

Holiday Health and Healing With **Essential Oils**

By Ty Bollinger

The season of hustle and bustle is upon us, and if you're anything like me, those rare moments of reprieve from all the holiday busyness are almost as therapeutic as the holidays themselves.

Don't get me wrong; I love Christmas and everything it entails. From the simple joys of celebrating the birth of our Savior to spending quality time with family and friends. All this while hauling around and exchanging carloads of gifts – and yes, even the madness involved with *buying* these gifts.

Though I wouldn't trade any of these precious things for the world, I'd be lying if I said that trying to keep each of these delicate plates balanced and spinning in perfect harmony isn't thoroughly exhausting, and perhaps you can relate.

I've seen firsthand how these various holiday stressors, as I like to call them, have taken their toll on my family's health, especially in years past when we simply weren't equipped with the knowledge we have now in how to properly deal with them.



While there's lots to enjoy about the holiday season, the busy pace can also be stressful and exhausting if you don't take care of yourself

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Falling into patterns of erratic diet, inconsistent sleep, and constant stress didn't do any favors for our immune systems. Usually one or more of us ended up getting sick as a result... not exactly what you want to be dealing with during one of the most festive seasons of the year!

That's why we've since adopted new lifestyle habits that have proven to be absolute lifesavers when it comes to surviving all the "hectic-ness" of the holidays – one of the most effective being our regular use of botanical essential oils.

12 Must-Have Essential Oils for Health & Healing

Since practically the beginning of time, mankind has been actively partaking of the earth's therapeutic bounty for reasons of health and longevity. This includes the use of concentrated oil extracts derived from various plants and herbs as natural healing medicine.

Though ancient cultures may not have known precisely what was in essential oils, as we now call them, their uses are documented by civilizations both past and present as being uniquely and potently equipped to promote health and wellbeing. This is a tradition that lives on today in the natural healing arts and modern functional medicine.

I was first introduced to the wonder of essential oils during my extensive travels for the various books and documentaries I've published over the years. I have to say that I'm more than impressed with how much they've helped me and my family achieve and maintain an amazing level of health.

Essential oils have been so life-changing for us, in fact, that I recently decided to team up with my good friend Jordan Rubin, author of *The New York Times* bestselling book *The Maker's Diet* and founder of nutritional company Garden of Life. Jordan and I partnered to create a special line of some of the world's most powerful essential oils, all formulated to meet the absolute highest standards in the industry. (If interested, [these oils are available to purchase from Epigenetic Labs.](#))

We ultimately chose 12 of the most powerful oils that offer not only a diverse array of health benefits, but that also blend well for everyday use – including during the holidays. I've designated each of these oils below based on its respective uses:

- **Aromatically (A)**, which means smelling it or diffusing it into the air.
- **Topically (T)**, which indicates you can apply it to your skin.
- **Internally (I)**, which means it's safe to ingest (swallow).

I've also indicated "**neat**" oils that are safe to use internally and/or topically without dilution (**N**) for most people. There are also "**hot**" oils that require dilution with a proper carrier oil like jojoba or coconut (**H**), and oils that, in addition to dilution, should be used carefully if you have sensitive skin (**S**). That being said, always do your own sensitivity testing for any new oil by applying one drop in a carrier oil to a small patch of skin and watching for any type of reaction.



Do a skin test before using new oils topically. Mix one drop of essential oil with at least 3-4 drops of a carrier oil. Apply to the inside of the forearm or wrist and watch for signs of a reaction (i.e. redness or itching)

Clove (*Syzygium aromaticum*) – A T I H

One of the most antioxidant-dense herbs on the planet, clove has been utilized for thousands of years as both a fragrance and a spice. It boasts high levels of the healing phytochemical eugenol (between 80 and 95 percent of its composition, in fact). Clove oil is a powerful antiseptic and anti-inflammatory compound that many dentists use as an oral protective agent following tooth extractions, fillings, and root canals.

Clove oil is also an amazing antimicrobial and antifungal substance, demonstrating efficacy in the treatment of oral thrush, *Candida albicans*, *Staphylococcus epidermidis*, *Escherichia coli*, parasites, and cold and influenza viruses.

Eucalyptus (*Eucalyptus radiata*) – A T S

Eucalyptus has a cool, crisp aroma that's been utilized for centuries as an expectorant and decongestant to cleanse the lungs and air passageways. Research shows that eucalyptus oil used aromatically is an effective remedy for respiratory conditions like bronchitis, pneumonia, and asthma.

When used topically, eucalyptus oil is a powerful antimicrobial that can help speed up wound healing and clear up the skin, and is also said to provide pain relief and improved energy and focus.

Frankincense (*Boswellia*) – A T I N

The king of the essential oils family, frankincense is truly in a class of its own when it comes to healing. A therapeutic powerhouse packed with nearly 100 unique compounds, frankincense has made quite the name for itself – both in Biblical times and today.

Worth its weight in gold, frankincense oil is a premier immune-supportive, anti-cancer, and anti-aging elixir that science has shown is highly effective at minimizing inflammation, alleviating pain, improving digestion, promoting relaxation, supporting cognitive function, and fighting chronic disease.



*Frankincense essential oil is made from the resin (dried sap) of the *Boswellia* tree*

Geranium Rose (*Pelargonium graveolens*) – A T I S

Another oil fit for a king, this sweet smelling geranium oil boasts a wide array of therapeutic uses including as an astringent, a hormone-balancer, a diuretic, an anti-inflammatory, an anti-coagulant, and an anti-fungal. Studies have found that

geranium oil helps keep skin healthy and youthful, muscles toned, and brain neurochemistry properly balanced.

Grapefruit (*Citrus paradisi*) – A T I N

The fresh, citrusy aroma of a just-sliced grapefruit is pleasing to almost any palate. But the oil of this delectable fruit offers a whole lot more than just sensory appeal. It helps to fight inflammation, curb food cravings, and support weight loss. Studies have found that grapefruit oil also helps keep the gallbladder clean, promotes lymphatic drainage, and fights *Candida* and other types of malignant yeasts and bacteria.

Lavender (*Lavandula angustifolia*) – A T I N

The world's most popular essential oil, lavender is widely known for its calming floral essence. It's often used as a sleep aid because it induces feelings of peace and relaxation, and many people likewise use it to mitigate anxiety and stress.

Studies show that lavender oil can help balance blood pressure and blood sugar levels. Evidence also backs its effective uses in the remediation of headaches and migraines, healing wounds and burns, and soothing skin conditions such as psoriasis and eczema.



*The botanical name of true lavender is *Lavandula angustifolia*, which is the most highly regarded and therapeutic form of lavender*

Lemon (*Citrus limon*) – A T I N

A staple in Traditional Chinese Medicine (TCM) – and likely your kitchen! – lemon might not seem like anything out of the ordinary. But its oil is jam-packed with therapeutic compounds that help the body to detoxify, particularly in the lymph nodes.

Lemon oil also helps keep the gallbladder clean while boosting the immune system and relieving congestion. As a general purifier, many people use lemon oil to freshen the air and clean surfaces.

Orange (*Citrus reticulata*) – A T I N

Nobody knows exactly where it came from because it doesn't technically grow in the wild, but what we do know is that the common orange contains oil that helps support a healthy immune system and functional detoxification. The nectar of this delectable citrus fruit is also known for its anti-inflammatory, pro-circulatory, and relaxant properties, helping to promote optimal digestion.

For cancer, orange oil has been scientifically shown to be chemo-protective, meaning it helps to fight cancer cells and stop them from growing and spreading.

Oregano (*Origanum vulgare*) – A T I H

For more than 2,500 years, oil of oregano has been a staple folk medicine remedy that's shown benefits in treating skin conditions and fighting infections. Whether fungal, viral, or bacterial in nature, oregano oil does the job, including with harder-to-beat pathogens like *Candida albicans* and Methicillin-resistant *Staphylococcus aureus* (MRSA).

Studies have shown that oregano oil is capable of overcoming practically any type of harmful bacteria or virus, making it a must-have for the medicine

cabinet. It's one of my favorite natural alternatives to antibiotics, but a word to the wise... oregano oil is especially "hot"! I recommend getting some gelatin capsules from the health food store if you plan to swallow it.



Oregano essential oil can be used in place of fresh or dried oregano when cooking. One tiny drop of essential oil is equal to approximately 1/2 tsp dried oregano

Peppermint (*Mentha piperita*) – A T I S

The cool, refreshing essence of peppermint has been enjoyed throughout the world for many centuries. Not only is it wonderful as a breath and room freshener, but also as a medicinal aid.

Like other types of mint, peppermint oil is known for soothing pain and clearing the respiratory tract. It's also helpful in calming the digestive tract and boosting energy levels and physical performance. One study found that, after four weeks of use, patients with irritable bowel syndrome experienced significant reductions in symptoms like bloating, constipation, and diarrhea.

Rosemary (*Rosmarinus officinalis*) – A T I N

Another member of the mint family, rosemary maintains considerable historical significance as a sacred plant with amazing healing potential. In addition to boosting cognitive performance, rosemary oil can also be used to promote hair growth, modulate the nervous system, reduce pain, detoxify the body, and prevent respiratory infections.

Rosemary oil is also effective at targeting pathogenic bacteria, including drug-resistant strains that no longer respond to pharmaceuticals.

Tea Tree (*Melaleuca alternifolia*) – A T I N

Native to Australia, tea tree oil has been used by aborigines for thousands of years to disinfect wounds and promote healing. Its potent aroma makes it an effective deodorant as well, and many people use it to disinfect their homes.

Other common uses of tea tree oil include as a treatment for acne, dandruff, psoriasis, and eczema, as well as various fungi, parasites, and drug-resistant pathogens. One study found that tea tree oil is capable of inhibiting 301 different types of yeast, further demonstrating its amazing antimicrobial potential.



While the Epigenetic Labs brand of Tea Tree oil can be taken as a dietary supplement (ingested), the same does not apply to most tea tree oils on the market – so be extra cautious when using

Cancer-Fighting Essential Oil Blend That's Perfect for the Holidays

Further relevant to the Christmas season is the [Magi-Complex essential oil blend](#) that I helped co-develop for Epigenetic Labs.

This unique product contains a synthesis of frankincense, myrrh, and turmeric essential oils that's rooted in the Biblical story of the three "Wise Men" from the East who came bearing gifts for the newborn Christ. You may recall that frankincense and myrrh were among these gifts, the oils of which blend perfectly with turmeric oil to synergistically promote health and wellness.

As it turns out, frankincense, myrrh, and turmeric have all been scientifically vetted as being amongst the most powerfully anti-cancer substances in the world – as are oregano and, quite frankly, many of the other oils I mentioned earlier.

But these three oils in particular (which can be used topically, aromatically, and/or internally for therapeutic purposes), seem to stand apart from the rest. Hence why at least two of them, from what we know of the Biblical account, were given to Jesus as gifts fit for a King. And there's speculation that the third Magi gift – "Gold" – was actually the golden spice turmeric, which was worth more than gold by weight at that time.

Curcumin, the primary active constituent found in turmeric has been extensively studied over the past 50 years for its ability to inhibit the growth and spread of cancer cells. Frankincense, which contains high amounts of boswellic acid, is recognized for its anti-neoplastic properties, meaning it has the ability to travel throughout the body and destroy cancer cells.

And then we have myrrh, which is packed with healing compounds that, both by themselves and especially when combined with frankincense, have been scientifically proven to be anti-tumoral, helping to induce cancer cell apoptosis (programmed cell death).

My wife Charlene and I like to dab Magi-Complex and the other oils behind our ears for maintained lymphatic support, as well as diffuse them aromatically throughout our home and workspaces. For extra benefit in addressing a specific health condition or simply to maximize immune function, the [Magi-Complex also is available in capsule form](#).

Some of the immediate effects that we've personally noticed from using these oils this way are feelings of calm and balance – perfect for this busy holiday season – which in many ways are just icing on the cake for the long term peace of mind we get from

knowing that these oils are also helping to protect our bodies from becoming cancerous.

A great example of this is when the mother of my good friend, Dr. Josh Axe, developed cancer years ago. She decided to include the oils of frankincense and myrrh (as well as those of lavender and oregano), in her natural combative arsenal, to which she eventually achieved cancer-free status.

Like with the Magi-Complex, these four individual oils can be diffused; applied topically to the bottoms of the feet, along the spine, and/or directly to the site of a problematic area; or taken internally in equal parts. Just a single drop or two of each is suitable. As I mentioned above, just be sure to heavily dilute oregano oil with a carrier oil like jojoba or fractionated coconut oil first before applying.



Fractionated coconut oil is a special type of coconut oil that stays liquid when cold, has a very long shelf life, and facilitates the absorption of essential oils

Essential Oil Blends & Recipes for Aromatherapy and Personal Care

One of the other great things about essential oils is that, in addition to their many respective therapeutic uses, they're incredibly versatile. The vast majority of them smell simply divine, with hundreds of options suitable for nearly any occasion. During the holidays, for example, my family and I love to diffuse the more "Christmassy" oils like fir needle, pine, cinnamon, and nutmeg that offer a unique sensory experience without all the toxic chemicals found in conventional air fresheners.

Orange and cinnamon oils go really well together during Christmastime. We often combine these with earthy oils like frankincense and myrrh, as well as "woody" oils like spruce and fir, to create a full-bodied seasonal experience.

Below are a few of our favorite diffusion recipes that you may wish to try this holiday season. If you don't have all the oils listed, don't worry. Just use the ones you have and feel free to experiment to create your favorite blends.

Christmas Cheer:

- 3 drops cinnamon essential oil
- 3 drops fir needle essential oil
- 3 drops orange essential oil
- 2 drops clove essential oil
- 1 drop lemongrass essential oil

Citrus Delight:

- 3 drops lemon essential oil
- 3 drops lime essential oil
- 3 drops orange essential oil
- 3 drops grapefruit essential oil
- 1 drop lemongrass essential oil

Sleep Serum:

- 4 drops lavender
- 1 drop frankincense

With the sleep serum blend, diffuse into your bedroom at night, or mix in your hand with some carrier oil and rub into the soles of your feet at bedtime.

You can also utilize essential oils in many other ways, including in baths, body lotions, scrubs, hand sanitizers, and various personal care products, as well as around the house in cleaning sprays and linen “spritzes.” My belief is this: the more ways you can incorporate essential oils into your daily life, the better. And what better way to do this than to surround yourself with them whenever possible with the things you’re already using.

Here are some more great essential oil recipes you can try:

Stress-Away Moisturizing Body Butter

- 1/3 cup coconut oil
- 3 tbsp beeswax
- 3 tbsp cocoa butter
- 3 tbsp mango butter
- 2 tbsp almond oil
- 15 drops lavender essential oil
- 8 drops geranium essential oil
- 5 drops lemon essential oil

Melt all ingredients together, pour into glass jar, and cool for at least 30 minutes. Alternatively, you can let the mixture cool in a bowl in the fridge until it’s partially solidified but not too hard. Using a hand mixer, beat it for 5-10 minutes (like you would whipping cream or frosting), until it becomes a light fluffy body butter. Then store in jars or pretty containers for giving as gifts.



Homemade body butter is much healthier than store-bought lotions full of toxic chemicals. Play around with different oil combinations to create a signature scent you love

Lavender Mint Lip Balm

- 1 tbsp shea butter
- 3 tbsp jojoba oil
- 1 tbsp plus 1 tsp beeswax
- 10 drops peppermint essential oil
- 10 drops lavender essential oil
- 3 drops vitamin E oil

Melt shea butter, jojoba oil, and beeswax together in Pyrex measuring cup atop double boiler until evenly mixed. Remove from heat and add essential oils and vitamin E oil and gently whisk to combine. Allow mixture to cool slightly, but not solidify, and pour into lip balm containers. Makes approximately 10 tubes.

Purifying Room and Linen Spritz

- 1 tbsp vodka
- 6 tbsp distilled water
- 10 drops lemon essential oil
- 10 drops orange essential oil
- 5 drops cinnamon essential oil
- 5 drops clove essential oil
- 5 drops eucalyptus essential oil
- 5 drops rosemary essential oil

Combine alcohol and essential oils in a small glass spray bottle and shake gently, then add water. Remember to shake gently before each use.

Happiest of Holidays Home Cleaner

- 1-1/2 cup white vinegar
- 5 drops cinnamon essential oil
- 5 drops fir needle essential oil
- 5 drops orange essential oil

In glass spray bottle, combine all ingredients. Shake gently before each use. Lasts 30-60 uses.

Lavender-Mint Laundry Detergent

- 1 bar Castile soap, grated
- 2 cups borax
- 2 cups washing soda
- 1 cup baking soda
- 15 drops lavender essential oil
- 15 drops peppermint essential oil

Combine all ingredients in airtight container and store. Use 1/4 cup mixture per large load of laundry, and 1/8 cup mixture per small load of laundry. Lasts 12-15 uses.

Healing Vapor Rub

- 1/4 cup jojoba oil
- 1/2 cup coconut oil
- 1/4 cup grated beeswax
- 20 drops peppermint essential oil
- 20 drops eucalyptus essential oil

In medium glass jar, combine jojoba and coconut oils with beeswax. Fill a saucepan with two inches of water and place over medium-low heat. Place jar in saucepan and allow oils to melt, stirring for consistency. Once mixed, allow ingredients to cool and add essential oils. Pour mixture into metal

tins or storage containers and allow to set. Use as needed for decongestant and respiratory relief. Lasts 30-60 uses.



Ditch the Vicks and make your own healing vapor rub with peppermint and eucalyptus essential oils (see recipe above)

The possibilities really are endless when it comes to essential oils, so get creative! Heck, part of what the holidays are all about is ringing in the new year with renewed spirits and a fresh outlook on life. What better way to set the stage for this than with nature's restorative offerings?

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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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Charlene's Christmas Cancer Fighting Kitchen

Oatmeal Almond Cookies



Everybody loves cookies at Christmas, but most cookie recipes are filled with health-harming ingredients.

These special oatmeal cookies are sugar-free, gluten-free, and contain a number of extra healthy ingredients to build up your immune system while satisfying your sweet tooth.

Some of the super ingredients include coconut oil which helps to increase your metabolism, is anti-bacterial, anti-inflammatory and contains a perfect balance of omega-3 and 6 fatty acids.

Flax seeds also add to the anti-inflammatory list along with more omega-3 fatty acids. The spices add flavor and nutrients to this tasty treat. With these cookies there's no need to deprive yourself of holiday cheer just because you want to be healthy.

Yield: 2 dozen 1-inch cookies

Preparation time: 25 minutes

Ingredients:

- 1 cup gluten-free oat groats
OR substitute 1¼ cups gluten-free oat flour
- ¼ cup untoasted almonds
- 2 tablespoons flax seeds
- 2 teaspoons Ceylon cinnamon, freshly ground
- ½ teaspoon nutmeg, finely grated
- ¼ cup raw honey OR ½ cup coconut sugar
- 2 tablespoons cold pressed coconut oil
- ½ cup spring OR filtered water
- 1/8 teaspoon pink OR sea salt

Directions:

1. In a high speed blender, grind the oat groats, almonds, and flax seeds to make a flour.
2. Add the flour and other dry ingredients to a bowl and mix with a fork or wire whisk gently to incorporate.

Oatmeal Almond Cookies *(continued)*

3. Add the wet ingredients and stir until a dough forms. If it is too dry add a little more water until the dough is elastic but not too sticky.
4. Take a glass baking pan and line it with baking parchment paper or grease with a little coconut oil.
5. Using two tablespoons, spoon out dough into cookie portions, shaping them if desired and placing onto the prepared pan.
6. Place pan in a preheated 300° Fahrenheit oven for 20 minutes or until lightly browned on the bottom.
7. Remove cookies from the oven. Transfer cookies from the pan to a wire rack to cool.
8. Just before they're cooled garnish with a light sprinkle of coconut sugar if desired. Enjoy!



Holiday Oat Nog



This gluten-free, dairy-free, egg-free, and sugar-free version of the classic egg nog is healthy and delicious. The main ingredient in this recipe is black sesame seed milk which is richer in calcium than cow's milk.

It also features turmeric, a cancer fighting spice, and cashews which are well endowed with anti-inflammatory, antioxidant, and tumor annihilating flavonols. They boost your metabolism, have a high protein and magnesium content which translates to good bowel health, good sleep, and strong bones.

All in all a treat to enjoy year round... but especially during the holidays.

Yield: Two 10-ounce servings

Preparation time: 20 minutes + soaking time for seeds and groats

Ingredients:

- 1½ cups black sesame milk (soak black sesame seeds for 2 hours, drain, blend with 1½ cups spring water and strain through a fine sieve)
- 1½ tablespoons oat groats, soaked for 2 hours
- 1 banana
- 2 tablespoons raw honey (optional)
- 2 tablespoons untoasted cashews (or more for a creamier nog)

Spices:

- 1½ teaspoons Ceylon cinnamon, freshly ground
- 2 pinches of nutmeg, freshly ground
- ½ teaspoon fresh turmeric root OR ¼ teaspoon powdered turmeric
- 1 pinch pink OR sea salt (optional)

Directions:

1. Rinse the soaked oats well. Then place all ingredients except the banana in a high speed blender. Blend until smooth.
2. Add the remaining ingredients and blend until frothy. Pour into serving cups, dust with nutmeg and/or cinnamon and serve. Enjoy!

Chocolate Covered Pears



Here's a beautiful healthy dessert option for special occasions.

Pears and dark chocolate contain a number of phytonutrients that combat cancer. They are also loaded with minerals such as phosphorus, potassium, magnesium, and calcium which work together to boost the immune, detoxification, and elimination systems. The walnuts and coconut oil also contribute to essential fatty acid nutrients and brain health.

The anti-cancer benefits of this yummy desert include protection against colon, breast, lung, and prostate cancers. The high concentration of antioxidants also enhances tissue repair after cancer treatment. So you can enjoy this desert and know that your body is also enjoying the benefits. It's a win-win healthy choice to add to your cancer conquering recipe repertoire.

Yield: 20 to 24 wedges

Preparation time: 20 minutes

Ingredients:

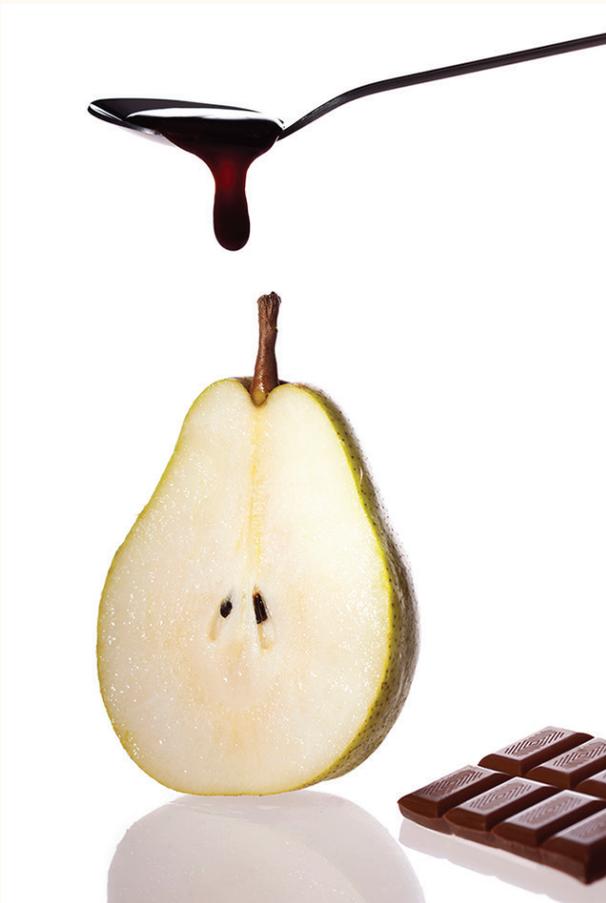
- 2 medium just-ripe pears (not too soft)
- 1 slice of fresh lemon (to rub on pear wedges to prevent browning)
- ½ cup unsweetened baker's chocolate OR high quality dark chocolate (70% or higher)
- 1 tablespoon cold pressed coconut oil
- 2 tablespoons coconut nectar OR raw honey
- Chopped almonds, walnuts, or other nuts of your choice (except peanuts)
- Pinch of pink OR sea salt

Directions:

1. Wash the pears and slice into wedges. Quickly rub the lemon slice on each side of the pear wedges to prevent browning.
2. Place wedges on a pan coated with a little coconut oil or lined with parchment paper and bake for 15 minutes at 300° Fahrenheit. Remove from the oven and set aside to cool.
3. After the pears have cooled, prepare a double boiler on the stove by filling a large pot with water just enough to come up one quarter of the way on a smaller pot that fits inside. Simmer the water with the top pot in place. Then add the chocolate, coconut oil, coconut nectar, and salt in the top pot. Melt carefully while stirring gently. As soon as the chocolate and other ingredients are melded together, remove the top pan and set aside to cool slightly.

Chocolate Covered Pears *(continued)*

4. Take the pears, one at a time, on a fork or long toothpick and dip into the chocolate. After dipping, set each wedge on a plate to cool slightly. Sprinkle the chopped nuts on top and drizzle a little melted chocolate for additional garnish if desired.
5. Keep in the refrigerator until just before serving. Enjoy!



About Charlene Bollinger



Charlene Bollinger is a devoted Christian, happily married wife, joyful mother of 4 beautiful home-educated children, health freedom advocate, co-founder of 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.

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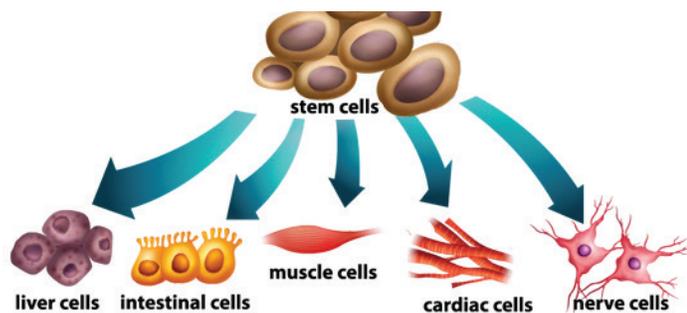
12 Nutrients that Target & Destroy Cancer Stem Cells

By Dr. David Jockers

Lack of adequate nutrition can lead to cancer growth – on the other hand, the right nutrients can inhibit cancerous cells from multiplying.

Scientists have known for decades that cancer cells have the ability to repair themselves, multiply, differentiate, and escape normal cellular processes such as apoptosis or “cell suicide.” Only recently researchers have learned that cancer cells originate from stem cells. Stem cells are unspecialized cells in our body that can, given the right “signal,” be transformed into any “specialized” cell.

Stem cells found in adults are known as adult stem cells, which normally act as a repair system for the body, constantly replenishing our body's tissues.



Stem cells are undifferentiated cells that, when given the right signal, can become any type of specialized cell

Researchers are also beginning to understand that our diet is perhaps the greatest tool in preventing and treating cancer. Specifically, regular consumption of freshly available, non-irradiated fruits and vegetables is associated with lowered risk of many chronic diseases, including cancer.

Cancer Cells Originate from Stem Cells

What is known as a pro-survival technique enables cancer cells to develop into the invasive and relentless disease that can wreak havoc on any tissue in our bodies. Unlike typical stem cells, cancer stem cells are self-sufficient, resistant to chemotherapeutic drugs and treatments, have the ability to self-renew, increase inflammation, and are not influenced by contact with other stem cells or anti-growth signals.

Cancer stem cells are also sustained by angiogenesis (the physiological process by which new blood vessels are formed, which cancer tumors use to feed themselves nutrients and grow), flawed cellular energy mechanisms, and their ability to evade normal cellular functions such as apoptosis or cell suicide.

Phytochemicals that Fight Cancer

Nutrient-rich plant foods typically contain phytochemicals, which have anti-cancer properties. Phytochemicals are chemical compounds that occur naturally in plants. Some are responsible for color such as the deep purple of blueberries, while others are responsible for smell. For example, the pungent fragrance of freshly squeezed garlic.

Phytochemicals can have specific actions on our body when we consume the plants containing them. It is estimated that there may be as many as 4,000 different phytochemicals in the plant world. Some of these phytochemicals not only target and kill cancer stem cells, but they also reverse the mechanical flaws in our body which cancer cells thrive on.

12 Nutrients to Consume Daily

Consume the following 12 nutrients daily to equip your body with the cancer-fighting tools it requires to prevent and treat cancerous growth.

#1 - Ursolic Acid

A dietary compound found in herbal medicines such as holy basil, as well as in the natural waxy coating of fruits like apples, ursolic acid has extraordinary anti-cancer potential. Ursolic acid has been shown to treat cancers of the skin, colon, breast, lung, cervix, prostate, esophagus, and pancreas.



Holy basil is a good source of ursolic acid, along with other common herbs such as lavender, peppermint, oregano, and thyme

Specifically, ursolic acid reduced tumor size and distant organ metastasis of colorectal cancer cells, likely by blocking the expression of proteins needed for their survival, proliferation, and metastasis.

Researchers are aware of ursolic acid's ability to reduce inflammation-promoting enzymes despite not having a full understanding of all biological functions which ursolic acid affects. Reducing the levels of these enzymes is critical to blocking abnormal cell cycles and preventing the expression of genes which turn off cellular apoptosis. In other words, ursolic acid increases cancer cell apoptosis and prevents DNA replication, a typical characteristic of cancerous growth that would otherwise lead to metastasis.

Increasing the ursolic acid content of your daily nutrient intake can inhibit tumors from forming in your body. Many health practitioners supplement with a dose of 150-300 mg ursolic acid 3 times daily for optimal benefits. This is much more than you could get from using apple peels and holy basil which have between 5-10 mg of ursolic acid per serving. Waxy apple peels and holy basil do have other phytonutrients that are beneficial for the body's immune system, however, and shouldn't be discarded.

2 - Piperine

Every year colorectal cancer kills more than 639,000 individuals worldwide. One of the major causes likely to blame for such a high statistic is a bacterium known as *H. pylori*, which invades the gastrointestinal lining of more than half of the world's population and is carcinogenic. Known as the "King of Spices," piperine – a compound found in black pepper – helps reduce the incidence of cancers relating to the stomach and breast. Piperine has traditionally been used to treat symptoms of cold and fever. Most recently it has gained attention for its cancer fighting properties.



Piperine is found in black pepper and is responsible for its pungent flavor

Direct research suggests that piperine has anti-inflammatory effects on *H. pylori*-induced gastritis and may potentially be useful in prevention of *H. pylori*-associated gastric carcinogenesis. Piperine appears to prevent *H. pylori* growth by preventing it from adhering to the gastrointestinal surface.

Piperine has also been shown to target cancer stem cells of breast tumors in testing. As a result of piperine's actions, the *H. pylori* bacterium cannot release toxins, cause stress, raise inflammation levels, and promote cancer growth. The antimutagenic factors which piperine induces may be due to its ability to prevent proteins from binding which would normally stimulate cancer formation. Add piperine to your daily diet by including freshly ground high quality black pepper in marinades, salad dressings, sauces, dips, and soups.

#3 - Lycopene

Lycopene is a bioactive compound that destroys cancer cell activity. Foods rich in lycopene include red-fleshed colored fruits and vegetables such as tomatoes, watermelons, pink grapefruit, and even so-called "blood" oranges. In fact, red-fleshed sweet orange juice that contains high levels of beta-carotene and lycopene has been shown to have potential chemopreventive effects on leukemia cells in laboratory experiments.



Lycopene is found in fruits and vegetables with red flesh such as blood oranges and pink watermelon

Consuming a lycopene-rich diet is as easy as snacking on watermelon on hot summer days, or adding a bowl of grapefruit to your yogurt in the winter. Add pulp back into your beverage when juicing citrus foods containing lycopene. Increase the bioavailability of lycopene in foods by simmering tomato skins before consumption and enjoy homemade pasta sauce and salsa.

Lycopene's anti-cancer properties stem from its ability to increase cytotoxicity and apoptosis in cancer cells. This nutrient disrupts cancer stem cells' communication signals which help a cancer cell to flourish – and instead increases its risk of dying. Cancers which lycopene may be effective at preventing include cervix, colon, lung, and prostate cancer.

If you are looking to avoid carbohydrates and stay on a ketogenic diet, you may want to consider supplementing with 30-50 mg of lycopene, 1-2 times daily. This is about the same amount you would get from eating 2 servings of organic tomato sauce.

#4 - Isothiocyanates

Isothiocyanates are derived from naturally occurring sulfur-containing compounds called glucosinolates. Cruciferous vegetables such as broccoli, cauliflower, kale, Brussels sprouts, wasabi, horseradish, mustard, radish, and watercress contain many types of glucosinolates, each of which forms a different isothiocyanate when hydrolyzed in our body.

Isothiocyanates such as sulforaphane may help to prevent cancer by eliminating potential carcinogens and by enhancing production of so-called "tumor suppressor proteins." In other words, consuming isothiocyanates through cruciferous vegetable consumption may decrease cancer risk – although

boiling and microwaving cruciferous vegetables is known to reduce the bioavailability of isothiocyanates. Depending on the particular vegetable, either consume raw (eg. broccoli sprouts and watercress) or lightly steam (eg. Brussels sprouts, kale, and cauliflower) to retain the most nutrients.



Three-day-old broccoli sprouts contain 10-100 times higher levels of sulforaphane than a mature head of broccoli

Isothiocyanates promote detoxification, enhance immunity, activate cancer inhibiting agents, and prevent against tumor growth related to the breast, stomach, spleen, prostate, and colon. Isothiocyanates inhibit cancer in many ways. They:

- Prevent toxins from accumulating
- Prevent inflammation
- Stimulate antioxidant potential
- Increase healthy gut microflora and remove carcinogenic bacteria linked to stomach cancer
- Promote phase 2 enzymes which stimulate antioxidant powerhouses such as glutathione
- Increase Nrf2 signaling pathways known to block tumor formation

You too can benefit from the many health benefits of isothiocyanates by adding them to your diet. Although cruciferous vegetables are excellent sources of these powerful compounds, it turns out their sprouts are far more powerful cancer fighting foods. For instance, did you know that cruciferous sprouts can contain up to 100 times more of the glucosinolate compounds needed for the body to produce isothiocyanates than an entire head of broccoli can provide?!

If choosing to supplement with sulforaphane, many health practitioners advise taking 300-600 mg, 1-2 times daily. This is especially useful for complementing treatment against hormone-sensitive cancers, as isothiocyanates are very good estrogen detoxifiers.

#5 - Curcumin

Turmeric is a herbaceous perennial plant of the ginger family. The rhizomes of this plant are boiled, dried, and ground into a deep-orange-yellow powder that is used as a spice in Indian cuisine, for dyeing, and to impart color to mustard condiments. One active ingredient of this turmeric powder is curcumin.



Turmeric is a member of the ginger family that has been used for centuries in traditional Ayurvedic and Chinese medicine

Curcumin has antioxidant, anti-inflammatory, and anti-cancer properties. Curcumin prevents chronic inflammation and can also decrease risk of cancer

development. Curcumin regulates various factors and substances involved with cancer stem cells and manipulates multiple signaling pathways that are necessary for cancer formation.

Curcumin has shown to target cancer cells by turning off factors which normally would suppress apoptosis, preventing angiogenesis which supplies nutrients and blood flow to cancer cells, and inhibiting tumor invasion and metastasis.

The following types of cancers have been shown to be suppressed by curcumin:

- Non-Hodgkin lymphoma
- Leukemia
- Kidney
- Renal
- Bladder
- Brain
- Ovarian
- Liver
- Lung
- Colorectal
- Cervical
- Breast
- Prostate

Many health practitioners recommend taking 500-1000 mg doses, 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.

#6 - EGCG

Epigallocatechin-3-gallate, also referred to as EGCG, is a polyphenol found in green tea. EGCG is linked to numerous health benefits including its ability to treat cancer.



EGCG and other green tea antioxidants have been found to stop cancer cells from growing, kill cancer cells, and prevent the formation and growth of new blood vessels in tumors

Did you know that sipping on green tea regularly can reduce your risk of breast, colon, prostate, and lung cancer? You could also make a green tea base instead of water to add to your smoothies.

EGCG prevents cancer cells from multiplying, causing inflammation, and invading new tissue – and it also interrupts cancer stem cells communication pathways. Researchers have found that EGCG inhibits critical proteins required for cancer cell survival from binding and shuts off mechanisms which induce cancerous cell growth.

Matcha green tea is the most potent form of EGCG. One glass of Matcha is equivalent to 10 glasses of a commercial green tea in terms of its nutritional value and antioxidant content. One could also supplement with 400-800 mg of EGCG, 1-2 times daily. Always use this earlier in the day as it can be stimulating.

One caveat is that green tea does reduce folate absorption. If using green tea daily, it is advisable to consume extra raw green vegetables (that are rich in folate) in salads or juices or to supplement with an extra 500 mg of methylfolate or calcium folinate.

#7 - Vitamin D₃ (Cholecalciferol)

Did you know that approximately 10,000 cancer cells are produced daily in your body and have the ability to invade, multiply, and spread to other areas? Vitamin D₃ deficiency is one of the most common factors associated with the pathogenesis (development) of cancer. Unfortunately, our lack of time spent outdoors in natural sunlight and the increase in use of synthetic drugs has lowered our body's ability to absorb nutrients from the sun and vitamin D sources from food. Needless to say, proper intake of vitamin D₃ daily is required for the prevention of cancer.

Vitamin D₃ has been shown in doses of 20,000 IU to act as an effective therapy in delaying the onset of cancer and alleviating systemic inflammation. Perhaps most vital for D₃ daily intake is the production of GcMAF, a protein which inhibits cancer cells and boosts the immune system's natural response to invasive agents such as cancer. GcMAF can eradicate tumors completely but requires adequate vitamin D₃ levels for its activity.



Vitamin D₃ deficiency is one of the most common factors associated with the development of cancer

Ideal levels for vitamin D₃ (25-hydroxy vitamin D) are between 60-100 ng/ml with the ideal range 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 (11.3 kg) 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 fat-based meal for optimal absorption.

#8 - Resveratrol

Resveratrol is a natural phenol produced naturally by several plants in response to injury or when under attack by bacteria or fungi. Food sources of resveratrol include the skins of grapes (as well as wine made from grape skins), blueberries, raspberries, and mulberries.



While grape skins are one of the highest sources of resveratrol, it's nearly impossible to get enough of this nutrient through diet alone

This phenolic compound has a profound ability to prevent and heal metabolic conditions such as cancer. It is designed to protect our cells from damage and assist in extending their lifespan and improving normal cell's processes which cause repair. The cancer-protective properties of resveratrol have been shown to prevent and heal cancers related to the prostate, liver, colon, pancreas, skin, and various other organs.

Adding a resveratrol supplement to your daily diet may be needed as getting enough of this cancer fighting nutrient solely from your diet is not possible given its low concentrations in foods and beverages. Patients combating cancer can take more than 200 mg of resveratrol daily. Non-cancer patients can take 20-100 mg of resveratrol every day to reap optimal anti-cancer benefits.

#9. 6-Gingerol

Ginger is an excellent source of the phytonutrient 6-gingerol, which reduces nitric oxide production associated with inflammation and other cellular disturbances. 6-Gingerol protects against free radical damage and possesses powerful neuroprotective capabilities. Studies show that 6-gingerol stimulates antioxidant defenses and pharmacological pathways for healing.



The unique fragrance and flavor of ginger come from its natural oils – the most important of which is gingerol – which has been studied for its powerful anti-inflammatory and antioxidant effects

To get the benefits of 6-gingerol, try sipping on ginger in your tea, add it to meat marinades, shave on vegetable dishes and include in your recipes for coleslaw and salad dressings to improve the chemoprotective properties of your meals. It is also advisable to consume fermented ginger, which is commonly used in Asian dishes such as sushi and in the Korean dish kimchi.



Silymarin is the main active ingredient in milk thistle. Silymarin is both an anti-inflammatory and antioxidant and is commonly used as a natural treatment for liver problems

#10 - Silymarin

Also known as milk thistle, Silymarin is a flavonoid which protects against skin and colon cancer. This healing nutrient acts as a strong detoxifying substance able to promote the function of the liver, kidneys, and gastrointestinal tract. Silymarin has shown therapeutic potential in preventing and treating cancers of the skin, prostate, cervix, and breast.

The ability of Silymarin to promote oxygenation to blood cells and increase enzymatic activity of antioxidants like glutathione and superoxide dismutase (SOD) are believed to contribute to its chemotherapeutic effects. Silymarin inhibits carcinogens from accumulating in organs of the body, which assists in detoxification processes and decreases the risk of cancerous cell growth.

Lower your risk of developing cancer by supplementing your diet with 200-600 mg of milk thistle daily to prevent against toxic waste build up and inflammation.

#11 - Quercetin

Quercetin is a dietary antioxidant found in fruits, vegetables, teas, and wine. Quercetin has been shown to specifically interfere with cancer stem

cells by blocking communication to processes which stimulate free radical production. As a result, hazardous and cancer-stimulating free radicals such as reactive oxygen species are drastically reduced.

Quercetin exhibits anti-cancer properties which improve the production of other antioxidant levels such as glutathione and SOD, thereby further preventing free radical damage and cancer growth. High doses of quercetin may be used to impair the expression of cancer stem cell-activating genes linked to leukemia. Quercetin can relieve inflammation and acts as an antihistamine due to its impact on lowering immune cell responses.

Consuming organic apples (including the skin), red onions, green tea, raspberries, and dark colored tomatoes are great ways to increase quercetin in your diet and lower your risk of cancer. If choosing to supplement with quercetin, it is recommended to take 400-500 mg, 2-3 times per day.



Primary dietary sources of the antioxidant quercetin include citrus fruits, apples, onions, parsley, sage, tea, and red wine

#12 - Anthocyanins

Over 600 types of anthocyanins are found naturally in plants such as berries (especially bilberries), grapes, red cabbage, red onions, eggplant, tea, and specific varieties of oranges. Anthocyanins increase the function of genes which act to inhibit tumor

growth pathways in cancer stem cells. Anthocyanins are also equipped to trigger apoptosis by manipulating cell signaling between cancer stem cells and tumors.



The name anthocyanin is derived from “cyan” in Greek which means dark blue. The deep blue and purple colors of anthocyanins are created at the cellular level and provide sun protection for plants and us when we consume them

Anthocyanins enable the body to naturally heal – making them potentially useful in treating colorectal cancer, reducing breast cancer tumors, and limiting leukemia cells from spreading. These dietary components have the ability to control cancer stem cells which otherwise are uncontrollable. Anthocyanins enhance the productivity of genes which suppress tumors, induce apoptosis in colon cancer cells, and create dysfunction in leukemia cells.

Consuming nutrient-dense, anthocyanin-rich foods can help to protect your body from developing cancer and fight already present tumors. Having a handful of organic blueberries or blackberries each day is a fantastic way to get more of these nutrients into your system.

One of the best ways to get anthocyanins is to [make fermented sauerkraut](#) with red cabbage and red onions. The final product is rich in isothiocyanates, anthocyanins, and other sulfur compounds that boost glutathione and cancer stem cell-killing compounds.

Committing to an Anti-Cancer Diet

The solution to killing cancer stem cells is found in our diets. This is a resolution which must be committed to for the long-term. Plant-based diets rich in nutrients which fight chronic inflammation, slow cellular aging, stimulate normal cellular functioning – and most importantly, target and destroy cancer stem cells – is vital to living a cancer-free life.

Shutting down the signaling pathways which stimulate pro-survival mechanisms in cancer stem cells is necessary to living a cancer-free life and can be accomplished with the 12 nutrients discussed in this article.

So... how do you plan to implement these nutrients into your lifestyle on a regular basis to give you and your family the best cancer protection?

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.

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The Forbidden Herb: Healing with Hemp and Cannabis

By Ty Bollinger

Depending on who you talk to, it's either a dangerous weed rightfully blacklisted by the government as a societal vice – or it's one of the most functionally versatile yet completely misunderstood plants ever to grace God's green earth. I'm referring to the *cannabis* plant, the "forbidden herb" that's rapidly earning itself a fresh reputation as nature's healing alternative to everything from polluting fossil fuels to dangerous pharmaceuticals.

Perhaps you've heard a thing or two about cannabis in recent years. Perhaps you've wondered to yourself if this mysterious botanical specimen is really just a mind-altering "drug" that lazy people use to get high. Or if it just might be a panacea with the potential to "heal the nations," as spoken of in ancient texts like the Holy Bible.

As we explore this taboo subject together, I encourage you to keep an open mind and consider all the facts surrounding one of the world's most misconstrued plants. Based on what I've uncovered in my own studies, I'm now fully convinced that cannabis was placed on Earth by God for our collective good – and I'm very excited to share with you all that I've been learning about this amazing gift from nature.

Hemp vs. Marijuana: What's the Difference?

I spent quite a bit of time researching the history of cannabis as part of my popular docu-series

"The Truth About Cancer: A Global Quest." One of the things I came to realize is that this sacred herb was highly treasured for both its practical and medicinal utility long before it was misrepresented and demonized by corrupt private interests and pandering governments.

Prior to the turn of the 20th Century, cannabis was viewed no more suspiciously than any other plant crop like tomatoes or corn. The American government actually *encouraged* farmers to grow cannabis. Its fibers are exceptionally strong and durable and convert quite nicely into rope, sails, paper, clothing, and various other textiles and materials.

Did you know hemp was considered so useful that in 1619 the Virginia Assembly passed legislation *requiring* all farmers to grow it for the betterment of the commonwealth? In fact, hemp was even allowed to be exchanged as legal tender in Pennsylvania, Virginia, and Maryland!



Hemp was critical to the establishment of the American colonies and was used to make rope, sails, paper, clothing, and more

The type of industrial cannabis commonly grown by our nation's forefathers is traditionally known as "hemp." And unlike its polemically charged cousin "marijuana," hemp can't be smoked for psychological effects. Many people still don't realize that there's a difference between industrial hemp and marijuana, the latter being a slang term with its own sordid history that I'll get into a little bit later.

But before I do, I think it's important to point out that our forefathers grew both hemp *and* marijuana, according to the historical record. America's first president, George Washington, wrote in his diary about how he separated his hemp plants during cultivation. This is exactly what growers today do to produce a particularly medicinal form of cannabis with higher levels of tetrahydrocannabinol (known as THC) – the primary psychoactive component in marijuana.

An excerpt from George Washington's diary dated August 1765 reveals that this icon of historical Americana not only grew his own hemp cannabis for industrial use, but also psychoactive cannabis in the form of marijuana:

"Began to separate the Male from the Female hemp ... rather too late," Washington noted in his diary, adding that the male plants were visibly "coarser" and had "larger" stalks than the female plants.

Biologically speaking, both male and female hemp plants come from the same parent species, *cannabis sativa*. The difference lies in their respective functions. The utilitarian hemp plants are predominantly male, while the mind-affecting "marijuana" plants are all female.

This is an important distinction. It provides not only a historical context for why figures like George Washington separated the two, but also a practical understanding of how the plant is used today. When male cannabis plants come into contact with female cannabis plants, they fertilize the females and cause them to produce seeds. The males also prevent the females from producing the flowers used to produce psychoactive cannabis, which is why growers keep the two separate when producing potent cannabis to be used as medicine.



Cannabis is an annual, flowering herb. Male plants are hemp, while only the female plants contain the psychoactive ingredient "marijuana" is known for

Was Cannabis Used by Our Founding Fathers?

The fact that George Washington separated his male and female cannabis plants suggests that he utilized cannabis in much the same way as today's dispensaries do – and he wasn't alone. Former President Andrew Jackson is said to have smoked cannabis, as did our Founding Father Thomas Jefferson. According to historians, Jefferson illegally smuggled cannabis seeds to America from Europe – although there is no evidence he ever used the ensuing crops for recreational purposes.

Other famous names linked to cannabis include Benjamin Franklin and John F. Kennedy, both of whom appear to have smoked and/or ingested psychoactive cannabis.

Many ancient cultures throughout other parts of the world – including those in Asia, Africa, and the Middle East – also embraced cannabis as a natural remedy for common health conditions such as inflammation, glaucoma, indigestion, headaches, insomnia, and all sorts of other ailments. And specifically in the United States, cannabis was regarded as science-based medicine up until about 1942, prior to which time it even held a prized spot in the well-respected *United States Pharmacopeia* (a compendium of drug information).

The Drive to Demonize Cannabis

All of this changed, however, when corrupt textile and pharmaceutical interests began poisoning the minds of the public with politically-charged, anti-cannabis rhetoric during the 1930s.

Since many of the Mexican immigrants who were arriving into the U.S. at that time had a penchant for cannabis use, corrupt individuals in government and private industry capitalized on sweeping racist sentiment. Officials spread lies about how cannabis supposedly provoked rape and other forms of violence.

This is how the name “marijuana,” an etymological derivative of “Maria-Juana,” first came to be – the word being a slang term for the “devil’s weed” that was supposedly used by amoral Mexicans and blacks to corrupt the white population... or so the narrative went.

This irrational fervor stoked the early fires of prohibition beginning in the 1910s, which eventually led to incremental changes in laws governing cannabis use all throughout the country. Massachusetts was the first state to officially ban cannabis cultivation and use. As the federal government grew ever larger, a national effort to ban cannabis quickly followed.

Harry J. Anslinger, who was appointed commissioner of the newly-created Federal Bureau of Narcotics in 1930, is credited as being “the architect of national prohibition.” His partner in crime, William Randolph Hearst, a lumber and paper industry baron (whose business interests were coincidentally being threatened by competition from the hemp industry), also played a critical role in vilifying and ultimately getting cannabis outlawed at the federal level.



Hemp was used for making paper for thousands of years. The Declaration of Independence and the U.S. Constitution are printed on hemp paper

“In 1937, the U.S. passed the first Federal law against cannabis, despite the objections of the American Medical Association (AMA),” explains Americans for Safe Access, an advocacy group currently working to undo the damage caused during this critical time in American history.

They go on to say that Dr. William C. Woodward, who was testifying on behalf of the AMA, told Congress that, *"The American Medical Association knows of no evidence that marijuana is a dangerous drug"* and warned that a prohibition *"loses sight of the fact that future investigation may show that there are substantial medical uses for Cannabis."*

But none of this mattered in the end, as Anslinger, Hearst, and the rest of the anti-cannabis crusaders achieved their goal. Cannabis ended up being classified by the government as a Schedule I drug with no recognized medical use, landing it right alongside dangerous street drugs like cocaine and heroin in terms of its potential for abuse and harm.

Truth be told, this classification couldn't be more inaccurate. And yet, looking at cannabis through any other lens than negative is still a difficult feat for many people who've bought into the "Reefer Madness" lie that cannabis is dangerous, useless, and has no place in society. The good news, though, is that the political winds are finally starting to shift and cannabis is once again making its way back into mainstream society.

Healing Properties of Hemp Oil and Seeds

Before I get into the nitty-gritty of all that cannabis has to offer as far as health benefits (from here on out when I speak of "cannabis," I'm referring to the THC-containing kind that people smoke), I want to delve into the health benefits of non-psychoactive industrial hemp. This plant is used to make food products like hemp seeds and hemp seed oil that are legally sold nationwide.

Not to be confused with cannabidiol (CBD) oil derived from cannabis, which I'll discuss later on,

hemp seed oil and the seeds from which they're derived are widely available at most grocery and health food stores. They're considered food products because they contain only trace amounts of THC. Many people consume them in smoothies, on salads, or as dietary supplements.

Though it still can't be legally *grown* in most places in the U.S. due to antiquated, prohibition-era laws that erroneously lumped it into the same category as psychoactive cannabis, hemp can be legally *purchased* and *consumed* throughout the U.S. and much of the rest of the world. Most hemp products sold in the U.S. today are imported from Canada, as Canada's cultivation laws do differentiate between industrial hemp and psychoactive cannabis.

Hemp seeds and hemp seed oil are among the richest plant-based sources of omega-3 fatty acids – including docosahexaenoic acid (DHA) – which has been shown to protect the heart, brain, and cardiovascular systems. Hemp seed oil is also a powerful antioxidant and anti-inflammatory food product that aids in boosting immune function.



Hemp seeds and hemp oil are legal to purchase in the U.S. and are rich in healthy omega-3 fats

Hemp Oil Soothes the Skin & Improves Blood Flow

People with skin problems may also benefit from consuming hemp oil. One study published in the *Journal of Dermatological Treatment* found that individuals with atopic dermatitis showed significant changes in their plasma fatty acid profiles and experienced improved clinical symptoms as a result of consuming hemp oil.

Hemp seeds are an excellent source of both fat and protein – roughly 25 percent of each seed is made up of “complete” protein, while another 30 percent is made up of high-quality fat. Plus there’s all the vitamin E, phosphorus, potassium, sodium, magnesium, calcium, zinc, iron, and sulfur contained in hemp seeds.

Healthy blood flow is a crucial part of human health, and hemp seeds serve an important role in this area as well. Rich in arginine (an amino acid that promotes vasodilation), hemp seeds fuel the body’s production of nitric oxide, which helps relax and expand blood vessels to reduce blood pressure and increase blood flow. In fact, hemp seeds contain *all* the essential amino acids, which is why they’re considered to be a complete protein. Hypothetically speaking, one could consume nothing but hemp seeds and still maintain pristine health due to the full-spectrum nutrients packed into every kernel.

Shelled hemp seeds are also an excellent source of fiber, both soluble and insoluble, which means smoother sailing for your digestive tract. With colon cancer rates on the rise, adding more hemp seeds to your diet is a great way to help prevent fecal buildup and keep your intestines in tip-top shape.

As I mentioned earlier, industrial hemp *is legal in all 50 states*, so you’re free to purchase it locally or order it online. I’m partial to the [Nutiva brand](#) of both hemp seeds and hemp seed oil because Nutiva products are certified organic; they’re available practically everywhere; and the company is a certified B corporation, meaning it maintains rigorous operations standards that include protecting workers, promoting environmental sustainability, and working towards a zero-waste production model.

Cannabis, the All-in-One Miracle Medicine

There’s also an array of health benefits to be derived from full-spectrum, female-plant cannabis, which is still outlawed federally. Because it’s been demonized for so long, psychoactive THC (which is abundant in cannabis), remains a bogeyman in many people’s minds. But this key compound holds its own special place in natural healing that you simply can’t get from non-psychoactive industrial hemp.



Cannabis has countless medicinal uses and has been used to treat conditions ranging from insomnia to cancer

A little background may be relevant here. Cannabinoids are a class of chemical compounds that act on the so-called “cannabinoid receptor proteins” in our body and brain. These receptor proteins can bind to and get activated by the “endocannabinoids.”

Endocannabinoids come from three sources:

1. They are produced naturally in the brain and nervous system (interestingly, they are also found in breast milk)
2. From phytocannabinoids, including THC, which are found in cannabis and some other plants
3. Synthetic cannabinoids that are manufactured artificially.

Like the many other cannabinoids found in cannabis, THC binds to cannabinoid receptors throughout the body – particularly in the brain – where it helps alleviate pain. THC feeds the body’s innate endocannabinoid system while either stimulating or sedating the brain and body. Cannabis strains of the *sativa* variety are typically associated with brain “highs,” while *indica* cannabis is most often associated with body relaxation.

There are also quite a few variations within these two categories, including sativa-indica hybrid strains that exert both body and brain effects. There are literally *hundreds* of different cannabis strains offering a wide variety of health benefits, and with suitability for both daytime and nighttime use so patients can focus, sleep, or do whatever it is they need to do at a particular moment in time.

Cannabis in general is packed with an array of special healing phytocannabinoids, of which there

are over 85 different types depending on the strain. Each phytocannabinoid offers its own unique therapeutic benefit, with the two most well-known being THC and CBD. But there are also many others like CBC, CBG, and CBN – as well as the “acid” forms of both THC and CBD, known as THCa and CBDA, respectively, which are found in raw cannabis leaves and buds.



There are hundreds of different cannabis strains offering different effects and healing benefits

“When cannabis is consumed, cannabinoids bind to receptor sites throughout our brain (receptors called CB-1) and body (CB-2),” explains the cannabis information resource Leafly. *“Different cannabinoids have different effects depending on which receptors they bind to. For example, THC binds to receptors in the brain whereas CBN (cannabinol) has a strong affinity for CB-2 receptors located throughout the body. By aiming the right cannabinoid at the right receptors, different types of relief are achievable.”*

In fact, Leafly has created a “Cannabis Wheel” [infographic](#) that offers a visual depiction of the various cannabinoids found in cannabis – and what each one does in the areas of chronic pain, sleep, gastrointestinal health, mood, behavior, and neurological balance.

What is CBD?

CBD is another cannabinoid that, unlike THC, **produces no psychoactive effects**. This is because CBD binds to cannabinoid receptors *throughout the body*, rather than only in the brain. This means CBD is able to effectively alleviate symptoms like nausea and vomiting, seizure activity, inflammation, neurodegenerative disorders, anxiety, depression, and psychosis, while also combating tumor and cancer cells.

CBD is just one of over 60 active cannabinoid compounds that feed the body's endocannabinoid system, which is made up of endogenous (originating within the body) cannabinoid receptors designed specifically for the cannabinoids found in cannabis. These receptors are found throughout the human brain, as well as in the central and peripheral nervous systems – and each receptor site is specifically suited for a certain type of cannabinoid.

Cannabis also contains aromatic oil compounds known as terpenes that, like cannabinoids, bind to cannabinoid receptors throughout the body and brain. Terpenes are the pungent oils secreted by cannabis trichomes, those crystal-like “hairs” that give cannabis buds their snow-covered gleam.



The trichomes (“hairs”) on the cannabis plant secrete pungent oils called terpenes

Terpenes are what furnish each cannabis strain with its own unique scent and flavor profile, and are similar in nature to those found in common plant-based essential oils that you might use in a diffuser to make your home smell pleasant. There are more than 100 different terpenes that have thus far been identified in cannabis, generating all sorts of pungent flavors and smells ranging from pine and citrus to berry and mint.

Terpenes interact synergistically with cannabinoids to produce what is called an “entourage effect,” enhancing the therapeutic potential of cannabinoids. Terpenes bind to the same receptor sites throughout the body and brain that cannabinoids do, regulating and altering their respective chemical outputs. Terpenes also help modulate how much THC passes through the blood-brain barrier, along with helping to mitigate brain neurotransmitter production, including both dopamine and serotonin.

Cannabis strains rich in the terpene beta-myrcene, for instance, tend to have a musky, earthy aroma and are commonly used to help induce sleep. Strains containing limonene tend to have a distinct citrus aroma, with this particular terpene helping to elevate mood and relieve stress. Other common terpenes found in cannabis include linalool, beta-caryophyllene, alpha-pinene, and humulene.

Leafly has produced another helpful “Terpene Wheel” [infographic](#) that offers a full breakdown of six of the most common cannabis terpenes, including their scent characteristics, biological function, other plants in which they're found – and most importantly, the cannabis strains in which they're most commonly present.

Don't Be Misled: Full-Spectrum CBD Oil Comes from Cannabis, Not Hemp

Perhaps you've heard the story of young Charlotte Figi, the Colorado girl whose nightmarish epileptic condition was effectively cured with a CBD-rich strain of cannabis known as "Charlotte's Web." Ever since her amazing story went public, people across the country have been seeking out CBD oil for their own conditions which – because of inconsistent, patchwork cannabis laws – has created a market for hemp-derived CBD oils that are legal in all 50 states.

While hemp does contain some CBD, CBD oils derived from hemp are *not* the same as CBD oils derived from full-spectrum cannabis, as the two plants have variant cannabinoid profiles. **True CBD oil derived from full-spectrum cannabis** (which is not yet legal in all 50 states), **is much more potent and healing than the hemp-derived kind.** Hence the dire need for major cannabis reform both at the state and federal levels.



Know what you're buying. CBD oil from cannabis is more potent and healing than CBD oil made from hemp

If you currently live in a state or country where cannabis is still illegal, either medically or recreationally, you may wish to contact your

legislators and urge them to introduce or support reform initiatives to end cannabis prohibition.

Building the Biblical Case for Cannabis

As a Christian myself, I recognize that some readers may be wondering whether or not cannabis use is congruent with their religious convictions. I'm excited to tell you that from a Biblical perspective I'm fully convinced that cannabis is safe, beneficial, and good for humanity. Here are a few Biblical passages that help make the case...

In Genesis 1:29, God offered up an edict to Adam in the Garden of Eden, declaring, *"I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat."* Cannabis is a seed-bearing plant that freely grows like a weed, so it falls into the category of plants given to mankind by God.

In Hebrew and Aramaic translations of the bible (Exodus 30:22-24), God instructs Moses about how to produce the holy anointing oil, one of the ingredients of which is "Q'aneh-Bosm" (also translated as "Kaneh-Bosem") which many Biblical scholars believe refers to cannabis. Phonetically speaking, this would appear to be accurate.

The Book of Revelation also speaks of a "tree of life" that *"yield[s] her fruit every month"* and whose leaves *"were for the healing of the nations."* There's been much debate over the identity of this mystical tree, with compelling arguments to suggest that this verse might just be talking about cannabis.

On the flip side, just a few chapters earlier in Revelation 18:23, the book's writer, John, speaks of all nations being deceived by the "sorceries" of

Babylon. The Greek word for sorceries, in this context, is *pharmakeia*, the root word from which we've derived the words pharmacy and pharmaceuticals. Now there's some food for thought!

Considering the diversity of health benefits to be gained from cannabis – and the fact that it's a seed-bearing plant blessed by God *and* the Biblical proof texts that suggest cannabis was one of the ingredients God mandated for use in the holy anointing oil, I'm fully convinced that cannabis is a true gift from God.

I hope you feel the same way, or at the very least now recognize that there's so much more to this sacred plant than you've likely been told.

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Here we are with our final issue of the Heroes Against Cancer newsletter for 2016.

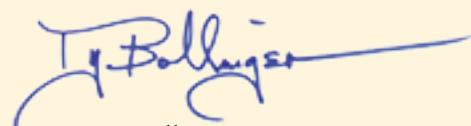
It's been an incredible year for The Truth About Cancer, and I'm so blessed to have had your support throughout the year. From our encore of "The Truth About Cancer: A Global Quest" docu-series, to our Ultimate Live Symposium (ULS) event in Texas in October, to "The Truth About Cancer" book landing on The New York Times bestseller list... 2016 truly was incredible.

And I hope you found this newsletter an incredible health resource throughout the year as well. We certainly covered a wide variety of cancer and health-related topics in 2016. While it's tough to choose favorites, I selected 3 articles that I think are especially important to re-print in this end of year edition. I hope you enjoy reading (or re-reading) my selections!

In this special holiday edition we're also talking about one of our community's favorite topics – essential oils. Honestly, the more I learn about essential oils, the more I'm amazed about the power contained within these little bottles of plant goodness.

The team and I are already hard at work on your January issue. Throughout 2017 you'll see us expand on many of the incredible healing tools and modalities that our experts shared during the ULS – so please stay tuned for lots more in-depth articles on the very best ways to prevent and heal from cancer.

Wishing you and yours a wonderful Christmas, and a happy, healthy New Year!



Ty Bollinger

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Readers are advised to consult a knowledgeable health professional about any issue regarding their health. While the information found in the HAC 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 HAC newsletter do not necessarily reflect those of TTAC Publishing.

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