

SURVIVAL TIPS

In the healthy body, the immune system defences deal with the ever-present, potentially-cancerous cells. There is no element, whatsoever, of bad luck in the incidence of cancer: it does not strike, like a bolt from the blue, sick and healthy alike. It is an end process of neglected, suppressed ill-health.

The ever-increasing immuno-assault, coupled with the out-of-control carcinogenic saturation of the environment, drinking water, food, medicines etc. and the medical trade's steadfast refusal to stop the legalised slaughter of consensus cancer treatment; all call for individualised action on prevention.

Cancer prevention is divided into two overlapping areas: maintenance of the cancer defences, i.e. the promotion, cultivation and maintenance of health on all its planes and the avoidance of the carcinogens - known and suspected.

Nutrition

The incidence, severity, and control of cancer depend, more than any other single factor, on diet, with Vit. B17 foods as a priority.

Homo sapiens is a frugivore; designed by the Creator, whoever that may be, to live on raw, organically-grown of course, fruit. Man can also do very well on vegetables, rice, peas, beans etc., but is not by any means suited to meat, milk, cheese, butter, eggs, fish etc. We have the teeth, jaw-action, digits, perspiration mechanism, stomach acid strength, intestinal length...of a strict non-animal eater. The Book of Genesis is quite clear on the subject - the Bible-censors slipped up badly when they missed it. **AVOID:**

- All animal foods - meat, milk, cheese, butter, eggs, fish...and the derivatives - whey, egg albumen, gelatin...etc. These products are a fibreless mixture of saturated fats, cholesterol, steroid growth-promoters/vaccine/antibiotic/pesticide/herbicide etc. residues, mastitis pus, disinfectant, salmonella, listeria, campylobacter, E coli 0157, etc., etc...
- Refined carbohydrates - sugar, white flour, bread, biscuits, cakes etc.
- Synthetic food additives-preservatives, colourants, etc. **READ THE LABELS**
- Food prepared or contained in aluminium, copper, non-stick cookware or prepared in microwave ovens; smoked foods; very hot food and drinks.

Use salt, celery, parsley, parsnips, deep-fried foods...in strict moderation.

Utensils washed in washing-up liquid must be very thoroughly rinsed; in preference, use washing soda, soap flakes etc.

EAT:

- Organically-grown, if possible, fruit, vegetables, peas, beans, rice: chemically-grown carrots are out. Non-organic cabbage, broccoli, sprouts, mushrooms etc. should be boiled for a couple of minutes in salted water, drained and

rinsed, then cooked. Lettuce and similar foods which cannot be cleansed with this process or peeled should be home-grown or avoided.

- Emphasise raw foods; whole grain breads; soya products: tofu, soymilk, miso.
- Eat B17 foods regularly - seeds of apricot, peach, plum, cherry, apple; sprouted alfalfa, mung and wheat seeds; millet, lentils, watercress, lima beans, blackeye beans, broccoli, cabbage, buckwheat, linseed etc.
- Garlic is the supreme plant from a physician's and a cook's point of view: eat it raw, cooked: grow it: use it as a medicine for everything from cancer and tuberculosis to coughs, colds, infections, high blood pressure, whooping cough, chemical/heavy metal/radiation detoxification etc., etc.
- Use some form of water filter if only a jug type: areas where fluoride-waste has been dumped in the public drinking water supply will require reverse osmosis or distillation to remove the chemical.
- Look after the liver: take the juice of a lemon in water on rising; wait a half hour before taking breakfast.
- Fast one or two days per month on purified water or pure fruit juice; or per week if the will power is there.
- The Green Drink: gather unpolluted nettles, dandelion, chickweed, nasturtium, carrot tops, cabbage etc.; wash well, blend with water, put through coarse sieve, drink: put the residue, in small amounts, in the dog's/cat's meal and help avoid the vet's bills and a sick/prematurely-dead animal - from the effects of the vet's treatment.
- Chew all food thoroughly and slowly; without distraction from the television, radio, newspapers or relatives.
- Alcoholic drinks, preferably organically produced, in moderation and in the evenings can be immuno-supportive and a relatively safe, effective soporific, cleanser and sedative.

Prof. Aviles, of the Mexican Cancer Biochemistry Dept., saw 7,715 cancer patients over 15 years: 99% suffered chronic constipation, the degree of malignancy parallel to the intensity of the constipation. Colon cleanliness is fundamental important to the prevention of cancer and other chronic, degenerative diseases: anyone on Doctor's Balanced Diet or worse, for decades, might well be carrying 5 to 25 pounds - or more - of rotting waste in the colon; poisoning and robbing the system of nutrients. A herbal/ nutritional cleansing regime will remove the residue in time.

Further Tips

- Try to wear cotton or other natural material next to the skin. Expose the eyes to natural light as often as possible, without spectacles or contact lenses.
- The wearing of a bra for long periods is a major factor in the development of breast cancer. A study on 5,000 US women, showed that 99 percent of the women in the cancer group had worn a bra for 12 hours or more per day; 80 percent in the non-cancer group: 18 percent of the cancer group slept in their bra; 3 percent in the non-cancer group: 0.24 percent of the women in the cancer group were non-bra wearers; 3 percent in the non group. The study's authors, Singer and Grismaijer, state that the correlation between the wearing of a bra and breast cancer is between 4 and 12 times greater than the correlation between cigarettes and lung cancer. Wearing a bra continually, 24 hours a day, showed a 125-times greater incidence of breast cancer than no bra wearing at all and a 113 times greater incidence than wearing a bra 12 hours per day. Constriction of the lymph system is an invitation to toxic build-up: providing that there is no evidence of a malignant tumour, the breasts should be massaged to increase the detox procedure and the bra should be

worn only when considered to be necessary and certainly no more than 12 hours a day.

Synthetics

- All ingestion of synthetics, by mouth, nose or skin is to be avoided wherever possible - food and drink additives, fly sprays, aerosol polishes and air fresheners, vehicle exhausts. Avoid all products of the pharmaceutical industry - pain-killers, fever suppressants, antibiotics, vaccines, fluoride products, steroids etc.
- Garlic, cayenne and cider vinegar, alone, would replace the majority of the 700,000,000-plus prescriptions shelled out by GPs per year. Put the three - organically produced - in a bottle and keep in the fridge. Take diluted in water, daily.

Electromagnetic pollution

- Electro magnetic sources cannot be avoided in normal life: everything, from electric pylons to quartz analogue watches, is a potential hazard. The rule is Prudent Avoidance: keep away from electric appliances as far as is practical.
- Keep your distance when electrical devices, particularly those with transformers, are operative. View television from the side and preferably at least ten feet away. Switch off and unplug devices whenever practical.
- The use of, or the being in the vicinity of, or the consumption of food from, microwave ovens is absolutely out: portable telephones are for real emergencies only: fluorescent lights are to be avoided except for small, unavoidable periods.
- Do not leave electric blankets plugged in at night when the bed is occupied: the bedroom should be free of electrical devices if possible. Wires are also EM sources as are the mains switch boxes. Use computers only if necessary; the rear of the device also emits large doses of radiation. Keep beds away from the rear of TVs and VDUs whether there is a wall between or not.
- Consider an independent survey to determine any EM sources in and around the home or workplace.
- Medical X-rays are for compound fractures, bullets in the head, chest etc.: not for routine screening or for doctors to order in large doses to protect them from possible future litigation in case they missed something.

Geopathic stress

- GS is caused by the Earth's natural radiation being made harmful by underground streams, certain minerals, faults etc.: it is detected by dowsing.
- GS has been blamed for a very wide range of conditions, physical and mental; cancer included: some experienced practitioners have said that all of their cancer cases are people who have spent prolonged periods in geo-stressed areas. Studies on travelling peoples have shown a significantly lower figure of cancer incidence.
- Counter measures include placing coils of wire at certain points around the building, moving beds and chairs and installing multi-wave oscillators.

Herbs

- Herbal treatments are part of the nutritional approach to cancer control. Other than garlic and cayenne, specifics for cancer include red clover, periwinkle, yellow dock, dandelion, mistletoe, violet, blue flag, purple cone flower, golden seal, sage, etc. - as part of a total holistic package.
- The full, original ESSIAC formula contains sheep's sorrel, Turkish rhubarb, burdock, slippery elm, water cress, kelp, red clover and blessed thistle. The first four are the ones used, usually, today. Proprietary brands may have substitutes in their formulae.
- Herbs should be bought from a reliable source, with guarantees that they have not been fumigated or irradiated.
- Herb mixtures need to be prepared carefully with regard to the instructions laid down by those experienced in their usage. They work slowly, with the inherent healing force, to restore harmony within the body.

The Outer Layers

- Health is multi-dimensional: harmony is needed on all the planes; physical, mental, emotional and spiritual. Continued stress, whether it be caused by cigarette smoke or memories of childhood unhappiness, will, if the pre-disposition is there, lead to a breakdown of the cancer control mechanism.
- Suppressed negative emotions - grief, resentment, jealousy, anger, fear...can poison just as effectively as junk food or junk medicine or environmental pollution. Whether through counselling, meditation or healing, the demon must be exorcised: the mirror faced.
- The cancer personality is a reality: its degree of importance varying from person to person, as part of the total stress load on the body's inherent capacity to maintain the status quo - health.
- The difference between what is important and what is less so must be understood: important things are smelling flowers, talking to cats and dogs, watching insects, standing in the woodland stream, writing and reading poetry...

Whatever actions were taken by the authorities, immediately and totally, to rectify the scenario, all that could be hoped for would be a damage limitation. As it is, not only will there be no attempt at this limitation, the cancer-makers are continuing to enjoy the full and enthusiastic approval of the government, the medical trade, the bureaucrats, the media and the rest.

How much of this is deliberate or through the usual crass incompetence, is of academic interest only.

The cancer wipe-out, scheduled for some time next century, seems inevitable unless some other disaster intervenes first.

Individualised actions, in the form of personal lifestyle changes and the dissemination of currently suppressed information, are the order of the day.

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