

Are EMFs Invading Your Life? Solutions to Minimize Your Exposure to Harmful Electromagnetic Fields

By Lloyd Burrell

Electricity was originally introduced to the mass population in the form of a long-lasting, practical light bulb by Edison. Haven't we come a long way since then! In just over a century, electricity has brought with it so many technological innovations that mankind has been literally swept off its earthly feet and into a world of digitized exploration.

We've now got refrigerators to store food longer, air-conditioners to cope with hot weather and heaters for the cold. We've developed computers, hand-held communication devices that let us speak to and see someone halfway around the world, and craft for space exploration – and these are only the tip of the iceberg in terms of what technology has made possible.

But this technological tale is not totally a happy one. While we lead more convenient lives, our modern-day electric gadgets may be silently harming... and even killing us. It turns out they emit electromagnetic frequencies (EMFs). Most EMFs occur naturally, but modern day electric devices generate artificial EMFs, which are not conducive to healthy living, as confirmed by study after study.



Electricity has allowed for massive technological progress. It's also created a serious threat to our health in the form of harmful EMFs

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And as our dependence on electrical devices grows (particularly wireless electrical devices), there is now an exploding proliferation of man-made EMF pollution quite unlike anything mankind has ever experienced before.

How Are Electromagnetic Fields (EMFs) Generated?

According to the World Health Organization (WHO), electromagnetic fields (EMFs) are generated when there are differences of voltage and when current is flowing. The combination of both produces electric fields and magnetic fields.

EMFs are introduced into our lives from a variety of sources. For instance, power lines, wireless communications, and even metal plumbing are all capable of carrying current.



If you have metal pipes in your home (which most of us do), they can become conductors of electricity from a variety of sources such as poorly grounded power lines

In the U.S. and some other countries in the world, “smart meters” – wireless utility meters – are a new and troubling source of EMFs which are of great concern to people living in areas where they are being introduced.

Typically, smart meters communicate wirelessly to send data back to the utility company, which does away with the meter man. Unfortunately, smart meters bring radio frequency radiation and dirty electricity (see below) in their wake. Since most people can’t see, touch, taste, or smell these frequencies, they are understandably oblivious to the health-related dangers of EMFs.



While “smart homes” may seem like a wonderful advance and a way to save on electricity bills, they can increase the amount of EMFs in your home dramatically

What’s So Bad About EMFs?

Cancer is an epidemic that’s taking the entire world by storm. However, many people – including even so-called “health experts” – refuse to believe that EMFs have anything to do with the rising incidence of cancer cases. And what’s worse, many people refuse to look at the science and acknowledge that the existing safety guidelines do not protect us from exposure to EMFs.

Recently a team of over 200 independent scientists from 39 different countries came together and submitted the “International EMF Scientist Appeal” calling for governments, the WHO, and United Nations to implement stricter laws with regards to EMFs.

Their warning is based on data from over 2,000 research papers that point to the link between EMFs and, in the words of the appeal, “increased cancer risk, cellular stress, *increase in harmful free radicals, genetic damages, structural and functional changes of the reproductive system, learning and memory deficits, neurological disorders, and negative impacts on general well-being in humans.*”

Electrical devices emit EMFs that vibrate at all sorts of frequencies. Many of these frequencies are quite different to anything that exists in nature. As our environment becomes denser with man-made unnatural EMFs, our bodies are affected by these frequencies, which bring about unhealthy alterations in our body and mind and lead to disease.

Can Radio Frequency EMFs Cause Cancer?

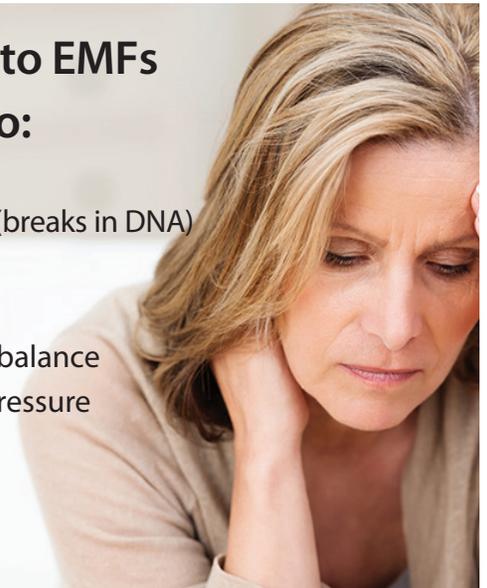
The WHO’s International Agency for Research on Cancer (IARC) has already classified radio frequency EMFs as Class 2B, or “*possibly carcinogenic to humans.*”

According to a study conducted by the Medical University of Vienna, EMF exposures can lead to genotoxicity, including single and double-strand breaks in our DNA. EMF exposures are also linked with headaches, fatigue, insomnia, hormonal imbalance, and high blood pressure.

To better understand EMFs, let’s dive into its four major components – **electric fields, magnetic**

Exposure to EMFs is linked to:

- Genotoxicity (breaks in DNA)
- Fatigue
- Insomnia
- Hormonal imbalance
- High blood pressure
- Cancer



fields, radio frequency, and dirty electricity – each of which affect the well-being of all of us in ways we are only now beginning to understand.

Electric Fields

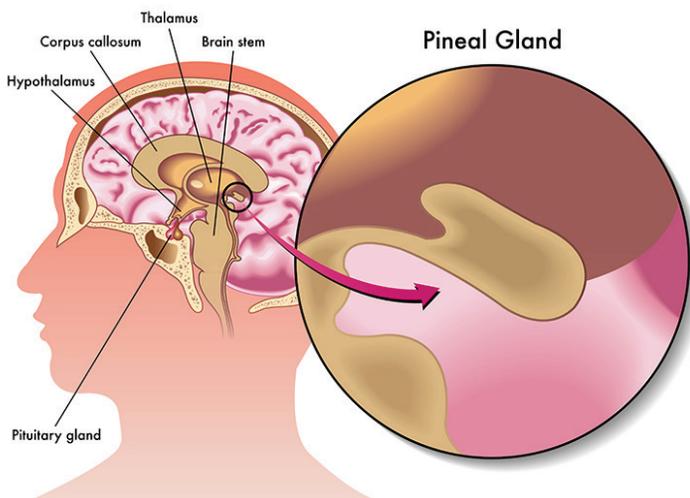
Electric fields are produced when particles are charged, whether through natural friction or through a supply of voltage. Electric fields get stronger when there’s lesser distance to the source. For example, when there’s an increase in voltage supply or if it is close to a charged conductor.

The most common producers of electric fields in a home are electrical power supplies and wiring in the walls. For American households, the standard AC (alternating current) voltage is 60 hertz – which means that every bit of electricity in your home switches from negative to positive 60 times every second. Since our time is mostly spent at home or at work, our body’s cells are always in a constant battle of attraction and repulsion. Therefore they never really get much rest.

Many homes in America have electric fields between 2,000 to 3,000 millivolts (mV) which is far greater

than what is considered safe levels of exposure. What's more, electric fields commonly extend at least six feet from their source – and they can affect us even when our appliances are switched off.

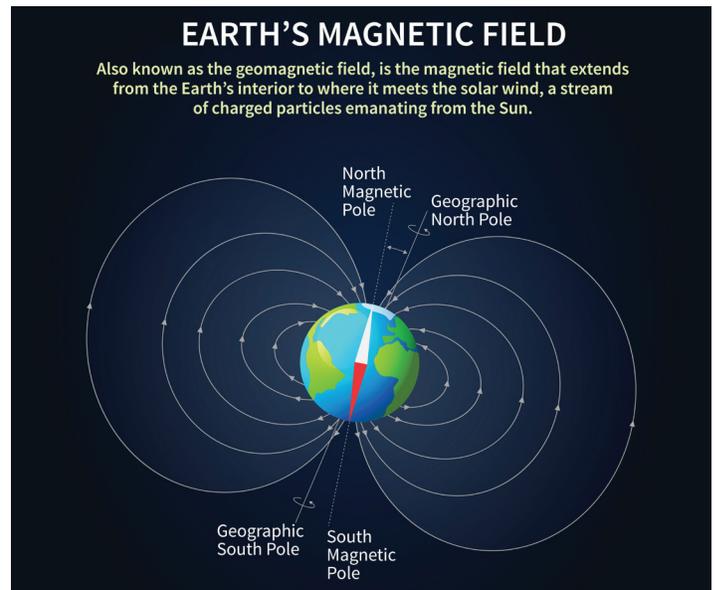
A major health problem that arises from constant electric field exposure is the disruption of our pineal gland's production of melatonin, thus not allowing us to have deep sleep that's vital for repairing our body. This one disruption leads to many other complications such as constant fatigue, increase in allergies, insomnia, and depression in the long run.



The pineal gland is a small, pea-sized gland in the brain that is part of the endocrine system. One of its primary functions is the production of melatonin, which has a major impact on your quality of sleep

Magnetic Fields

Magnetic fields only exist where there is a flow of electric current. When this happens, both electric and magnetic fields coexist in a single environment. An example of a magnetic field is two wires that have current flowing through them, producing moving charges. Thus, they can attract or repel each other.



The Earth has a magnetic field known as the geomagnetic field which actually helps to protect the earth from harmful solar radiation

Magnetic fields also occur naturally on Earth and are responsible for keeping the Earth rotating on its axis. These low-level geomagnetic fields rarely cause harm, as opposed to manmade magnetic fields which can occur in abundance and at high levels.

Magnetic fields are typically produced through electric and electronic appliances that contain a transformer or a motor. **Common household appliances that emit magnetic fields are microwave ovens, refrigerators, digital alarm clocks, hair dryers, washing machines, dishwashers, and fluorescent lights.**

Bad wiring and bad plumbing can also lead to an increase in charged currents. These magnetic fields can cause alterations in our body and brain's function over time, as many studies have shown.

Other adverse effects on human health include immune system dysfunction, development of various cancers, extreme fatigue, and prolonged depression.

Radio Frequency Radiation

Radio frequencies are typically produced by electrical charges that are moving in an antenna. Radio frequency is mostly used in communication devices such as telecommunication towers, broadcasting antennas, mobile phones, and wireless technologies (i.e. Wi-Fi routers, cordless phones, Bluetooth). These waves carry information from one point to another, thus making fast communication possible.

Often it is cell phones that can cause problems to our health. The peculiarity of cell phones is that we hold them in very close proximity to our brains and many of us use our cell phones so often. Another problem linked to cell phones has to do with cell towers. Living in close proximity to a cell tower can mean a constant high bombardment of radio frequency radiation.



Cell phone towers emit high-frequency radio waves (microwaves) that can travel as far as 45 miles over level terrain

One of the biggest studies conducted by Germany's T-Mobile stated that *"a multitude of studies found a type of damage from high frequency EMFs which is important for cancer initiation and cancer promotion."*

Other radio frequency worst offenders in the home are Wi-Fi from wireless modems/routers, cordless phones, and children's games consoles.

However, many other new devices such as washing machines, electric cookers, dishwashers, and refrigerators are also starting to emit radio frequency radiation as they are being made compatible with smart meters that are being introduced.

Professor Martin Blank from Columbia University has carried out a number of studies on this topic. He has released a testimony to highlight that "stress" proteins are developed in human cells when they are exposed to radio frequency radiation. These stress proteins are released to protect the body, which indicates that the human body views radio frequency as harmful.

Long-term release of stress proteins is linked to disease. **Some health hazards of radio frequency radiation (besides cancer) are infertility, sleep difficulties, memory problems, and damage to our central nervous system.**

Dirty Electricity

Electricity – as it turns out – comes in various qualities. For the sake of simplicity, there is clean and dirty electricity, which are differentiated essentially by their frequency. Clean electricity in the U.S. has a perfect 60 hertz sine wave while dirty electricity is transformed or "corrupted" and has a host of other higher frequencies present.

Dirty electricity is introduced into our homes through electrical wiring but also through plumbing, the ground itself, and a number of appliances. A big source of dirty electricity is from cell towers. These towers run on direct current (DC) but current arrives to them as alternating current (AC).

In the process of inverting, dirty electricity is produced by inverters and is sent back into our houses via electrical wiring.

Sam Milham, MD, PhD, author of an excellent book, *Dirty Electricity: Electrification and the Diseases of Civilization*, has highlighted that death rates in rural areas with electricity in the early 20th Century were higher compared to areas with no electricity. Considering how cells in our nervous system (including our brain) communicate with each other via electrical signals, dirty electricity has the potential to seriously affect the functioning of our nervous system.



Researcher and author Dr. Sam Milham found a “strong positive correlation between residential electrification and the death rate by state due to some adult cancers in the 1930 and 1940 vital statistics”

Health problems connected to dirty electricity include diabetes, migraine, anxiety, multiple sclerosis, muscle and joint problems, and even suicide. A 2006 study conducted at Trent University in Ontario, Canada, had called for a thorough investigation of the correlation between dirty electricity and these diseases that are on the rise.

17 Ways to Limit Your EMF Exposure at Home

The good news is, you don't have to sit silently and allow your body to be slowly damaged by an uninvited, invisible invader. Let's look at some of the solutions.

Electric Field Solutions

There are some straightforward precautionary steps you can take to protect your home from harmful electric fields:

1. First off, if you sleep with an electric blanket, a water bed, or a heating pad – throw them all out. They're all conductors and you don't want to bring your body in close contact with them.
2. You can also purchase shielded, grounded extension cords and power cords to be used in your home. This is to ensure that excess electricity is not getting to you.
3. Alter your bedroom circuit breaker to exclude necessities such as smoke detectors, refrigerators, and safety alarms. This enables you to switch off your circuit breaker at night for a restful sleep without compromising those important functions.



One option to reduce EMFs in your bedroom is to have critical items moved to a different circuit and to turn off power to your bedroom while sleeping

4. Alternatively, have a professional EMF consultant come in and identify and deal with the levels of electric field you're being exposed to, specifically in your home. This person can then give you tailor-made recommendations to make your bedroom and/or home a safer place.

Magnetic Fields Solutions

Tips for removing magnetic fields from your home include:

5. Start by getting a read on the levels of magnetic field in your home by using an EMF meter with Gauss meter mode such as the [Cornet ED88T EMF meter](#).
6. Avoid using mains powered radio clocks in the bedroom (clocks you plug into the wall) and opt for battery-powered ones. This is because the transformer in mains powered radio clocks work to drop down the voltage it receives from AC to DC, so magnetic fields can be very concentrated even a foot away from these devices.



Use a battery powered or wind up alarm clock instead of one that plugs into the wall

7. Avoid sleeping with your bed against a wall. It's best to leave at least eight inches of space between your bed and your wall because wiring

(even in walls) can still emit a significant magnetic field – and you don't want to sleep in that magnetic field.

8. If your bedroom is located right next to the utility pole, position your bed as such so that it is a good six feet away from this strong magnetic field source.
9. Another source to consider is the refrigerator and home entertainment center which are often the biggest producers of magnetic fields in your home. If your room is situated right next to the kitchen or the home theatre set, be sure to place your bed on the opposite side of the room so you can establish a safe distance.

Radio Frequency Radiation Solutions

When it comes to radio frequency radiation, here are some helpful steps you can take:

10. Start by turning your cell phone off and keeping it out of your room at night. When you're not using your cell phone, put it on flight (airplane) mode, so it is not in communication with cell towers.
11. Forget about using Bluetooth headsets no matter how convenient you think they are. A simple set of earphones will do the trick and the best option is to get ones with a plastic air tube such as [Smart&Safe® Hollow Air Tube Hands-free Headset](#).
12. Don't use your cell phone when you're in a car or in public transportation. The radio frequency radiation bounces around and can continuously bombard you with harmful radiation.



Cordless phones and cell phones both emit EMFs. The safest way to have a phone conversation is on a good "old-fashioned" landline

13. If you're using a laptop at home, avoid using Wi-Fi and opt for hard-wired Ethernet connections instead. It's also best to avoid using a cordless phone as it is also a wireless device. Opt to have conversations on a landline instead of putting your cell phone up to your head for long periods of time.
14. To go a step further you can purchase a radio frequency meter. This will give you readings as to the exposure levels in your home and enable you to pinpoint EMF hotspots. (Note: the [EMF reader](#) mentioned earlier also measures radio frequency.)

Dirty Electricity Solutions

A budget way of finding out if your home has dirty electricity is by using an AM radio. Set the radio to in-between stations where it is only white noise and bring it close to all the sockets in your home. If you hear a hissing sound, then you know you have a particular problem in that area.

15. To ensure that your house remains a clean electricity zone, start by reducing or eliminating

the use of problem appliances such as dimmer switches, wireless products, printers, scanners, computers, television sets, and energy-saving devices.

16. Also, it's a good option to replace all compact fluorescent light bulbs ("curly wurly" form) with incandescent lights (preferably full spectrum) as these are the healthiest light bulbs to have in your home.



Replace curly compact fluorescent light bulbs with less damaging full spectrum incandescent bulbs

17. If you don't mind spending a little extra money, purchase the [STETZERiZER Microsurge meter](#) to measure dirty electricity levels. Also, it's a good idea to install dirty electricity filters as needed in areas of your home where you spend the most time.

The products suggested above can be purchased from www.lessemf.com or www.safelivingtechnologies.com.

For the sake of the health and well-being of your loved ones and for the sake of humanity, acknowledge the existence of EMFs in your home and the significant potential for harm they present... and start actively working on solutions today!

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About Lloyd Burrell



Lloyd Burrell was running a successful small business when one day in 2002 he began to feel unwell when using his cell phone. Within a matter of days he developed highly debilitating symptoms when using his phone, computer, and all electromagnetic devices in his home and workplace.

When his doctors and the medical community drew a complete blank, Lloyd set out to find his own solutions. Lloyd has now made it his life mission to raise awareness about the dangers of electromagnetic fields (EMFs) and share the remarkable discoveries he's made on his quest to recover his health.

Lloyd writes for numerous magazines and websites, hosts EMF teleseminars, and is a regular guest on radio shows and other events. He founded his website ElectricSense.com which offers solutions to the growing number of people whose health is being compromised by exposure to wireless and similar modern technologies.

The Amazing Oleander Plant: How it Beats Cancer, AIDS, Hep-C, and More

By Tony Isaacs

When Turkish doctor Huseyin Ziya Ozel began searching for an alternate cancer cure for his family dog, little did he realize that he would discover an age-old cancer remedy that would lead to him successfully helping many hundreds of people in his native Turkey defeat cancer.

Likewise, he had no idea that his discovery would lead to both a patented medicine and health supplements which would enable tens if not hundreds of thousands of people around the world beat cancer – along with successfully combating AIDS, Hepatitis C (Hep-C), and many other adverse health conditions.

But that is exactly what happened...

An Amazing Discovery in Turkey

In the early 1960s when Dr. Ozel was searching for a cancer cure for his beloved family pet, his attention was drawn to an age-old Turkish folk remedy based on the common oleander plant (*Nerium oleander*). Oleander is an evergreen shrub originally believed to be native to southwest Asia.

Dr. Ozel observed that Turkish villagers who were very healthy and who had a low incidence of cancer regularly drank a herbal tea made from oleander leaves. Doctor Ozel also observed these villagers using topical poultices made from crushed oleander leaves and flour to heal wounds and skin cancers.



Nerium oleander is a widely cultivated evergreen shrub with white, or pink to red flowers.

The doctor also noted that the large majority of cancer patients referred to him lived at elevations above 600 meters (approx. 2,000 ft). Interestingly, the oleander plant (which grows abundantly in Turkey at lower altitudes), is practically non-existent at high altitudes. Turkish folk traditions also suggested that an extract of oleander was active against leukemia, leading Dr. Ozel to become intrigued with the plant and explore its properties further.

The Powerful Anti-Cancer Benefits of Nerium Oleander Extract (NOE)

In 1966, while Dr. Ozel was the head of the surgical department at Mugla State Hospital of Turkey, he began to prepare and work with various extracts of oleander. He found that although the raw oleander plant was quite toxic, **a properly prepared water extract known as Nerium Oleander Extract (NOE) was non-toxic to humans.**

POISONOUS PLANTS COLLECTION



THORN APPLE



CASTOR-OIL PLANT



COMMON YEW



DOLL-EYES



BLACK CHERRY



FOXGLOVE



ACONITE



MANCHINEEL



OLEANDER

In its natural state oleander is considered one of the most poisonous commonly grown garden plants, with all parts of the plant (flowers, leaves, stem) being toxic

Not only that, NOE showed positive effects against cancer. Further experiments and development of his treatment led him to eventually start tests on terminal human cancer cases. After initial success in treating human cancer patients with NOE, Dr. Ozel began discussing his findings with other professionals.

In the hope of gaining assistance from the government and research funding organizations, he prepared a paper to present his first human cases at the Fourth Balkanic Medical Days Symposium in Ankara, Turkey, in 1973. He hoped that his presentation would trigger further research on NOE, and that it could ultimately be put into service for mankind.

However, the scientific and medical community response was less than overwhelming. Undaunted, Dr. Ozel continued his research and continued to treat patients with oleander.

Nerium Oleander Extract (Anvirzel™) is Patented

In August of 1992, Dr. Ozel was granted a patent for his Nerium Oleander Extract (NOE), which was later trademarked as Anvirzel.™ (*Patent Number: 5,135,745*). His patent application included a chart of hundreds of patients with various kinds of cancer, which clearly demonstrated that **Ozel's oleander treatment had achieved overall positive results an astonishing 70 percent of the time.**

This is a remarkable figure, considering that by law he was only allowed to treat patients who were either diagnosed as terminal or who had tried mainstream treatments which had failed to heal them. Also worth noting is the fact that Dr. Ozel did not prescribe additional supplements or changes in diet and lifestyle, such as typically happens in alternative treatments.



Dr. Huseyin Ziya Ozel of Turkey has been working with Nerium oleander to treat cancer patients since the 1960s

Since the early 1970s Dr. Ozel has continued treating patients with advanced and inoperable cancer as well as a wide variety of other illnesses. His results have been nothing short of remarkable.

Ed Hensley: The “Father of Oleander Soup”

Thanks to a personal injury lawyer by the name of Edward F. Hensley from San Antonio, Texas – known as the “Father of Oleander Soup” – you too can make your own oleander extract at home about as easily as you can cook up a large pot of beans.

In 2002, Ed’s mother was diagnosed with liver cancer and small cell lung cancer. Ed’s sister, Katrina (“Cat”) began researching and networking with her friends for answers to the doctor’s prognosis that Betty Hensley only had a few months to live. Eventually, she was told about a new cancer drug available from Honduras, which turned out to be Anvirzel.™

Betty’s oncologist had advised her that chemotherapy and radiation at her advanced disease stage would have only a small chance of

extending her life. On the other hand, they would definitely cause serious side effects, including destroying her immune system.

Even so, Betty did try chemo for several weeks, with no result. When the Anvirzel™ arrived she began taking it, following the instructions of the medical doctor in Honduras. Incredibly, three new scans showed that the tumors in both her lungs and her liver were shrinking.

When the six week supply of Anvirzel™ was about gone, Ed began researching what this new drug was made of, the effects of long term usage, and how much it cost. Although the FDA had a letter posted on its site warning about the drug being unproven, the clinic in Honduras was reporting many successful cures of several types of cancer.

Important Safety Information When Working With Oleander

Although properly prepared oleander extract has passed FDA safety trials and safe commercial oleander-based supplements are available, the raw oleander plant is very toxic. Do not handle or ingest raw oleander or any form of oleander (other than commercial supplements) that has not been prepared according the instructions provided at the links below.

If you are not prepared to follow the directions for handling, preparation, and dosage, DO NOT attempt to make this remedy. While raw oleander is toxic, there have been no reports of serious adverse reactions or side effects due to properly prepared oleander extract taken according to directions.

The most common side effects are loose bowels, slight temperature, and perhaps mild nausea, all of which normally dissipate quickly as the body becomes acclimated to the extract. When bowel or nausea side effects do not dissipate, the extract can be applied sublingually (held under the tongue without swallowing) or rectally via rectal syringe or therapeutic enema.

For more information on making your own oleander extract, see:

[How to Make Homemade Oleander Extract - Part 1](#)
[How to Make Homemade Oleander Extract Part 2 - Tips and Advice](#)

Ed was determined to find out what was in the drug. Ultimately he found the original Ozel patent for Anvirzel,[™] which he described as about 39 pages of “legalese” which only lawyers and scientists dare to read. Even so, Ed determined that it was simply a very confusing, overly detailed, and exaggerated method of making an extract out of the leaves and stems of a common plant – oleander.



Anvirzel[™] is an aqueous extract of the ornamental plant Nerium oleander, and contains oleandrin as a principal cytotoxic component

In fact, making the extract appeared to be almost as simple as getting oleander clippings, a soup pot, an electric hot plate, a place to cook, and an anti-freeze gauge to measure specific gravity. After some experimentation, he figured out how to make an extract which met the specific gravity specified in the patent. Since the extract was about as thick as chicken soup broth and it involved boiling in a pot, Ed dubbed his extract “Oleander Soup.”

After testing it on some feeder mice with no ill effects, Ed took a bottle of the soup to Betty’s house when she was about to run out of her supply of Anvirzel[™] for a comparison with her drug. It looked the same and tasted the same, so Ed went first and tried about a teaspoon and then Betty tried it, also taking a teaspoon full. She declared she liked the fresh version better, and that was that.

Betty now began to take oral doses of the fresh oleander “soup” three times a day with meals. Diarrhea was the only side effect, which subsided after a week. Her tests three weeks later were surprising, showing that her tumors were still shrinking and in fact were almost gone.

A month later, she had no tumors at all!

Enter Naturopathic Doctor Marc Swanepoel

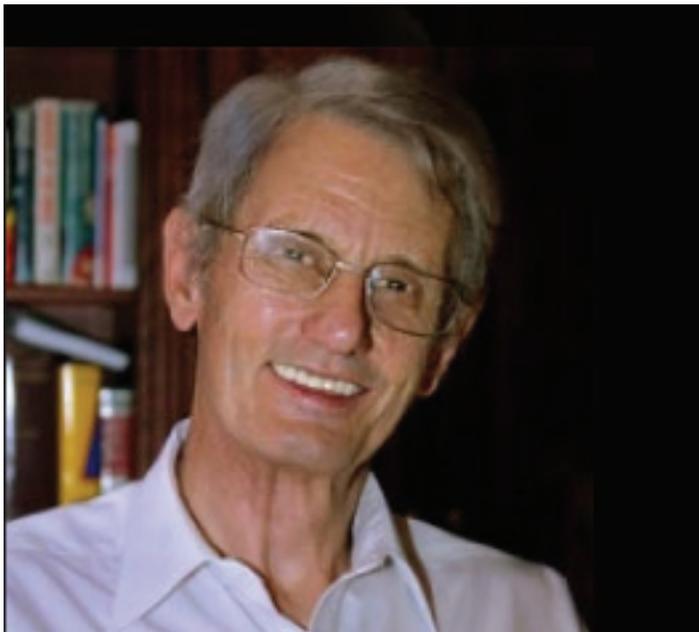
I first met Marc several years ago when, as part of my own research, I ended up as a member of two Yahoo Health Groups about oleander. One was named “Anvirzel” (after the patented Oleander medicine which had passed FDA phase 1 trials a few years earlier) and the other “Oleandersoup,” named for Ed’s home remedy version of the patented medicine. As a result, I became acquainted with many people with a lot of knowledge and experience with oleander and Anvirzel.[™]

One of those people was a noted South African humanitarian, entrepreneur, crusader, and researcher named Marc Swanepoel. Like several of us in the groups, Marc began making his own oleander home remedy based on the instructions posted by Ed Hensley. Unlike the rest of us, Marc took things a few steps further. He began searching for other healthful botanicals to combine with oleander.

Marc’s interest and research into health issues and alternative therapies for cancer started in the 1970s after seeing a number of friends die from cancer and observing that both chemo and radiation seemed relatively ineffective.

Then his wife got breast cancer in both breasts in 1994. She had a very bad reaction to chemotherapy and abandoned it after about 2 months. With no other recourse, Marc tried several of the alternative treatments he had found on his own – with the astonishing result that his wife ended up going into total remission and remains so today!

Marc's interest in oleander as a treatment for cancer started in about 1998 when he became aware of Doctor Ozel's treatments in Turkey. It took a few years of fruitless inquiries before he was directed to the Anvirzel™ patent, when he learned how to prepare the extract.



The late Marc Swanepoel, creator of the oleander-based product called Sutherlandia OPC (S/OPC)

After initially combining oleander with the Agaricus Blazei Murrill (ABM) mushroom and Cat's Claw from the Brazilian rain forest, he found an even more effective herb to use with oleander which was found in his native South Africa: *Sutherlandia frutescens*, aka "The South Africa Cancer Bush." The new product was called Sutherlandia OPC (S/OPC).

Marc was also keenly interested in the oleander plant due to the number of indigent cancer patients who could not afford mainstream treatment options, combined with the absolute epidemic of HIV-AIDS that was taking place in his native South Africa. Based on a remark by Dr. Ozel that oleander should work well for AIDS, Marc decided to donate S/OPC to people with advanced clinical symptoms in some of the squatter camps surrounding Johannesburg.

The sometimes "Lazarus effect" (the spontaneous return of circulation after failed attempts at resuscitation) on many AIDS sufferers convinced him to do his PhD thesis on the effectiveness of the S/OPC therapy on people with advanced clinical symptoms of AIDS.

After Marc found an AIDS clinic where he could do his research, he funded a double-blind, placebo controlled study. The results were nothing short of astonishing. Of the 20 randomly selected participants in the project, all ten of those who received S/OPC had their symptoms reversed and had a 70 percent increase in CD4 count over a 60-day period. Meanwhile, everyone treated with the placebo deteriorated in health over the same period.

Marc later made the S/OPC therapy available to overseas buyers at an affordable price and expanded his [product line to include variations of the original S/OPC formula](#), which contains extra herbal ingredients for specific needs as well as an oleander-based Rose Laurel intensive skin ointment. Today his products are exported to more than 70 countries where they are used very successfully as therapies for cancer, AIDS, and many other serious health problems.

Oleander's Success Against Cancer and AIDS

Not long after Marc began using his new formulation of S/OPC, he sent me this encouraging report:

*"Hi Tony,
Approximately 350 HIV/AIDS patients have used it and about 80 cancer patients on a regular basis. Of the cancer patients, 5 arrived when they had about a week to 10 days to live and they were too weak to keep the mix down. They died without really being able to try the mix.*

Three (the ones I mentioned to you) died of liver and heart failure. All the others are still alive, some now for nearly three years. One breast cancer patient who was given a few months to live eventually became the patient of the oncologist who is now also using the mix. She was declared free of cancer by the oncologist approximately 1 year ago and is still doing well. Others used it for a few months until their cancers were gone and we have not heard from them again.

... The doctor in Cape Town whose own wife had metastasized cancer to the bones, is now cancer free. She has been on overseas trips and lives a normal life."

... It also seems to help for asthma, male impotence and diabetes. One advanced MS patient has now used it for 2 months and is reporting that it seems to help for the pain in her legs."

Since that report, there have been many others equally as impressive. Most of them mirror the results I am familiar with in the "Oleandersoup" health forum of over 3,500 members and what I've heard from my own family and friends.

The Secret is in the Synergy

Over 500 different health-giving compounds have been identified in the oleander plant. Although the cardiac glycoside oleandrin has been most often identified by many experts as the main active ingredient against cancer, most believe that is a synergy between a number of compounds, including cardiac glycosides and polysaccharides, which explains oleander's extraordinary effectiveness.

To paraphrase one of the heads of Oncology at M.D. Anderson clinic, where many of the studies on oleander have been conducted: *"We really don't know exactly what compounds combine to make it so effective. All we know is that it works and works well – killing cancer cells and stopping them from multiplying and spreading."*

Some observers, including Marc Swanepoel, have proposed that neither oleandrin nor any of the polysaccharides are actually the most important when it comes to fighting cancer. Instead, Marc pointed towards the importance of ursolic acid because it increases the levels of the important enzymes superoxide dismutase, glutathione reductase, glutathione s-transferase, and glutathione peroxidase along with substantially raising glutathione levels in the body. Marc has said that it is the increase in these enzymes and glutathione levels which helps to kill cancer cells and undo the cancer process, so that the body can revert back to normal.

In addition to ursolic acid and oleandrin, oleander also contains beta-sitosterol, quercetin, and linoleic acid – to name just a few cancer fighting and immune stimulating compounds which likely contribute to the overall synergistic effects of oleander against cancer and other adverse health conditions.

Studies have shown that those compounds reduce tumors and inhibit cancer cells in prostate, breast, skin, liver, stomach, and colon cancers, as well as in leukemia.

Other cancer fighting and/or immune boosting compounds which have been identified in oleander include: Oleic-acid, Alpha-amyrin, Betulin, Gitoxigenin, Isoquercitrin, Lauric-acid, Oleanolic-acid, Rutin, and Stigmasterol.

Nerium oleander contains a number of cancer fighting and/or immune boosting compounds, including:

- ~ Oleandrin
- ~ Ursolic acid
- ~ Beta-sitosterol
- ~ Quercitin
- ~ Linoleic-acid
- ~ Oleic-acid
- ~ Alpha-amyrin
- ~ Betulin
- ~ Gitoxigenin
- ~ Isoquercitrin
- ~ Lauric-acid
- ~ Oleanolic-acid
- ~ Rutin
- ~ Stigmasterol



Notably, while the small amount of cardiac glycosides in oleander may act to increase cellular death similar to chemo, **oleander has not been found to do any damage whatsoever against healthy cells.** In addition, people who have opted to use oleander in conjunction with chemo have found that oleander potentiates chemo, making it more effective at smaller doses – AND it either eliminates or greatly lessens virtually all known side effects of chemo, including in most instances, baldness.

Unlike chemo, oleander does not cause lethargy but instead usually boosts energy levels, although there might be some initial Herxheimer type effect (“Herxing”) from cancer cell die-off. Herxing occurs

when dead or dying bacteria release large amounts of toxins into blood and tissues which provokes a sudden and exaggerated inflammatory response from the body.

Oleander is a Powerful Immune Modulator

Oleander has been considered by many to be a powerful immune booster. However, it can more accurately be described as a powerful immune modulator. Immune modulators, which include magnesium, Vitamin D3, and blackseed oil (Nigella sativa) dial up and dial down the body’s immune response as needed. That is why oleander has been effective against both immune deficiency disorders as well as immune disorders in which the body’s immune system over-responds and turns against the body itself.

Cancer Prevention May be Oleander’s Most Impressive Feature

As wonderful as oleander is for combating cancer, **it may be even more powerful as a cancer preventive.** People who are closely familiar with oleander report that it is virtually unheard of for anyone who regularly takes a small preventive dose of oleander to get cancer – and the same is virtually true of anyone who has beaten cancer ever having it return. Notably, Ty Bollinger – who has researched cancer extensively – has reported that both he and his wife took small preventive doses of oleander daily for years.

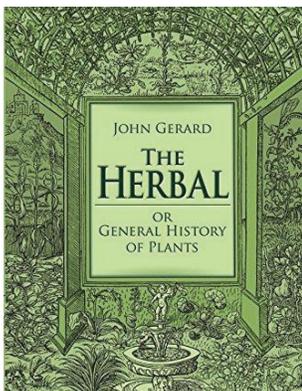
Successful Oleander Studies

There have been a large number of successful studies on oleander’s anti-cancer properties as well as its effectiveness against AIDS. In addition, two different oleander extracts have also passed FDA Phase I toxicity trials. However, neither extract

has gone past the Phase I trials due primarily to the hundreds of millions of dollars it takes to conduct advanced FDA trials. Without a pharmaceutical company with deep pockets to foot the bill, extensive trials on natural remedies rarely (if ever) happen.

The Medicinal History of Oleander Prior to 1960

Medicinal use of the oleander plant dates back at least 3,500 years. Historical records show that the Mesopotamians in the 15th Century B.C. believed in the healing properties of oleander. The Babylonians used a mixture of oleander and licorice to treat hangovers. Roman soldiers also regularly took an oleander extract for hangovers. Pliny the Elder of ancient Greece wrote about the appearance and properties of oleander. Arab physicians first report the use of oleander as a cancer treatment in the 8th Century A.D.



Centuries later, famed herbalist John Gerard wrote about oleander in the 1633 edition of *The Herbal, or General History of Plants*. An oleander extract may have been the magic healing potion that led to the witchcraft accusation

against Rebecca, the beautiful Jewish woman from the Holy Land, in Sir Walter Scott's *Ivanhoe*.

In recent centuries, oleander has continued to be used in folk remedies and commercial preparations in the Middle East, Russia, China and South America. Although much of the recent focus on oleander has centered on cancer, HIV, and Hepatitis C, uses based on tradition or theory have included:

- abnormal menstruation
- alcoholism
- anorexia
- anti-fertility
- anti-inflammatory
- anti-parasitic
- asthma
- bacterial infections
- cachexia (weight loss/wasting from some diseases)
- cardiac abnormalities
- cathartic
- corns
- diuretic (increase urine flow)
- epilepsy (seizure)
- eye diseases
- heart disease
- hemorrhoids
- indigestion
- inflammation
- insecticide
- leprosy
- malaria
- menstrual stimulant
- neurologic disorders
- pregnancy termination
- psoriasis
- psychiatric disorders
- rat poison
- ringworm
- sinus problems
- snake bites
- skin diseases
- skin eruptions
- swelling
- venereal disease
- vomiting
- warts
- weight gain

From all reports, today's oleander formulations, supplements, and home remedies are having tremendous success against cancer, AIDS, and many more adverse health conditions.

Important Note: Although oleander has been used for years as a standalone product, Marc Swanepoel recommended cleansing and detoxing along with a very healthy diet and lifestyle to go along with the oleander therapy.

I take it a step further and recommend that other immune boosting and cancer fighting supplements also be used – not because I have any doubts in the extraordinary healing powers of oleander, but because I think the more weapons you have in your arsenal, the more likely you are to win the battle and the war.

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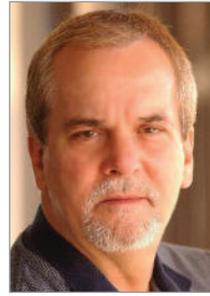
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About Tony Isaacs



Tony Isaacs is a member of the National Health Federation and the American Botanical Council. He is a natural health advocate and researcher and the author of numerous articles and books about natural health including *Cancer's Natural Enemy*.

Tony's articles are featured on [The Truth About Cancer](#), the Health Science Institute's Healthiertalk website, CureZone, the Crusador, Health Secrets, the Cancer Tutor, the Silver Bulletin, the New Zealand Journal of Natural Health and several other venues.

He also runs [The Best Years in Life website](#) which helps people avoid prescription drugs and mainstream managed illness and live longer, healthier, and happier lives naturally. In addition, he hosts the Yahoo Oleandersoup Health group of over 3,500 members and the CureZone Ask Tony Isaacs - Featuring Luella May forum.

Tony and his partner Luella May host [The Best Years in Life Radio Show](#) every Wednesday evening on BlogTalk Radio.

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Charlene's Cancer Fighting Kitchen

Seaweed and Spring Vegetable Soup



Kombu and Wakame are rich in fucoidan, a cancer fighting polysaccharide that is especially effective in destroying breast cancer cells.

Shiitake mushrooms add power to this dish with its selenium (an anti-oxidant) and beta glucan immune-boosting nutrients. Coupled with the remaining spring vegetables and spices this soup is an active anti-cancer food source.

For all recipes, please use fresh, organic, locally-grown ingredients whenever possible, including organic, non-irradiated spices. This will give you the maximum cancer fighting benefits.

Yield: Seven 6-ounce servings

Preparation time: 25 minutes

Ingredients:

- 1 sheet of Kombu, soaked in filtered water for 20 minutes until soft*
- ½ cup Wakame in pieces, soaked for 20 minutes in filtered water*
- 1 cup fresh green sweet peas, shelled
- 2 medium carrots, shredded
- 1 cup zucchini, diced
- 1 cup cauliflower, chopped in small florets
- 2 spring onions, chopped
- ½ cup fresh shiitake mushrooms**
- 3 cloves of garlic, crushed and minced

Spices:

- 1 tablespoon fresh ginger, chopped fine
- 1 tablespoon fresh turmeric, chopped fine OR 1 teaspoon turmeric powder
- 1 tablespoon fresh rosemary, chopped OR 2 teaspoons dried rosemary
- 1 cup fresh parsley, chopped
- 2 cups of water from soaking seaweed
- 8 cups filtered OR spring water OR vegetable stock
- Pink or sea salt AND freshly ground black pepper, to taste

Seaweed and Spring Vegetable Soup *(continued)*

Directions:

1. Place Kombu and Wakame in bowl. Cover with 2 cups or more of filtered water. Let sit for 20 minutes.
2. Drain water from seaweed and reserve for the soup. Set soaked seaweed aside.
3. Place water or stock and seaweed water into a large stainless steel pot. Add all vegetables except the peas, carrots, mushrooms, and parsley.
4. Place pot on stove over low heat, stirring occasionally until it simmers gently. When the soup begins to simmer add the remaining ingredients including the seaweed. Continue to simmer on low heat for 5-10 minutes more. At this point turn the heat off and allow to stand for 10 minutes or until very warm but not too hot. Add salt and pepper to taste.
5. Serve immediately, garnished with minced ginger and sesame seeds.

**Wakame and Kombu seaweed can be found in most health food stores including Whole Foods and Asian markets. Read labels carefully and look for organic and sundried seaweed as opposed to oven dried which tends to get too hot and destroy the nutritional value. Seaweed can also be purchased [online](#).*

***Shiitake mushrooms can be obtained fresh or dried from Asian markets and health food stores such as Whole Foods.*



Super Food Packed Strawberry Jam



Strawberries are in season now and it's a great time to consider storing them for later use. A healthy jam is one idea. This recipe incorporates many extra special anti-cancer ingredients from the super food list that will strengthen the immune system while satisfying the taste buds.

Manuka honey is one of those ingredients noted for its antibacterial, digestive aid, and soft tissue healing properties. The UMF ("Unique Manuka Factor") on the label determines the potency of these properties and the rating of 16+ and above is recommended for best results.

Yield: Four-12 ounce jars

Preparation time: 15 minutes

Ingredients:

- 2 lbs (approx. 1 kg) fresh ripe organic strawberries
- 2 organic medium red apples
- ¼ cup + 2 tablespoons Manuka honey* OR substitute your favorite raw honey
- 1 lemon, freshly squeezed
- 1 tablespoon organic hemp powder**
- ¼ cup goji berries***
- ¼ cup black chia seeds, ground in a coffee or spice grinder

Spices:

- 1 teaspoon fresh turmeric root, finely chopped
- 1 teaspoon fresh ginger, finely chopped
- 1½ teaspoons Ceylon+ OR regular cinnamon powder
- Pinch of pink or sea salt AND freshly ground black pepper

Directions:

1. Wash and coarsely chop the apples; remove the hulls (green caps) from the strawberries, then set both aside in separate bowls.
2. In a separate bowl blend all the spices and ground chia along with one fourth (1/2 lb) of the strawberries and all the apple. Blend in a food processor until smooth.
3. Add the remaining ingredients and blend on low then high for a smooth jam or pulse for a chunkier compote style.

Super Food Packed Strawberry Jam *(continued)*

4. Store in sterile airtight glass containers in the refrigerator for up to one month OR in the freezer for three months in a freezer safe container OR make cubes in an ice cube tray and store in a freezer bag. This allows you to remove smaller amounts from the freezer to use in your recipes.

Serving Suggestions:

- Jam can be used in smoothies for a super food snack
- It also works well as a topping or inside buckwheat crepes
- Use as a topping for granola
- Or as a spread for buckwheat or flaxseed crackers

**Manuka Honey can be found in many health food stores or [online](#).*

***Most health food stores carry hemp powder and/or seeds including Whole Foods and Trader Joe's or it can be purchased [online](#).*

****Goji Berries can be found in most health food stores and organic stores or purchased [online](#).*

†Ceylon cinnamon is a quality form of cinnamon that contains cancer-fighting compounds not found in most grocery store brands. Look for organic, non-irradiated Ceylon cinnamon at higher end spice stores or it can be purchased [online](#).



Beet and Baby Asparagus Carpaccio with Spirulina Avocado Tartare



This beautiful dish with an Italian flare will impress your family and is easy to make. The beets and avocado Tartare are delicious together for a nutrient dense option in the late spring to summer months.

This dish is rich in anti-oxidants, anti-inflammatory and fiber components, as well as minerals and vitamins. The flavor is so unique it will soon become a favorite part for your anti-cancer menu.

*Yield: Two 8-ounce servings
Preparation time: 25 minutes*

Ingredients:

- 1 medium organic beet, washed and peeled
- 8-10 baby asparagus spears (about the thickness of regular spaghetti)
- 1 handful beet greens (from the beet above)
- 1 small purple onion, julienned
- 1 small Haas avocado

Spices:

- 1 teaspoon dried oregano
- 1 teaspoon Spirulina powder or flakes*
- 1 lemon, freshly squeezed
- 1 teaspoon balsamic vinegar
- 2 tablespoons extra virgin olive oil
- ½ teaspoon pink or sea salt
- ¼ teaspoon black pepper, freshly ground

Directions:

1. Wash the beet with the greens intact. Remove the greens and set aside. Peel the beet and slice with a mandolin or sharp knife as thinly as possible.
2. Place beet slices in a medium bowl and drizzle two teaspoons or more according to preference of the olive oil and two tablespoons lemon juice. Add the oregano, ¼ teaspoon salt, and a pinch of ground black pepper. Mix thoroughly with a fork to coat the beet slices and set aside covered with a tea towel.
3. Wash the asparagus, remove approximately one inch from the bottom if it is hard and slice in half lengthwise unless they are very thin. Then crosscut them into thirds (about 2-inch long pieces). Add these to the marinating beet slices coating them carefully with the olive oil mixture.
4. Take the beet greens, remove the center stem and stack them together. Then roll them up together from the long side to the long side. Then cross cut thinly to make the chiffonade beet greens. Add these to a bowl with the balsamic vinegar, a teaspoon of olive oil, a pinch of salt and pepper. Toss together and set aside.

Beet and Baby Asparagus Carpaccio... (continued)

5. Now for the Tartare: slice the avocado in half, remove the seed and scoop out the avocado into a small bowl. Add the Spirulina, 2 teaspoons lemon juice, ¼ teaspoon salt, and a pinch of black pepper. Mash and blend with a fork but leave it chunky. If you want the Tartare to look Gourmet, coat a small cup or a ¼ cup measuring cup with olive oil. Then stuff the mixture above into it firmly and set aside while assembling the veggies on the plate.
6. On a pretty plate or large bowl with low sides, put a layer in the center spreading out to the sides of the thin beet slices. Then, along the side of the plate, alternate a slice of beet and three or four asparagus spear pieces fanning out on the beet slice and then another beet slice on top of the asparagus so a small portion of asparagus is seen and so on until it is complete. Add the chiffonade beet greens in the center of the plate atop the beets.
7. Take the Tartare in the cup and unmold it by using a butter knife or very thin rubber spatula to go around the sides once. Then invert it onto the chiffonade beet green mixture and rap it on the top until it comes out. Or just put a mound of Tartare in the middle of the greens nicely domed. Garnish with a few asparagus spear heads, walnuts, julienned onion and drizzled olive oil on top the Tartare. Enjoy!

**Spirulina powder and/or flakes can be found in many health food stores or purchased [online](#).*

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.

The Surprising Connection Between Cancer and Sports

By Ty Bollinger

As a young child, I remember spending a lot of my free time outdoors. We didn't have computers or video games back then to steal our attention. My siblings, my friends, and I would spend many a leisurely day out in the fresh air exploring, climbing trees, riding our bicycles, fishing, playing baseball, and just being kids. We got plenty dirty in the process, which we never really seemed to mind!

It was a much simpler time, and one that many children today will sadly never experience. Even if they're able to overcome the allure of technological distractions, our young people today face an escalating onslaught of environmental pollution every time they venture outside.

Many of our most precious shared natural resources are taking a major hit thanks to the "better living through chemistry" credo of modern-day living that – despite making our everyday lives more convenient – has rendered many of the outdoor environments where our children play unfit for use.

Even the one place where our kids have yet to be drawn away by the siren's song of smartphones and Snapchat – the sports field – has become a potential health hazard. Those heavily manicured grass fields and advanced artificial turfs where our children show off their athletic abilities are often minefields of weed killer chemicals, synthetic fertilizers, and other potentially toxic substances... some of which have been linked to causing cancer.



Many kids today shun outdoor activities that were common practice for their parents' generation

Many parents don't even think twice about the possible health risks involved when it comes to letting their kids play outdoor sports, because the health hazards are hidden amidst all that enticing greenery. *My children are getting exercise while playing their favorite sports on plush, green grass and there's nothing to worry about* is the thought process.

In an ideal world, this would be all there is to it... but sadly, things just aren't that simple anymore.

Why That Perfect-Looking Grass is Not-So-Perfect for Your Health

Believe it or not, grass typically doesn't grow in absolute uniformity like you see it on soccer fields and in public parks without constant tending, and I'm not just talking about manual weeding.

Unless you live in an area of the world where native grasslands are rich and dense, chances are those luscious blades you see are being helped along with generous helpings of chemical fertilizers, pesticides, herbicides, and possibly even *green spray paint*, depending on the climate and time of year.

According to a report by Beyond Pesticides, the average playing field is doused with not just one or two, but *three, four, or even five* types of herbicides, fungicides, and insecticides intended to keep invasive pests and plant species at bay.

Many of these chemicals are known to trigger asthmatic symptoms, inhibit proper childhood development, and even cause cancer – but at least they'll keep those broadleaf weeds or dandelions from getting in the way of the ball, right?

In all seriousness, these highly toxic poisons are getting all over our children as they run down the field, tackle other players, and handle the ball, not to mention all the residue they track into the house after practice or a big game.



The typical sports playing field is doused with numerous chemicals that players are exposed to and then bring home on their skin, clothing, and equipment

The Beyond Pesticides report lists the following chemicals as being among those that are widely used on “natural” grass playing fields:

- **Trimec**

This three-in-one selective herbicide contains the following three chemicals, the individual safety profiles for which I'll outline below: Mecoprop, Dicamba, and 2,4-D. Trimec is used to keep dandelion, plantain, chickweed, clover, wild onion, and various other “weeds” from growing within grass. It's said to be safe when used in accordance with the instructions, but the actual facts speak louder than this empty marketing claim.

- **Mecoprop**

One of three primary ingredients in Trimec, Mecoprop is an extremely toxic herbicide chemical that's very easily absorbed through the skin. It mimics the naturally-occurring plant hormone indole-3-acetic acid (IAA), making it an endocrine-disrupting chemical (EDC) that also interferes with human hormone expression.

- **Dicamba**

The second of the three chemicals in Trimec, Dicamba is a developmental toxin. In addition to being an EDC like Mecoprop, it has also been shown to damage DNA. Residues of Dicamba in soil and on plants are highly persistent due to the chemical's extreme mobility, making it a serious threat to sports players that encounter it during practice or games.

- **2,4-D (Dichlorophenoxyacetic acid)**

This post-emergent herbicide was a major component of the deadly defoliant Agent Orange used during the Vietnam War, but it also happens to kill crab grass and dandelion seed.

The Natural Resources Defense Council (NRDC) says 2,4-D is “the most dangerous pesticide you’ve never heard of,” despite having been considered “clean and green” for many years.

2,4-D is linked to causing non-Hodgkin’s lymphoma (a type of blood cancer) and sarcoma (a soft-tissue cancer). The International Agency for Research on Cancer (IARC), a division of the World Health Organization (WHO), recently dubbed it a “possible human carcinogen” – a big admission for this usually non-forthcoming United Nations agency.

2,4-D is also a known endocrine-disrupting chemical (EDC), which means it impedes the normal action of androgen (an important male hormone), estrogen (an important female hormone), and thyroid hormones, thereby disrupting normal human development.

- **Roundup (glyphosate)**

The world’s most popular weed killer, Roundup, is a product of Monsanto. It is also arguably the most pervasively damaging weed killer in the world. **Numerous studies have linked it to cell damage as well as genetic malformations, birth defects, dementia, autism, celiac disease, chronic kidney disease, diabetes, heart disease, hypothyroidism, inflammatory bowel disease, multiple sclerosis, and many different types of cancer.**

Like with 2,4-D, the WHO now admits that Roundup “probably” causes cancer. And secondary research suggests that at least one of the “inert” ingredients in Roundup, polyethoxylated tallowamine (POEA), is

hazardous to embryonic, placental, and umbilical cord cells – perhaps even more so than the herbicide itself.



Roundup is the world’s most popular weed killer and is linked with a wide range of diseases, including cancer

These are just a few of the *many* different chemicals used on playing fields that the Environmental Protection Agency (EPA), the National Academy of Sciences (NAS), the American Public Health Association (APHP), and many other prominent government agencies admit are a threat to our children’s neurological, respiratory, immune, and endocrine systems – even at very low levels!

If you find this to be deeply concerning, you’re not alone. So do I and so do many others! There’s just too much at stake to subject our children to these deadly, noxious compounds that could cause them a lifetime of pain and suffering, not to mention contract a potentially irreversible chronic disease. Heck, even as *adults* we shouldn’t have to expose ourselves to these and other poisons every time we shoot a round of 18 holes or go play a pickup game of flag football.

So what’s the solution...?

Heavy Metals and Chemical Carcinogens in Synthetic Turf

If your first thought in response to this question was synthetic grass, or artificial turf, think again. Fake grass is perhaps *more* of a threat, or at the very least equally as menacing as chemical-treated turf, and for much the same reason. The only way to produce a material that resembles the look, feel, and color of real grass without actually *being* grass is to combine hordes of chemical compounds – and this is exactly what’s being done.

From the early days of the 1960s when it was first introduced up until today, synthetic turf has long been a controversial subject. On the one hand, it provides a level of convenience that natural grass doesn’t. For instance, synthetic turf doesn’t need to be watered in order to keep it green, and it can be used year-round with little to no daily maintenance. On the other hand, it has a questionable safety profile and is now under scrutiny for possibly causing cancer.

Believe it or not, a team of scientists from Monsanto originally developed what was known as “ChemGrass” – a synthetic fiber material made from nylon and polypropylene plastic that the Houston Astros baseball team decided to install at the AstroDome. This is why ChemGrass was later given the nickname “AstroTurf.”

A crudely-matted carpeting of green plastic threads layered over a base of concrete, AstroTurf allowed players to trample all over the field without killing the “grass.” This was enough to send AstroTurf soaring into widespread use all across the country. Newer, more realistic, versions of AstroTurf would later be developed, with today’s varieties containing

a complex blend of plastic, rubber, and other extruded materials that more closely resemble the look and feel of real grass.



AstroTurf was originally known as “ChemGrass,” a much more accurate name as it contains 96 chemicals – many of which as carcinogens

A supposedly “bio-friendly” turf mixture containing recycled tire rubber is probably the most common form of AstroTurf used today. But a professor from Yale University who recently conducted an analysis on various turf samples identified an astounding 96 different chemicals within them, some of which are carcinogenic.

Toxic substances such as benzene, mercury, arsenic, and lead were among the chemicals found in the various samples. And because the tire recycling process involves blending together all sorts of different scrap tires from all over the place into tiny turf fibers and crumb rubber, it’s a guessing game trying to figure out which playing fields contain which chemicals. For all we know, most fields contain most or even *all* of these chemicals.

Just think for a moment about tire rubber and all that it encounters when moving along the road. Motor oil, antifreeze, environmental runoff, pollution from exhaust, and anything else that might leak

from a car or fall from the sky ends up getting mixed in during processing and poured onto our children's playing fields. Kind of a scary thought, wouldn't you say?

Synthetic Turf and Cancer Risk

Reports are now surfacing of elevated cancer rates among soccer players – and particularly soccer *goalies* – who regularly encounter this tainted crumb rubber on synthetic turf. University of Washington associate soccer coach for women, Amy Griffin, is just one observer among many who's noticed a trend among players exposed to the tiny, sometimes dust-like, rubber pellets.

Griffin told the *Los Angeles Times* during a recent interview that many of her players over the years have developed lymphoma. The common thread among all of them is that they've all come into direct contact with the crumb rubber. Whether via skin contact, inhalation, or accidental ingestion, the volatile organic compounds in crumb rubber seem to be making their way into players' bodies during games.

The National Center for Health Research, Environment and Human Health, Inc. and various other groups likewise affirm that synthetic turf containing crumb rubber is problematic. They point to research showing that **cancer rates among athletes who regularly play on it are significantly higher than they are for everyone else**. Loose crumb rubber is also routinely used in playgrounds as well as in the soft tiles used to cover walkways and play surfaces in public parks – all areas most frequented by young children.

Compared to natural wood chips, this rubber is orders of magnitude more toxic, according to the

California Office of Environmental Health Hazard Assessment (OEHHA). They have identified a host of deadly chemicals in its own tests on crumb rubber, including chrysene, a polycyclic aromatic hydrocarbon (PAH), that's been scientifically linked to causing childhood cancer.



Crumb rubber is often used to protect children from falls in playgrounds. However, it contains deadly chemicals that have been linked to childhood cancer

Organic Playing Fields? They're Not as Impossible as You Might Think

But natural grass is too much work, and it's not even possible to grow it organically anyway, right? Wrong!

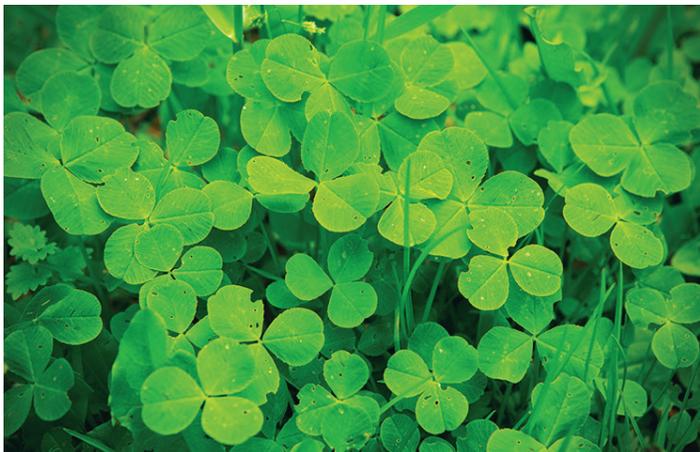
Chip Osborne, a horticulturalist from Marblehead, Massachusetts, says it's not only possible but absolutely *prudent* to grow real grass organically on playing fields – not only for the environment's sake but also for the sake of our children. Osborne successfully transformed a 15-acre conventional playing field in his hometown to an organic one, and it's now routinely used by local sports teams without any problems.

Offering fresh insight to *Beyond Pesticides*, Osborne also dispelled several prominent myths about organic turf management that have kept many

school districts from adopting it – mainly that going truly “green” will make playing fields more prone to disease, weeds, pests, and player injury, and that ultimately it’s too costly.

Not only is a properly installed and maintained organic field *less* prone to weeds and pests than a conventional one, it’s also *cheaper*. By incorporating beneficial microorganisms into the soil and covering this soil with an appropriate top dressing of organic compost, diseases, pests, and weeds simply won’t have a chance to take hold, he says.

Balancing pH levels in the soil and making sure that enough nitrogen is present will also help to ensure that pervasive “weeds” like clover don’t take over. In fact, clover is actually *beneficial* to turf when present at a reasonable tolerance level, and can be used in conjunction with proper aeration, natural fertilization, and watering to attain a perfect balance.



Clover can actually be beneficial to turf as it draws nitrogen from the air into the soil, tolerates compacted soil better than grass, and has deeper roots to access water

“Ecological turf maintenance calls for the manager to consider all of the organisms in the turf ecosystem because most of them are allies,” explains Paul Sachs

in his book *Managing Healthy Sports Fields: a guide to using organic materials for low-maintenance and chemical-free playing fields*. “It also means expectations may have to be adjusted to a more realistic and practical threshold where a natural equilibrium can be maintained.” This is helpful advice if you’re a turf manager, but what can you do as a parent to make an impact?

Protecting Your Kids & Grandkids: What Can You Do?

For one, you can share this crucial information with your children’s school administrators and encourage them to consider the risks involved with continuing to use conventional or synthetic turf. Explain to them that properly-managed organic turf can be installed and maintained for as much as 50 percent *less*. And as we all well know, money speaks louder than almost anything.

While you’re at it, you can also give your city administrators and your parks and recreation department a call. Encourage them to reconsider turf management at your local public parks and playing fields, which are frequented by both young and old people, as well as pets – all of whom are at risk from chemical exposure.

Truth be told, some 33 states and more than 400 school districts throughout the U.S. currently have laws and/or policies in place that restrict the use of chemicals that unnecessarily put children at risk. And based on the fact that organic turf is cheaper than non-organic turf and much easier to maintain (if properly managed), the continued use of conventional and synthetic turf at your local schools and parks might just fall into the unnecessary category from a legal perspective.

Here are some helpful tips for how to approach local authorities and school officials about this important issue:

- Find out whether your state, school, or local community has laws and/or policies on the books governing pesticide use in and around school grounds, and/or on public lands. If such laws and/or policies exist, research how well they're being implemented and get to work on improving enforcement.



Encourage the officials who control field management to make the switch to organic turf fields

- If such laws and/or policies *don't* exist, start petitioning for an organic land care policy to be implemented.
- Contact your local school district and parks department and encourage whoever handles such matters to convert all playing fields to organic management.
- Petition for the grounds maintenance director or whoever handles land management care in your area to be properly trained in organic practices.

The City of San Francisco developed its own ecologically-friendly Integrated Pest Management (IPM) program that utilizes multiple different methods of controlling weeds and growing grass safely without the need for pesticides or tainted rubber. This is a great place to start when conversing with local officials about implementing a similar model in your own area.

If your children are already playing on conventional or synthetic turf fields, you can help minimize their exposure to toxic chemicals by making sure they take their shoes and gear off before entering the house after practice and games. Immediately put all their clothes and washable gear into the washing machine and have them promptly sanitize their hands and take a shower.



Reduce chemical exposure by keeping sports gear out of the house and washing uniforms (and kids) as soon as they get home from the field

You can also avoid using *any* "weed and feed" products on your home lawn and encourage your neighbors to do the same. The less exposure to chemicals the better, and it all starts in the home.

About Ty Bollinger



After losing several family members to cancer (including his mother and father), Ty Bollinger refused to accept the notion that chemotherapy, radiation, and surgery were the most effective treatments available for cancer patients. He began a quest to learn all he possibly could about alternative cancer treatments and the medical industry.

Ty has now made it his life's mission to share the most remarkable discovery he made on his quest: the vast majority of all diseases (including cancer) can be easily prevented and even cured without drugs or surgery.

Ty is a happily married husband, the father of four wonderful children, devoted Christian, best-selling author, medical researcher, talk radio host, health freedom advocate, former competitive body-builder, and also a certified public accountant.

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I walk outside to the sounds of children playing and the warmth of summer getting into full swing. That means your kids and grandkids are out of school, full of energy, and ready to get a real education by exploring nature, even if it's just in their own backyard.

It's a great time of the year to reconnect as a family and get some "relaxed" quality time in.

This month has been a great one here at TTAC and we've put a lot of effort into the new articles in the newsletter for you. But there's one really important thing I want to tell you about and start getting you SUPER excited for what's in store.

This October something magical is happening. Charlene and I are hosting an absolutely amazing live event near Dallas, Texas, and I would be delighted for you to be a part of it.

We've gathered over 40 of the foremost experts and geniuses in the field of natural health to come together in one place. They've agreed to give you their most exciting, groundbreaking and life changing new ideas and technologies to give you a chance to live your healthiest life.

This awesome event is called TTAC Natural Health Symposium. It's a very small venue event that will give maximum impact and engagement with these experts and all who attend.

If it works out for you I'd love to meet you and shake your hand in person. If you haven't already, you'll be getting an email from me with all the event details.

Talk soon,



Ty Bollinger

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