

BASIC ANTI-CANCER STRATEGY

I wrote this chapter for people who fall into one of two categories:-

1. Those who are pro-active, research their illness and discover a thousand and one ways to help, but information overload results in no clear direction and very little done.
2. Those who believe that conventional treatment is all that is available and are unaware that complimentary remedies can achieve a great deal, but are interested enough to learn more.

A more detailed description of why each food, supplement or method works, is provided in previous chapters.

PRAYER

The most effective prayers may come from people who know you.

If you are willing, ask myself or a friend to contact as many prayer groups as you are comfortable with. I have a list of the major Christian groups in the UK, some with contacts abroad. These specialise in distant healing of persons of any faith. You can visit some healing centres for direct healing, and several have accommodation. I have mentioned healing by prayer in detail in an earlier chapter, but I would like to re-assert two of the most important points:-

1. Worry and stress are connected to so many illnesses so I find an “out of context” phrase said by Jesus - “..... and so I tell you not to worry”, to be very helpful. Concern is right, **worry is wrong** and **counter productive**.
2. Healing by prayer has been proven in clinically controlled trials, in which patients and their doctors were not aware of the prayers.

VISUALISATION/IMAGING, SEEDING & MANTRAS

Visualise tumours or cancer cells being “de-cloaked” and destroyed by strong killer cells. This should be done on a regular basis. There are many techniques. Use the one you are most comfortable with. If you are not very good at this CD’s are available to help you. Many hypnotherapists include visualisation in their practice and usually make an individual cassette recording for you to take home. See Chapter 11 for my “Positive Thinking Combination”. Centres such as the Penny Brohn Centre in Bristol have group practices in visualisation.

Seeding This is visualising a healthy future. For instance you can picture yourself five or ten years from now completely healthy, talking to friends about how well you have been for the last years.

Mantras These are positive phrases which imprint upon subconscious mind and greatly help healing. They have been used for thousands of years by many cultures. Probably the most well known mantra is “Day by day in every way I am getting better and better”. I use this one but substitute “better” with “healthier”. Another one I use is “I can, I must, I will let myself be well and make myself much healthier and happier now and forever”.

You may add “This process is increasing minute by minute, hour by hour, day by day until I am completely healthy”. Or you may add “Every time I say this mantra it WILL be more effective, it IS more effective”.

Imprinting mantras

1. Mantras can be “shouted out” in the mind to make them more effective.
2. An old self-hypnosis technique is to close your eyes and roll them up, then say the mantra.
3. “Did you get out of the wrong side of the bed this morning?” This well known phrase comes from the fact that how you feel when you start the day off, can affect the whole day. Therefore one of the best times to imprint mantras is as you are rising. You should also try to be as cheerful as possible at this time, even if you don’t feel it. **it will** help all day.
A “negative word” must **never** be used in a mantra e.g. “my **illness** is disappearing” will not work. It should be “my **health** is improving”.

Visualisation, seeding and mantras need to be done with sufficient frequency and intensity until a critical point is reached where healing is achieved. This could be a few times a day or 100’s a day depending upon the person and the illness.

DIET The “Big 10” most important factors:-

Red meat free/low protein

Deep fried free

Sugar free

Dairy free

Gluten free

Salt free

Fat free

Low or no alcohol

Raw vegetables e.g. grated or juiced, also mixed sprouted vegetables. Broccoli and red onions are essential.

Alkalisising rather than acidifying foods

Sugar feeds cancer. Supplements and foods etc which lower or regulate blood sugar include:-

Ground flax seed (linseed), flaxseed oil, cloves, cinnamon, panax ginseng, vitamin D and of course sunlight.

DETOX supplements :-

Milk thistle, for liver support

Coffee colonic irrigation.

These are directly for detox. Together with other parts of the anti-cancer regime, make up a very effective treatment.

SUPPLEMENTS AND FOODS

Broad-based multi vitamin/mineral

Vitamin B17 and apricot kernels

Chlorella, Spirulina, Vitamin D and 5-HTP (produces serotonin). Chlorella and Spirulina are activated by **sunlight**, but if this is difficult Vitamin D and 5-HTP can help activation.

Pancreatic enzymes plus mini-fasting

Green tea, plus green tea extract

Dandelion coffee or dandelion root capsules

Essiac tea or liquid

“Green food” powder e.g. wheat/barley grass mix.

Selenium

Fish oil (not fish liver oil, which **may** contain too much Vitamin A)

Quercetin, if not following Dr Rath’s supplements.

Dr Matthius Rath’s anti-cancer supplement programme.

Ginger Fresh grated ginger is best. Otherwise take ground ginger or capsules.

Garlic Fresh garlic is best. Otherwise take aged garlic extract.

Probiotics Sufficient probiotics are necessary to fight cancer. These must be alternated with garlic e.g. every other day or every other week. Due to the overuse of antibiotics, probiotic deficiencies are common. A stool test will reveal any imbalances and which ones to take, but meanwhile a good probiotic mixture can only do good.

Dosage Normally the recommendations on the containers are appropriate, but the chapter about supplements gives more detailed information.

Sunlight At any time of the day sunlight is anti-cancer, but early morning is best. Carefully incremental sunbathing is best (for all cancers except melanomas) but all daylight is helpful. FULL spectrum (not broad spectrum) light bulbs are also a good idea.

Immune boost

This is for cancer **treatment** not **prevention**

Echinacea

Goldenseal

Zinc

} sometimes available in one capsule

Oil of evening primrose

Astragaliss

Black elderberry extract

Devices

Airnergy – activated oxygen machine

Zapper - anti parasite device

Ionisers - water ("water Wand")

- air

Exercise The main way that exercise helps is by increasing oxygen throughout the body, but there are several other anti-cancer benefits. Generally speaking, the more exercise you are able to do the better – health allowing.

Breathing exercise The simplest method is as follows:-

A complete exhalation, then a complete inhalation, holding for 5 seconds followed by several deep breaths, until you are slightly "light headed". Practised several times a day, this is helpful. Much more elaborate routines are described in breathing exercise books. TAI CHI and YOGA may suit some people.

Cancer cells do not like an oxygen environment which is one reason why exercise and breathing exercise help.

Laughter therapy Laughter causes the release of various anti-cancer substances as explained in the chapter about lifestyle.

1. See also the "Happy Hying" technique when even a "forced" smile or laugh triggers the release of endorphins and healing hormones.
2. Watch more comedy TV and films even if they are not very funny, and watch less aggression and violence.
3. Laughter Clubs are excellent if there is one in your area.

As mentioned at the beginning of the book, there are a multitude of reasons why cancer may occur, but they can be categorised into four main causes:-

1. Hereditary disposition.
2. The ratio of cancer causing to cancer fighting factors, in lifestyle, diet, environment, etc, is in favour of cancer. This can **always** be changed to be in favour of cancer fighting factors.
3. The growth of cancer is too rapid in proportion to the strength of the immune system, which becomes overwhelmed.
4. The cancer cells are "cloaked" from the immune system in some patients.

Obviously issues in these four groups can overlap in some people.

Causes of cancer can range from a single item to a combination of many factors.

The basic Anti-Cancer Regime addresses all of these issues. However, new drugs are being developed to directly treat the last (4) problem, in patients who have a missing signal molecule (hence "cloaked").

These are explained in the next chapter about Experimental Cancer Medicine Centres.

Note: Some people with advanced cancer may be cured with a basic anti-cancer regime, whilst others suffering comparatively minor problems may not be i.e. everyone reacts differently to

treatment, depending upon the type of cancer and the type of person. Sometimes a much more intense and comprehensive regime is necessary.

There is a whole host of further information in my three recommended reading books.

1. All Natural Cancer Therapy from www.bluegrass.net
2. A Consultants Free Guide to 81 Proven Alternative Cancer Treatments by Arthur C Brown, from www.naturalcancer.net
3. Lessons from the Miracle Doctors, by Jon Barron, from bookstores or www.jonbarron.org

Any anti-cancer therapies mentioned in the above books that you feel drawn towards can be included. There are almost zero possibilities of therapies clashing.

The key to successful cancer treatment lies in tipping the balance between the cancer getting worse and getting better, and the biggest single mistake that is made is under reacting and not adhering to a powerful enough regime for a particular cancer. It may have taken years of – for instance - the wrong diet, for cancer to develop, therefore it may take years of the right diet to fully correct the problem, but by using the right combination of treatments rapid progress can be made.

The anti cancer regime is **complimentary** to conventional treatment, so it is therefore important for patients particularly those with a poor prognosis to be made aware of the latest drugs and drug trials. In 2008 it became compulsory to inform acute patients of such trials. These are usually held at E.C.M.C's, Experimental Cancer Medicine Centres. There are several of these in the UK. These centres and some of the latest treatments are explained in the next chapter.

This programme and any other extracts from www.complementaryapproachestohealth.co.uk should be used in conjunction with a qualified practitioner.

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