than consumed or inhaled like most other environmental or dietary toxins), so additional measures need to be taken to help remove them.

One of the biggest concerns with vaccines is their heavy metal content. Heavy metals can accumulate inside the body and even cross the protective blood-brain barrier, leading to neurological disorders and other health problems.

Though not technically a “heavy” metal, aluminum is also a highly toxic additive used in many vaccines. If aluminum is not effectively removed from the body, it can damage brain chemistry and interfere with a host of metabolic and cellular processes that regulate the nervous system.

Chelation Therapy Helps Reverse Damage Caused by Vaccines

One of the most effective ways to rid your body of mercury, aluminum, and various other toxic metals found in vaccines is to undergo comprehensive chelation therapy. Chelating agents act as magnets for toxic metals, pulling them from their hiding places in cellular tissue and delivering them to flushing pathways so they can be removed from the body.



Chelating agents act like magnets to pull heavy metals from cells and flush them from the body

Intravenous chelation therapy is probably the most effective way to remove these metals, but you can also perform oral chelation therapy at home.

Dr. Yoshiaki Omura, MD, a New York-based general practitioner and cardiologist with more than 50 years of experience in his field, accidentally discovered (while treating his patients for eye infections) that cilantro (aka Chinese parsley), is a powerful natural chelator of metals and other neurotoxins.

Cilantro: Nature’s Remedy for Toxic Metal Accumulation

Dr. Dietrich Klinghardt, MD, PhD, from the University of Geneva in Switzerland [developed a special chelation protocol](#) that involves consuming a minimum of five grams of cilantro, or about one teaspoon, per day. He found that this protocol effectively removes mercury and other toxic metals from the brain and other bodily tissue in much the same way as intravenous chelation therapy.

Many of the key components of Dr. Klinghardt’s protocol are things you should be doing anyway to keep your body toxin-free. His high-protein, mineral-rich, fatty acid-dense, high-fluid program includes doing the following:

- Supplementing with **clean whey protein** from cows or goats, since whey contains the nutrient precursors to detoxification agents such as **ceruloplasmin, metallothionein, and glutathione.**
- Supplementing with bioavailable nutrient compounds like **selenium, zinc, manganese, germanium, and molybdenum** that help block toxins from attaching themselves to binding sites meant for minerals.
- Consuming plenty of electrolytes in the form of **sodium, potassium, calcium, and magnesium.** All of these help draw toxins out of cellular tissue and push them towards the lymphatic and venous systems, from where they can then be eliminated.

- Consuming plenty of **healthy lipids such as EPA- and DHA-rich fish oil**, which helps protect the central nervous system from being targeted by fat-soluble metals.



Fish oil from clean sources helps protect the central nervous system from fat-soluble metals

- Drinking plenty of **clean water** daily, which helps flush metals and other toxins from the body so they don't accumulate in the kidneys and other vital organs.

Chlorella and Chlorella Growth Factor

Another key component to any effective metal detoxification protocol is chlorella. Though harder for some people to digest than cilantro, this fresh water alga has an incredible metal-absorbing capacity due to its mucopolysaccharide membrane, which draws nearly all types of environmental toxins.

Chlorella also helps repair and restore the body's own natural detoxification systems so they can perform better when faced with the onslaught of toxins found in vaccines, our diet, and our environment.

In addition, chlorella contains a variety of lipids, proteins, amino acids, and other nutrients like porphyrins that each serve their own unique purpose in the detoxification process. These nutrients make chlorella an effective immunity booster as well as a digestion enhancer. Both of which are critical in the overall detoxification process.

Dr. Klinghardt recommends starting off with one gram of chlorella three or four times daily for maintenance detoxification as part of your everyday detoxification routine. For more aggressive detoxification following vaccination, he advises taking three grams of chlorella three or four times daily for an entire week, then backing down to the maintenance regimen for two to four weeks.

The best way to do this is in cycles. For example, one week of aggressive detoxification along with cilantro, followed by up to a month of maintenance detoxification before going back to the week-long aggressive detoxification, and so on.



Dr. Dietrich Klinghardt from the University of Geneva recommends an intensive regime of chlorella following a vaccination

If you wish, you can also take cilantro regularly rather than cycling it for a stronger detoxification effect. Just remember to time your chlorella doses 30 minutes before meals and just before bedtime for optimum results.

If taking dozens of chlorella tablets or many spoonfuls of chlorella every day sounds like too much of a chore, there's also chlorella growth factor (CGF), which is basically a concentrated form of chlorella. This heat-extracted concentrate contains high levels of chlorella peptides, proteins, and other nutrients that make it a faster and more effective way to detoxify. One tablet of CGF is equivalent to about 20 tablets of chlorella!

National Integrated Health Associates (NIHA) has also developed [a comprehensive Neurotoxin Elimination Protocol](#) that builds upon the concepts put forth by Dr. Klinghardt in his chelation protocol. I highly recommend considering this advanced regimen as well if you're looking to deep-clean your body following a mandatory vaccine injection.

Other Nutrients for Powerful Detoxification

Many people don't know this, but detoxification works best when an array of complimentary detoxifying agents are used in conjunction with one another. Chlorella, cilantro, trace minerals, and vitamins are an excellent way to start your detoxification process. There are also a variety of other foods and nutrients that can help accelerate the process and ensure the thorough and safe removal of vaccine toxins from your body.

- **Apple pectin** (and other pectin) is a type of soluble fiber found in the cell walls of various plants and fruits that helps regulate bowel movements. It reacts with stomach acid to produce substances that bind to toxins and help flush them from the colon.
- **Activated charcoal** has been used in nearly every corner of the world for thousands of years

as a remedy for food poisoning. Its adsorption and ionic properties cause it to attract and bind to toxins for rapid elimination from the body.

- **Elderberry** is an amazing detoxifying food that's both powerful and gentle on the body, which is why many people give it to their children. An immune-boosting panacea, elderberry helps protect cells against viral and pathogenic invaders. It also boosts the body's production of toxin-fighting T-lymphocytes.



Eating raw elderberries is not advised, but the fruit and flowers can be turned into a variety of formats including syrup, tea, and other beverages, or purchased in supplement form

- **Organic sulfur** is an all-in-one elixir for enhanced nutrition and detoxification. Sulfur is a critical co-factor for the other detoxifiers I've covered due to its ability to capture and eliminate nearly every known toxic substance from the body.
- **Omega-3 fish oil** is rich in eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) which help the body manufacture more peroxisomes, which are necessary for proper metabolism. Peroxisomes are also the most important detoxifying cell organelles in the body. Without them the bloodstream would become overloaded with toxins.

- **Garlic** contains a unique class of compounds that contain sulfhydryl groups, which capture and remove mercury and other heavy metals from vital organs and cell tissue.
- **Vitamin C** works in tandem with magnesium to speed up the detoxification process in the bowels, which helps prevent mercury and other toxins from being reabsorbed back into the body through the intestines. Just be careful to dose vitamin C as far away from chlorella as possible, though. Preferably right *after* you eat a meal.
- **Royal jelly** is particularly beneficial if you or someone you know has recently been vaccinated with an attenuated vaccine containing live virus. Examples of live virus vaccines include MMR, influenza, and DtaP. Royal jelly has been shown to have incredible efficacy in fighting more than 130 different infectious agents. Royal jelly is also packed with all eight essential amino acids, and exerts unparalleled immune protection.



Royal jelly is produced by worker bees to feed bee larvae and is rich in amino acids

- **Silica** has been scientifically shown to help prevent aluminum from being absorbed through the intestinal tract.

Many people consume silica-rich mineral water as a way to ensure that any lingering aluminum is properly flushed from the body.

- **Dandelion root** is a potent lipotropic herb that helps flush fat deposits from the liver to prevent chronic liver congestion. Dandelion root also helps improve the function of the pancreas, stomach, spleen, and kidneys due to its diuretic properties.
- **Wheatgrass** has an amazing ability to both neutralize toxins and pull them from cell tissue and organs.
- **Spirulina** is an alga much like chlorella that's packed with detoxifying vitamins, minerals, amino acids, and fatty acids. Like chlorella, it attracts metals and other toxins for removal from the body.
- **Homeopathic antidotes** exist for a wide variety of vaccines including influenza, MMR, and chickenpox. Consulting with a homeopath or naturopathic doctor will give you a clearer understanding of how these work.
- **Massage** is an important part of the detoxification process because it helps get your body's lymphatic system moving. Your lymph nodes act as traps for cell waste, viruses, bacteria, and other toxins – so making sure that they work properly is crucial for staying healthy.
- **Detoxification baths** are another option for drawing toxins out of your body. You can add magnetic clay and essential oils to your bathwater to help draw out toxicants such as mercury, cadmium, aluminum, arsenic, and

more. There are also detoxification bath [recipes](#) that utilize baking soda, Epsom salts, and apple cider vinegar.

- **French green clay** has been used for thousands of years (mostly in Europe) as an internal detoxification supplement due to its ability to remove toxins and stimulate the immune system. This popular healing clay can also be applied topically to a vaccine injection site to draw toxins out of the skin.



Green clay, which is commonly used as a spa treatment to remove impurities from the skin, can be applied to the vaccine injection site

- **Toxaway microcurrent foot baths** are part of the Klinghardt Neurotoxin Elimination Protocol, and for good reason. When combined with oral cilantro supplementation, these foot baths help excrete toxins via the lymphatic system and the plantar skin (soles of the feet). They also stimulate both the liver and kidneys to release toxins.
- **Sodium bicarbonate** or baking soda is a widely recognized buffering agent for toxins. Many cancer patients are given baking soda during

chemotherapy treatments because it helps balance the pH levels of their blood and renders any circulating toxic compounds less harmful.

Fixing Gut Issues Caused by Vaccines

A closing note about vaccine damage. A commonly reported side effect of vaccination is gastrointestinal damage. This often results from the body's immune system hyper-reacting to the injection and triggering an inflammatory response that causes the destruction of gut microflora.

As part of any detoxification protocol, it's important that you keep your gut health in check, because this is where the bulk of your body's immune system lives. I recommend looking into high-quality fermented foods or a [probiotic supplement like Dr. Nuzum has created](#) that you can take to replenish your microbiome. This will increase the absorption of nutrients by your gut during the repair process. It will also help ensure that the toxins being released during detoxification aren't reabsorbed back through your intestinal lining into your body.

My recommendation is to combine probiotic supplementation with daily consumption of fresh, raw juices from vegetables like broccoli, garlic, celery, and carrots, which will deliver rapid and easily-digestible nutrition to your body. This regimen alone will help put you on the fast track to restoring your body back to what it was *before* vaccination.

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.

"Exemption from Hospital Vaccine Mandate" from aapsonline.org/index.php/site/article/exemption_from_hospital_vaccine_mandate

Jefferson T, "Influenza vaccination: policy versus evidence." doi: [dx.doi.org/10.1136/bmj.38995.531701.80](https://doi.org/10.1136/bmj.38995.531701.80)

Jefferson, T et. al. "Vaccines for preventing influenza in healthy adults" doi: [10.1002/14651858.CD001269.pub4](https://doi.org/10.1002/14651858.CD001269.pub4)

Klinghardt D, "The Klinghardt Neurotoxin Elimination Protocol" from klinghardttacademy.com/images/stories/neurotoxin/NeurotoxinProtocol_Jan06.pdf

"Mandatory Vaccines for Healthcare Workers: How to Refuse Mandatory Vaccines and Not Get Fired" from kellythekitchenkop.com/healthcare-workers-how-to-refuse-mandatory-vaccines-and-not-get-fired

McClure M, "Dosing with Chlorella/Cilantro for Neurotoxin Elimination" from nihadc.com/library/detox-for-life-class-2-addit-resources/54-4-dosing-with-chlorella/file.html

McGeen P, "The Sulfur Study: Early results of an experimental study using Organic Sulfur" from naturodoc.com/sulfurstudy.htm

Mercola J, "Aluminum: The Neurotoxin Far Worse than Mercury" from articles.mercola.com/sites/articles/archive/2011/09/21/could-this-be-the-most-dangerous-aspect-of-vaccines.aspx

Pope S, "Detox Baths: Which Ones are Best and for What Ailments" from thehealthyhomeeconomist.com/detox-baths-which-ones-are-best-and-for-what-ailments

Reffitt DM et. al. "Silicic acid: its gastrointestinal uptake and urinary excretion in man and effects on aluminum excretion." *Journal of Inorganic Biochemistry* 1999; 76(2): 141-7

Sircus M, "Prevention & Treatment of Vaccine Damages" from drsircus.com/medicine/vaccines/prevention-treatment-of-vaccine-damages

Star Hull J, "The Best Vitamins for Removing Toxins" from janethull.com/newsletter/0306/the_best_vitamins_for_removing_toxins.php

"State Law & Vaccine Requirements" from nvic.org/vaccine-laws/state-vaccine-requirements.aspx

"Suggestions to Combat Employer Vaccine Mandates" from vaclib.org/legal/employermandates.htm#union

"The Nuremberg Code" from hhs.gov/ohrp/archive/nurcode.html

"Vaccine Excipient & Media Summary" from cdc.gov/vaccines/pubs/pinkbook/downloads/appendices/B/excipient-table-2.pdf

Williams LB et al. "Evaluation of the medicinal use of clay minerals as antibacterial agents." doi: [10.1080/00206811003679737](https://doi.org/10.1080/00206811003679737)

Sources

Alberts B et al. "Peroxisomes" from ncbi.nlm.nih.gov/books/NBK26858/

Asprey Dave, "Activated Charcoal: A Strange Way to Detox" from bulletproofexec.com/the-strangest-way-to-detox

Axe J, "Discover Elderberry for Your Health" from draxe.com/discover-elderberry-for-your-health

Barron J, "Apple Pectin. Baseline of Health Foundation" from jonbarron.org/herbal-library/foods/apple-pectin#.Vrv61cclde5

Barron J, "Dandelion Root. Baseline of Health Foundation" from jonbarron.org/herbal-library/herbs/dandelion-root#.VrylZsclde4

Cha CW, "A study on the effect of garlic to the heavy metal poisoning of rat." *Journal of Korean Medical Science* 1987; 2(4): 213-24

Cichoke A, "The Complete Book of Enzyme Therapy." Avery Publishing. 1999.

The official First Day of Spring is just around the corner. I'm looking forward to the warmer weather and planting some cancer-fighting herbs and vegetables in our garden. There's really nothing better than fresh produce you grow yourself!

Even if you don't have space for a garden I encourage you to plant a few herbs in a pot on the windowsill. Just read through the article on Healing Herbs (starting on page 1) and find a couple you'd like to try.

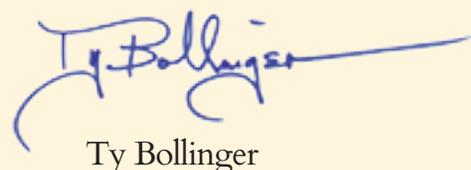
I hope too you find my article on recovering from the effects of a vaccine (or just plain avoiding them in the first place) helpful. This is a frequent question that we get at TTAC – especially with the heavy promoting and strong arm tactics the medical establishment is using to get people to submit to the flu vaccine.

As I mentioned last month, I'll be speaking at [CalJam](#) in Costa Mesa, California from

March 18-20, then I'll be speaking at [Total Health Expo](#) in Toronto, Canada from April 8-10. Finally, rounding out the trifecta, on April 23rd, Charlene and I will be speaking at an event called [A Message of Hope](#) at Chateau Elan in Braselton, Georgia put on by P4Foundation. All three events are all about health, wellness education, and cancer prevention. We'd love for you to join us at one or all of these events if you can.

We've got lots of exciting things in the works at the Truth About Cancer and more amazing articles we're working on for the coming months.

Thank you for your ongoing support and for being part of our Heroes Against Cancer Community!



Ty Bollinger

The Heroes Against Cancer Community (HACC) newsletter is a publication of **TTAC Publishing, LLC**. The owners, publisher, authors and editor are not responsible for errors and omissions. Rights of reproduction and distribution of this newsletter are reserved.

Any unauthorized reproduction or distribution of information contained herein, including storage in retrieval systems or posting on the Internet, is expressly forbidden without the consent of TTAC Publishing. For permission, fill out a support ticket at support.thetruthaboutcancer.com

For email or physical address changes, fill out a support ticket at support.thetruthaboutcancer.com with your old and new address.

All information presented in the HACC newsletter is for informational purposes only. Nothing contained within is specific health or medical advice for any individual. All information presented in the HACC newsletter should not be construed as health advice or instruction. You should take no action solely on the basis of this publication's contents.

Readers are advised to consult a knowledgeable health professional about any issue regarding their health. While the information found in the HACC newsletter is believed to be sensible and accurate based on the editor's and authors' best judgment, readers who fail to seek counsel from appropriate health professionals assume risk of any potential ill effects. The opinions expressed in the HACC newsletter do not necessarily reflect those of TTAC Publishing.

© 2016 TTAC Publishing, LLC. All rights reserved.