

Intensive Anti-Oxidant Fruit Therapy in the Treatment of Cancer

(Combination Therapy with Sodium Bicarbonate)

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Antioxidants are considered to be anti-aging compounds because they can prevent oxidative damage that can lead to cancers, heart disease and neuro-degenerative disorders like Alzheimer's disease.

What you are about to read is an exciting piece of medicine and is an example of *Natural Allopathic Medicine*. Many of my naturopathic colleagues and certainly many patients have come to believe that allopathic medicine does not treat disease; certainly it has not found the cure for any serious chronic illness. Etymologically speaking, allopathy means "allo" or other, and "pathos" or suffering and it does seem that the main point of allopathic medicine is to cause suffering. Iatrogenic death and disease mirror a great disturbance inside the heart and spirit of allopathy, which has adopted the use of "*sub-lethal dosages of poisonous substances*." Most pharmaceutical drugs are potent mitochondrial poisons.

Though allopathic medicine is killing hundreds of thousands of people in the United States and millions of people around the world every year,

deep within the heart of western medicine is a wisdom and power that is deliberately stymied by medical authorities and the pharmaceutical companies that stand behind them. Inside the emergency room and intensive care wards, where many believe some of the most accurate medicine is practiced, are common but extraordinarily safe and effective substances that save lives everyday. Interesting no one has thought to harness these medical super weapons against chronic disease or cancer.

What you are going to read is a bridge between evidence based rational medical science, courageous medical work, and pure naturopathic medicine that has been around for many thousands of years. Inside this document/chapter is also a protocol for cancer, a cancer cure that cost nothing to find.

Beyond our wildest expectations we have found a food(s), the perfect medicine(s), which one can consume while undergoing cancer treatment that is delicious to the point of being practically orgasmic to the taste buds. It is the perfect antioxidant and stands at the head of a list of antioxidant fruits that the FDA does not want you to know about. Imagine eating the best gourmet ice cream in the world as one of the principle medicines you take and you will begin to understand, at least on a feeling level, what I am about to reveal.

Dr. Tullio Simoncini has made a great discovery that cancer tumors can be dissolved using one of the most basic of all emergency room and intensive care medicines, which is also the most common of all kitchen substances, sodium bicarbonate. Sodium bicarbonate offers us an opportunity to quickly change the pH of tissues and this offers a logical and safe approach to cancer/kill off of fungus and yeast infections. During treatment with bicarbonate a high level of carbohydrates are needed.

The most ancient healing methods also come into play in this work because fruit fasting with high antioxidant berries is like the yellow brick road in the Land of Oz. It's the royal road to insure recovery from the most daunting cancers and disease. Many have used fasting to recover from a wide variety of disease though in our modern world most people find fasting more than difficult. Also using fasting alone is problematic for doctors and healers. Survival Medicine gets around these problems with the use of concentrated nutritional substances/emergency room medicines like magnesium chloride, iodine, sodium bicarbonate with the addition of Alpha Lipoic Acid combined with the heavy use of special antioxidant fruits that make fasting easy and more dynamically medicinal.

Dark Fruits



*Certain varieties of fruit are exceptional medicines,
far superior than pharmaceutical drugs for the cure,
mitigation, treatment and prevention of disease.*

Berries such as blueberries, cranberries, strawberries and raspberries are rich in disease-fighting phytochemicals that prevent and even reverse serious diseases like cancer, diabetes, heart disease, stomach ulcers. A U.S. study is the first to show the cancer-fighting potential of pterostilbene - one of the antioxidants in blueberries. It is found in the pigment that gives blueberries their color; the darker the berry, the higher the concentration of antioxidants.

*Antioxidants attach themselves to toxins,
effectively removing them from the body.*

"The natural plant compounds in Wild Blueberries may be powerful allies in the **fight against oxidative stress and inflammation**, which can lead to cancer, heart disease as well as several other chronic health problems. While we still need in vivo work to test how much of these compounds get into the body and how they work, we do know that the potential benefit could be great," said Dr. Mary Ann Lila from the Department of Natural Resources and Environmental Sciences, University of Illinois. According to Dr. Lila, her current research focused on the effect of proanthocyanidin fractions on human prostate cancer cells and mice liver cancer cell lines. "The results were very positive, adding evidence to a growing body of work coming out of our lab investigating Wild Blueberry fractions and their cancer-fighting properties at all stages - initiation, promotion and proliferation."

*Antioxidants are intimately involved in the
prevention of cellular damage -- the common
pathway for cancer, aging, and a variety of diseases.*

Scientists at the University of Wisconsin are isolating and purifying the compounds in **jaboticaba** that are responsible for its antioxidant activity and dark purple color. Similar compounds are known to have positive biological effects in cranberries, grapes and other related species—including anti-aging, anti-inflammatory and anti-oxidant qualities.

Berries contain a variety of phytochemicals and antioxidants -- many of these are what give the plants their color but they also add a sense of flavor to the berries.



Jaboticaba

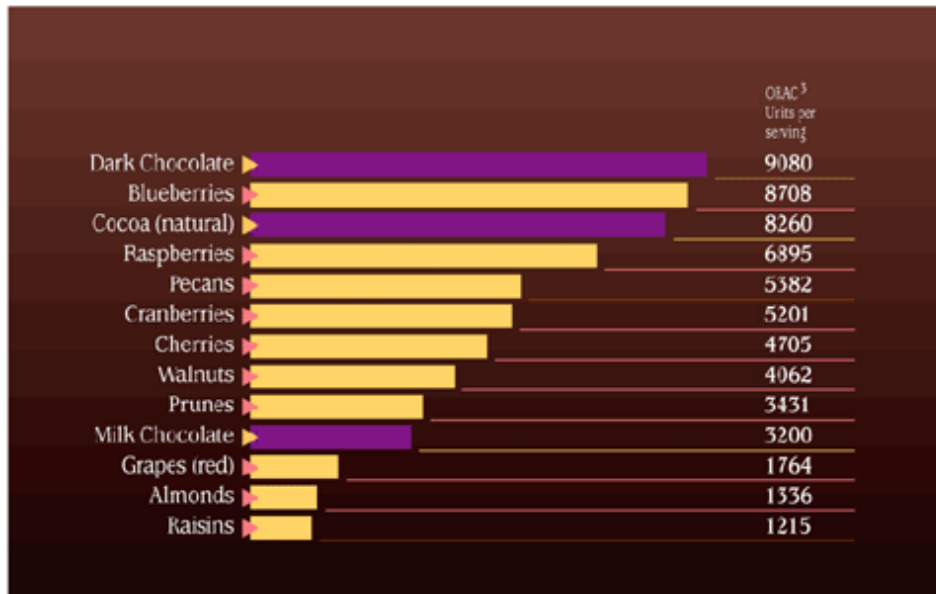
A new depside, jaboticabin, together with 17 known compounds were isolated from the fruit of jaboticaba (*Myrciaria cauliflora*). These compounds significantly inhibited chemokine interleukin (IL)-8 production before and after cigarette smoke treatment of cells.ⁱ Jaboticaba is a slow-growing bush native to southern Brazil. It provides a purple-black fruit with a tough skin and a translucent flesh that is similar in texture to a grape. The fruit is on average about 2.5 cm in diameter with a delicious, sweet, slightly aromatic grape-like flavour. The fruit is delicious eaten fresh and can be made into jellies, jams and wine. In winemaking the external skin contributes to the deep red colour. The fruit contains compounds similar to those known to have positive biological effects in cranberries, grapes and other related species, including anti-ageing, anti-inflammatory and the antioxidant qualities.

Anthocyanins are members of a class of nearly universal, water-soluble, terrestrial plant pigments that can be classified chemically as both flavonoid and phenolic.

The edible fruits of 12 plants were screened for antioxidant activity nine of which exhibited high antioxidant capacity. Cyanidin-3-O- β -glucopyranoside, an anthocyanin antioxidant, was identified from semi-purified aqueous fractions of the tropical fruit star apple, Surinam cherry, and jaboticaba.ⁱⁱ Recent research findings concluded that specific compounds in Wild Blueberries called proanthocyanidins or condensed

tannins may be effective inhibitors of the promotion stage of cancer.ⁱⁱⁱ Additionally, the research indicated that the same compounds might have antiadhesion properties that could play a role in preventing urinary tract infections.

Antioxidants



Antioxidants are substances that may protect cells from the damage caused by unstable molecules known as free radicals. Free radical damage may lead to cancer. Antioxidants interact with and stabilize free radicals and may prevent some of the damage free radicals otherwise might cause. Antioxidant vitamins play crucial, beneficial roles in the prevention of disease, aging, and the battle against free radicals.

*Selenium is a mineral, not an antioxidant nutrient.
However, it is a component of antioxidant enzymes.*

The first large randomized trial on antioxidants and cancer risk was the Chinese Cancer Prevention Study, published in 1993. This trial investigated the effect of a combination of beta-carotene, vitamin E, and selenium on cancer in healthy Chinese men and women at high risk for gastric cancer. The study showed a combination of beta-carotene, vitamin E, and selenium significantly reduced incidence of both gastric cancer and cancer overall.^{iv}

Antioxidants are important in terms of their ability to protect against oxidative cell damage that can lead to conditions like Alzheimer's, cancer and heart disease - conditions also linked with chronic inflammation. The key of course though is to be eating these berries in their raw, whole fruit form rather than trying to eat processed berries or drink fruit drinks made from berries. In order to get the healing phytonutrients, you must get the berries in the freshest form possible -- that means ideally no processed berries, just raw berries, right off the bush or straight from the grocery store.

A half-cup of blueberries every day may be a preventative measure to consider for preventing Urinary Tract Infections.^v

Plants are pharmaceutical factories, but unlike human-built pharmaceutical factories, when edible plants create healing phytochemicals they are precisely the compounds that your body needs to be healthy, and they are **available without the negative side effects that are frequently associated with prescription drugs**. Compared to other fruit sources, berries offer the highest content of antioxidants and phytochemicals for fighting disease. Berries are also rich in many vitamins and minerals, including calcium, magnesium and zinc -- minerals that are frequently deficient in the diets of most Americans.

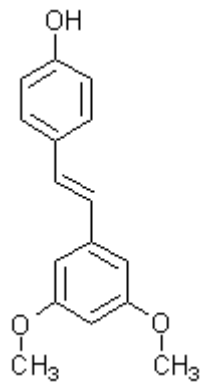
Pterostilbene, an antioxidant found in blueberries, has shown promise as a putative protective agent against colon cancer in animals, according researchers from Rutgers University and the US Department of Agriculture. Dr. Bandaru Reddy from Rutgers said, "This study underscores the need to include more berries in the diet, especially blueberries," says Reddy, "Although the blueberry compound won't cure colon cancer, it **represents a potential new and attractive strategy for preventing the disease naturally.**"

Pterostilbene from grapes can be used to fight cancer and combat diabetes, according to US scientists. US Department of Agriculture researcher Dr. Agnes Rimando and her colleagues have identified pterostilbene in grapes.^{vi} Pterostilbene, resembles resveratrol, another antioxidant identified in grapes and red wine that has previously been linked with cancer prevention, but pterostilbene also displays antidiabetic properties. "Pterostilbene itself is not a new compound, it's been known in the scientific literature for some time, but in our studies we have discovered new activity as a potential cancer-preventive agent for the first time," says Dr. Rimando.

Pterostilbene prevented a type of cell damage that is normally induced by cancer-causing agents. Moreover, earlier studies had revealed that pterostilbene is toxic to human breast cancer cells.

Pterostilbene can also lower blood glucose and may be a potent antidiabetic agent. In at least one study, plasma glucose levels in rats with high blood sugar could be reduced by 42%, which is comparable with another antidiabetic agent, metformin. "My study is saying that there's another compound in grapes with equal cancer-fighting power as resveratrol, but which has antidiabetic properties as well," says Rimando. "The compound has always been in grapes, but no one has paid much attention to it."

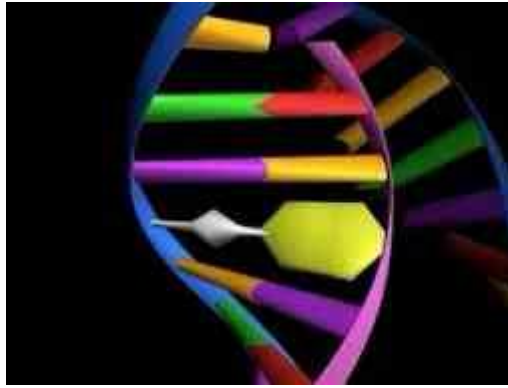
Chemically, pterostilbene and resveratrol are phytoalexins. Plants seem to produce these compounds when they are exposed to ultraviolet light, certain chemical and physical stresses, **and fungal infection**. Pterostilbene is about 60 to 100 times stronger an antifungal agent than resveratrol, which farmers may be able to exploit in a natural product fungicide in the future. Dark-skinned grapes (such as red and blue-black) are likely to contain the most pterostilbene, while green grapes (white grapes) probably contain less, Rimando says.



The pterostilbene molecule.

Blueberries are strong in terms of antioxidant content: they are high in flavonoids and are known to help protect against prostate cancer, urinary tract infections and cataracts. They are also known to protect against brain damage from strokes and heart disease. Cranberries are perhaps best known for preventing urinary tract infections, but they have also been shown to prevent breast cancer and reduce stomach ulcers. Cranberries can also be used to help decrease LDL cholesterol levels. Strawberries are high in antioxidants and vitamin C. They are known to fight heart disease and provide a number of vitamins and minerals that support overall human

health. Raspberries are known for their ability to fight cancer thanks to the phytochemical content and abundant supply of vitamins and minerals.



The primary site of free radical damage is the DNA found in the mitochondria. Mitochondria are small membrane-enclosed regions of a cell which produce the chemicals a cell uses for energy. Mitochondria are the "energy factory" of the cell. Every cell contains an enormous set of molecules called DNA which provide chemical instructions for a cell to function. This DNA is found in the nucleus of the cell, which serves as the "command center" of the cell, as well as in the mitochondria. The cell automatically fixes much of the damage done to nuclear DNA. However, **the DNA in the mitochondria cannot be readily fixed.**

Free radicals lead to random biological damage, they lead to deterioration of cell membranes, to disruption of the mitochondria, to the over decline of the biological environment. The collective total of free radicals can be imagined as a fire that can flash out of control through the body, they can literally burn down the house. The heavy metals act as sparks igniting the fire that burns through our defenses.

Heavy metals multiply free radicals chain reactions by a factor of thousands to millions of times. This is why it is so important to remove toxic metals through chelation.

Cell membranes are made of unsaturated lipids. The unsaturated lipid molecules of cell membranes are particularly susceptible to this damaging free radicals process and readily contribute to the uncontrolled chain reaction. Oxidative damage, another name for the chemical reaction that free radicals cause, can lead to a breakdown or even hardening of lipids, which makeup all cell walls. If the cell wall is hardened (lipid

peroxidation) then it becomes impossible for the cell to properly get its nutrients.

Free Radicals

*The more toxic metals in your body,
the higher the free radical activity.*

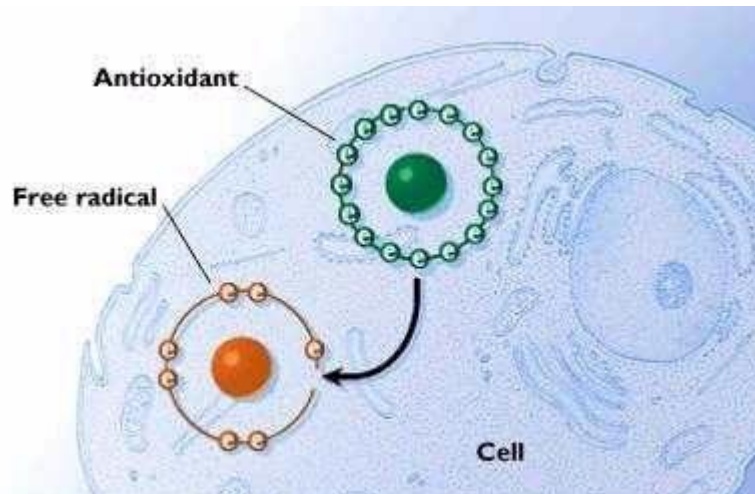


Free radicals are highly reactive compounds.

Free radicals are highly reactive compounds that are created in the body during normal metabolic functions or introduced from the environment. Free radicals are inherently unstable, since they contain “extra” energy. To reduce their energy load, free radicals react with certain chemicals in the body, and in the process, interfere with the cells’ ability to function normally. Antioxidants work in several ways: they may reduce the energy of the free radical, stop the free radical from forming in the first place, or interrupt an oxidizing chain reaction to minimize the damage caused by free radicals.^{vii}

A "free radical" is any atom or molecule which has an "unpaired electron" in the outer ring. An "unpaired electron" will also always mean that there is an odd number since "pairing" of electrons goes by 2s.

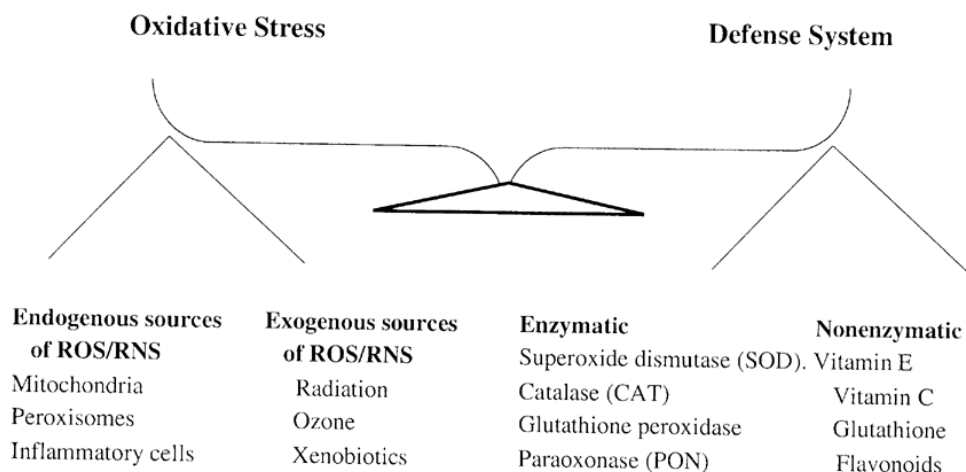
Free radicals are tremendously volatile molecules. When they are in the company of oxygen, they merge haphazardly with unsaturated fats to form peroxides. These peroxides cause grave, irreversible destruction to cells and the protective membrane linings that surround them. Once an atom has fewer electrons, with a negative electrical charge, than protons, with a positive electrical charge, this atom now has more positive electrical charge than negative electrical charge - we therefore say that this atom is, itself, positively charged. Because it is positively charged it attracts any available electron, with its negative charge. Opposites attract.



Antioxidants block the process of oxidation by neutralizing free radicals. In doing so, the antioxidants themselves become oxidized. That is why there is a constant need to replenish our antioxidant resources.

Molecules with incomplete electron shells which make them more chemically reactive than those with complete electron shells.

Oxygen, although essential to life, is the source of the potentially damaging free radicals. Free radicals are also found in the environment. Environmental sources of free radicals include exposure to ionizing radiation (from industry, sun exposure, cosmic rays, and medical X-rays), ozone and nitrous oxide (primarily from automobile exhaust), heavy metals (such as mercury, cadmium, and lead), cigarette smoke (both active and passive), alcohol, unsaturated fat, and other chemicals and compounds from food, water, and air.



The body produces several antioxidant enzymes, including superoxide dismutase (SOD), catalase, and glutathione peroxidase, which neutralize many types of free radicals. In addition to enzymes, many vitamins and minerals act as antioxidants in their own right, such as vitamin C, vitamin E, beta-carotene, lutein, lycopene, vitamin B2, coenzyme Q10, and cysteine (an amino acid). Herbs, such as bilberry, turmeric (curcumin), grape seed or pine bark extracts, and ginkgo can also provide powerful antioxidant protection for the body.

Every food mentioned in Survival Medicine improves stamina, sexual energy, clarity of thought, and reduces addiction to things that are bad for us. These are just some of the **natural consequences of winning the war against free radicals**. Health is the result, happiness, giving us enough grace to enjoy the good things in life.

Cherries



When cherry growers tried to enlighten the public about scientific studies showing that nutrients contained in cherries have significant health benefits the FDA went on a witch-hunt. Even the fact that the growers used evidence from studies funded by the U.S. Department of Agriculture, to state that cherries have anti-inflammatory properties did not stop the FDA from threatening to send in their storm troopers. The FDA ruled that the cherry growers could not use that evidence to make these claims. Instead, the FDA approves dangerous anti-inflammatory drugs that have taken the lives of hundreds of thousands of Americans. According to the FDA, when cherry companies disseminate this information, the cherries become unapproved drugs subject to seizure. The FDA warns that if those involved in cherry trafficking continue to inform consumers about these scientific studies, criminal prosecutions will ensue.

Legally, only a medical doctor can claim to cure a disease even though it is known that modern medicine is not able to cure any chronic illness, being involved more in symptom management than anything else.

Pharmaceutical drugs do not cure or reverse anything but they do a good job of poisoning our mitochondria. For most people if it isn't a dangerous poisonous drug it's not good for anything. After all strong effective drugs are supposed to have dangerous side effects; unbelievably for some this is the measure of a drug's effectiveness.

Interestingly, the FDA is not denying the veracity of this information. Instead, it insists that a new drug application has to be approved before the public can be informed about the scientific data supporting cherries. The FDA also asserts, without any basis, that cherries "have not been recognized as safe and effective when used as labeled." **Because of the FDA's censorship of truthful health claims, millions of Americans have suffered with diseases and other health care problems they may have avoided by using antioxidant fruits and other helpful substances.** The FDA and pharmaceutical companies are being especially nasty scaring people away from taking antioxidants. The latest attack against antioxidants emblazoned across headlines is from a convoluted statistical review published in the February 28, 2007 edition of JAMA (Journal of the American Medical Association). Below are some of the claims and testimonials that launched the medical guestpo into action:

A patient recently stopped taking drugs for arthritis pain not long after he began eating 50 tart cherries a day. It was very dramatic. Within two days the pain was gone. There are many beneficial compounds in tart cherries that help relieve the pain of arthritis and gout. Many people are discovering that tart cherry juice and other cherry products can stave off pain.

Ellagic acid, a potent anti-carcinogen, is found in blueberries. Ellagic acid has been shown in laboratory tests to shrink colon and esophageal cancer.

Melatonin is found in extremely high quantities in tart cherries, whose presence could have a wide range of health benefits including preventing cancer by acting as a powerful antioxidant.

Blueberries contain folic acid which many help protect against cervical cancer.

One study showed mangosteen extract was a more potent anti-inflammatory agent than several prescription anti-inflammatory medications currently used for arthritis and gout.

Açaí berry



With 10 times the antioxidants of grapes and twice the antioxidants of blueberries, the Brazilian Açaí berry (AH-sci-EE) is considered to have the best nutritional value of any fruit on earth. The health benefits are simply amazing. With the symmetry of a grape and the size of a giant blueberry, the Açaí fruit tastes a bit like wild raspberry with a hint of grape. Most people have trouble putting their finger on the taste because it's so different.

The Açaí Berry is a dense source of anthocyanins. Açaí Berry's ORAC value (a measure of its antioxidant properties), **is higher than any other edible berry** on the planet. The remarkable concentration of antioxidants also helps combat premature aging. Anthocyanins help in the combat of cholesterol and the free radicals. You already heard that a cup of red wine per day makes well to the heart? It is due to the anthocyanins of the grape. It is not by chance that the color of açaí is similar to red wine; however açaí has 33 times more anthocyanins than the grape.

Described by the US Health Sciences Institute as “nature’s perfect food” it contains anthocyanins, important fatty acids, high levels of vitamins A and C, fibre, iron and calcium. The pulped blue/black berries are mixed with guarana, banana and served up as an ice-cream type treat. The fruit is a small berry, deep purple in color and about the size of a cherry. You can have açaí as a juice but its best served like a semi frozen

sorbet. Most juice bars buy it as a pulp. Great for hot summer days on the beach when you don't feel like eating something heavy.

Eating great amounts of these types of fruits provides the most wonderful way to extinguish raging fires of oxidative stress.



Imagine fasting on this!

Many people have had a bad first introduction to fasting. And although there is a vague knowledge that fasting is good; after all, Jesus fasted; first impressions have been less than favorable. Even a few hours without food can cause some people headaches and discomfort. With long term fasts doing all kinds of crazy things to our tongues, as our breath becomes foul, as weakness and dizziness set in, we run as quickly as possible back to the comfort of what we know best, industrial junk food. It does not have to be this way and a fruit fast on delicious high oxidant fruits is about a thousand times easier for the average person than doing pure water fasts.

Special Relationship between Bicarbonate and Carbohydrates in Cancer Treatments

If a patient is dying of cancer they have no cellular energy, no ATP. The quickest energy source is sugar, which will increase cellular energy in 15 seconds. When treating cancer patients with sodium bicarbonate it is crucial to ignite cellular energy via increased ATP production and nothing will do that faster than carbohydrates.

Dr. Tullio Simoncini says, "it will blow your mind about how the simple addition of sugar, will increase the cellular energy" and he states

that sugar **will increase the availability of sodium bicarbonate to the cancer**. He advised to ignore all dietary recommendations about sugar (in regard to with fungus invasions) because the bicarbonate is going to kill the fungi, before it can grow more and progress in its damage.

Though Dr. Simoncini stated that plain white sugar is good enough, and just get it into them however way it can be done, imagine the humongous difference between using something like white sugar and super rich antioxidant fruits like Açai which are also high in natural carbohydrates. This hi sugar intake will only be going on for the approx 48 days of his treatments, and can be readjusted down after that. In diabetics, it can be balanced with careful simultaneous provision of insulin so as not to go too hi.

Açai is very rich in carbohydrates. Aside from being considered one of richest foods in iron, açai is also rich in fibres, being indicated for aged people and/or with badly functioning of the digestive system. The wealth in lipids gives to its juice a superior energy value two times to the one of milk. Açai contains high amounts of vitamin E, is high in protein, potassium, calcium, vitamin B12 and are very high in pigment anthocyanins (violet purple color).



The Acai Berry is truly a wonderful plant. Acai Berries grow on an Amazon Palm Tree and have been prized for hundreds of years by Brazilian natives for their ability to provide a sense of strength, energy, and a high nutritional content. Acai Berries are high in essential fatty acids & omegas -- 60% Oleic (omega 9) - a monounsaturated essential fatty acid which helps to lower LDL (harmful cholesterol), while maintaining HDL (beneficial cholesterol). 12% Linoleic (omega 6) - a polyunsaturated essential fatty acid which has also been found to lower LDL, while maintaining HDL. Acai also contains many valuable Phytosterols. Sterols are compounds of plant cell membranes providing numerous benefits to the Human body, namely the reduction of blood plasma cholesterol.

Linoleic Acid is the primary Omega 6 fatty acid. **A healthy human with good nutrition will convert linoleic acid into gamma linolenic acid (GLA)**, which will later be synthesized, with EPA from the Omega 3 group, into eicosanoids. Some Omega 6s improve diabetic neuropathy,

rheumatoid arthritis, PMS, skin disorders (e.g. psoriasis and eczema), and aid in cancer treatment. In the body, GLA is normally derived from LA and serves as an intermediary for the formation of longer-chain fatty acids and eicosanoids. Eicosanoids are short-lived hormone-like substances which fulfill numerous vital roles, ranging from control of inflammation processes and vascular tone to initiation of contractions during delivery.

Cancer & Gamma-Linolenic Acid (GLA)

Essential fatty acids such as gamma linolenic acid are converted to hormone-like substances known as eicosanoids and prostaglandins that act as messengers involved in reproduction and in inflammatory response.

In 2005 Northwestern University revealed a valuable means by which an inexpensive herbal medicine might regulate breast cancer cell growth, metastasis formation and response to chemotherapies and endocrine therapies. Dr. Ruth Lupu and Dr. Javier A. Menendez published their research in the Journal of the National Cancer Institute, **and found that** treating cancer cell lines with GLA led to reduced cancer growth.

GLA, a substance in evening primrose oil and Spirulina, inhibits action of Her-2/neu, a cancer gene that is responsible for almost 30 percent of all breast cancers.¹

Gamma-linolenic acid (GLA) is an essential fatty acid (EFA) in the omega-6 family that is found primarily in plant-based oils. EFAs are essential to human health but cannot be made in the body. For this reason, they must be obtained from food. EFAs are needed for normal brain function, growth and development, bone health, stimulation of skin and hair growth, regulation of metabolism, and maintenance of reproductive processes. GLA may assist nerve function and help prevent nerve disease experienced by those with diabetes (called peripheral neuropathy and felt as numbness, tingling, pain, burning, or lack of sensation in the feet and/or legs).¹



Borage seed oil and black currant seed oil contain higher amounts of GLA -- 20% to 26% for borage; 14% to 19% for black currant. Though studies have not been done on other dark berries mentioned in this chapter it is more than likely that all of these purple black berries have similar nutritional profiles though variations will be seen from one type of berry to another.

Treatments of Her-2/neu–overexpressing cancer cells with GLA and the anti–Her-2/neu antibody trastuzumab led to synergistic increases in apoptosis and reduced growth and colony formation.

“Breast cancer patients with Her-2/neu-positive tumors have an aggressive form of the disease and a poor prognosis,” said Dr. Ruth Lupu, director of Evanston Northwestern Healthcare Breast Cancer Translational Research Program, who led the study, published in the Nov. 2 issue of the Journal of the National Cancer Institute. Dr. Lupu is professor of medicine at Northwestern University Feinberg School of Medicine and a researcher at The Robert H. Lurie Comprehensive Cancer Center of Northwestern University.

The study showed that treating cancer cells that overexpressed Her-2/neu with GLA not only suppressed protein levels of the oncogene, but also caused a 30- to 40-fold increased response in breast cancer cells to the drug Herpetin™ (trastuzumab), a monoclonal antibody that is used for the treatment of many women with breast cancer. “In our tests, treating the cancer cell lines with both GLA and Herceptin led to a synergistic increase in apoptosis [cell death] and reduced cancer growth. Therefore, although further studies are necessary before GLA can enter clinical trials, these findings may reveal a previously unrecognized way of influencing the poor outcome of Her-2/neu-positive cancer patients,” Dr. Lupu said.

GLA exerts selective toxic effects on cancer cells without affecting normal cells. Dr. Menendez's earlier research showed that supplementation with GLA sensitizes breast cancer cells to some chemotherapeutic drugs, such as paclitaxel (Taxol™), docetaxel (Taxotere™) and vinorelbine (Navelbine™). Lupu and Menendez recently demonstrated that GLA also enhances the efficacy of anti-estrogens, such as tamoxifen and Faslodex™.

Grapes



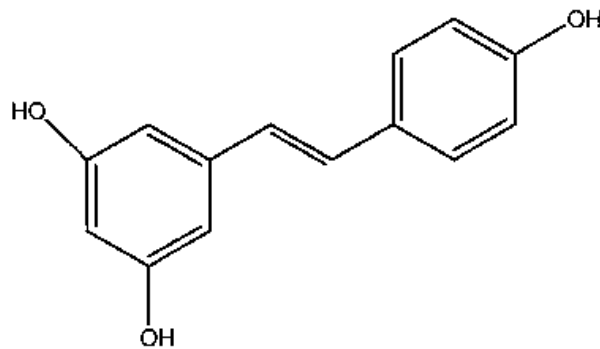
There are between 40 and 50 different varieties of grapes that come in a rainbow of greens, whites, reds and purples. Grapes fill the mouth with an explosion of delicious flavors. Grapes are an excellent source of potassium, which encourage an alkaline blood balance and also stimulate the kidneys and regulate heartbeat. The restorative power of grapes is phenomenal, cleansing the liver and removing the uric acid from the body. In France, many people go on a grape fast during harvest time. Studies have shown a lower incidence of cancer in the areas of France where this grape fast is practiced yearly.

Grapes are the most over-sprayed of all the fruits; therefore, wash thoroughly. Always look for a faint, powdery appearance, indicating blooming. A grape bunch should have a few grapes either falling off or mushy. The stems should not be shriveled, but green looking. Grapes keep for a week in the refrigerator. Raisins are also a wonderful, healthy candy and a good source of iron.

If the only food you ate was grapes (i.e. the Brandt Grape Cure of the 1920s), for example, then your body (i.e. your cancer cells) would have nothing to eat except grapes. In the Brant Grape Cure the cancer patient (i.e. the cancer cells) has nothing to eat except grapes for up to several

weeks. It by itself is known to some to be a very, very effective cancer treatment.

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Resveratrol

Resveratrol is better known substance found in grapes that has been widely studied. Resveratrol is a naturally occurring phytoalexin **produced by some higher plants in response to injury or fungal infection**. Phytoalexins are chemical substances produced by plants as a defense against infection by pathogenic microorganisms, such as fungi. Alexin is from the Greek, meaning to ward off or to protect and that is exactly what it seems to do for us humans. Epidemiological, in vitro and animal studies suggest that a high resveretrol intake is associated with a reduced incidence of cardiovascular disease, and a reduced risk for cancer.

The enzyme called CYP1B1 found in many cancer cells converts resveratrol into a chemical called piceatannol that kills the cancer cell.

A study published in the December 2003 issue of Hypertension sheds new insight on the mechanisms of action through which resveratrol inhibits endothelin-1 (ET-1). Resveratrol appears to work at the genetic level,

preventing the strain-induced expression of a gene that directs the production of the potent blood vessel constrictor ET-1. Normally, ET-1 is synthesized by endothelial cells (the cells comprising the lining of blood vessel walls) in response to free radicals formed as a result of strain or stress. Resveratrol prevents the expression of ET-1, at least in part, by significantly lessening free radical formation, thus preventing the production of the agents that, in turn, activate the signaling pathways that control the creation of ET-1.

What made resveratrol quite popular was a November 2006 study that reported mice lived longer when given a resveratrol supplement.

Researchers have found anti-cancer and immune-stimulating effects with resveratrol. In a number of mostly in vitro studies, resveratrol has demonstrated an ability to inhibit tumor initiation, promotion and progression. Some of its antiproliferative activity is attributed to its observed ability to inhibit ribonucleotide reductase and DNA synthesis in mammalian cells. It has been shown to induce apoptotic cell death in human leukemia cell lines, as well as in some breast carcinoma cells.

Resveratrol (trans-3,5,4'-trihydroxystilbene) is a protective compound produced by grapes and other plants in response to environmental stresses.

Its antiestrogenic activity is also believed to play a role in its inhibition of human breast cancer cells in vitro. A partial estrogen-receptor agonist itself, resveratrol is believed by some researchers to be an estrogen-receptor antagonist in the presence of estrogen, resulting in breast cancer inhibition. Resveratrol has also shown activity against herpes simplex virus types 1 and 2 in a dose-dependent manner. It appears to disrupt a critical early event in the viral reproduction cycle.

Resveratrol-induced cellular apoptosis and cell cycle arrest in neuroblastoma cells and antitumor effects on neuroblastoma in mice.^{viii}

Resveratrol displayed potent antifungal activity against human pathogenic fungi at concentration levels of 10-20 microg/mL. Furthermore, time-kill curve exhibited **fungicidal effect of resveratrol on Candida albicans**, but the compound had no hemolytic activity against human erythrocytes. The destruction of C. albicans cells by resveratrol was confirmed by scanning electron microscopy.^{ix} Thus it should be no surprise that **resveratrol has the ability to suppress proliferation of a wide variety of tumor cells**, including lymphoid and myeloid cancers; multiple

myeloma; cancers of the breast, prostate, stomach, colon, pancreas, and thyroid; melanoma; head and neck squamous cell carcinoma; ovarian carcinoma; and cervical carcinoma.^x

Red wine has about 1.5 to 3 milligrams of resveratrol per liter.

Resveratrol, as well as the other polyphenols in wine, is thought to account in large part for the so-called French Paradox. The French Paradox—the finding that the rate of coronary heart disease mortality in France is lower than observed in other industrialized countries with a similar risk factor profile—has been attributed to frequent consumption of red wine.

Resveratrol has potent antioxidant activity and also has the ability to inhibit platelet aggregation. These actions may help prevent free radical damage throughout the body.



Raspberries have 10 times more antioxidants than tomatoes or broccoli.

Resveratrol has several activities that may account for its possible cardioprotective action. These include inhibition of the oxidation of low-density lipoprotein (LDL), inhibition of smooth muscle cell proliferation and inhibition of platelet aggregation. Resveratrol's antioxidant activity may play an important role in its possible cardioprotective action. Above, was mentioned its ability to inhibit the oxidation of LDL. Resveratrol also has been found to exert a strong inhibitory effect on superoxide anion and hydrogen peroxide production by macrophages stimulated by lipopolysaccharides or phorbol esters. It also has been demonstrated to decrease arachidonic acid release induced by lipopolysaccharides or phorbol esters, or by exposure to superoxide or hydrogen peroxide. It has hydroxyl-radical scavenging activity and has recently been found to possess glutathione-sparing activity.

In cell culture experiments, resveratrol prevented influenza from replicating.^{xi}

In a rat study of the effect of resveratrol on ischemia-reperfusion, it was found that the substance had a dramatic effect against ischemia-reperfusion-induced arrhythmias and mortality. Resveratrol pretreatment both reduced the incidence and duration of ventricular dysrhythmias, including ventricular tachycardia and ventricular fibrillation. Resveratrol pretreatment also increased nitric oxide and decreased lactate dehydrogenase levels in the carotid blood. In this example, the cardioprotective effect of resveratrol may be correlated with its antioxidant activity, upregulation of nitric oxide synthesis and protection against endothelial dysfunction.

Resveratrol has a novel non-steroidal anti-inflammatory activity that may have applications for the treatment of inflammatory diseases. It has showed anti-inflammatory effects in lung epithelial cells.^{xii}

Resveratrol has demonstrated inhibition of growth of several cancer cell lines and tumors, suggesting that it has an inhibitory effect on cancer promotion/progression. It has been found to inhibit ribonucleotide reductase, DNA polymerase, the transcription of COX-2 in human mammary epithelial cells and the activity of ornithine decarboxylase. Ornithine decarboxylase is a key enzyme of polyamine biosynthesis, which is enhanced in tumor growth.

After 18 min of heating at 190 degrees C, between 17 and 46% of the resveratrol had degraded.

Graviola



Graviola (*Annona muricata*) - Some of the active ingredients documented, researched, and verified in graviola are a group of Annonaceous Acetogenins which are only found in the Annonaceae family to which graviola belongs. These phytochemicals are being researched and patented around the world for their active biological properties and potential uses. In an 1976 plant screening program by the National Cancer Institute, the leaves and stem of Graviola showed active cytotoxicity against cancer cells and researchers have been following up on this research ever since.

Much of the research on Graviola focuses on a novel set of phytochemicals called annonaceous acetogenins. The potent antitumor, pesticidal and/or insect antifeedant properties of these annonaceous acetogenins have been reported and patented. Graviola produces these natural compounds in leaf, bark and twig tissues, and they have been documented to possess both highly anti-tumor and pesticidal properties.

Three separate research groups have isolated novel compounds in the seeds and leaves of Graviola which have demonstrated significant anti-tumorous, anticancerous and selective toxicity against various types of cancer cells. One study demonstrated that an acetogenin in Graviola was selectively cytotoxic to colon adenocarcinoma cells in which it had 10,000 times the potency of adriamycin (a chemotherapy drug).



GRAVIOLA ANTICANCER FRUIT

Medicinal Properties of Graviola: Anti-bacterial, Anti-cancerous, Anti-tumorous , Astrigent, Cancer, Cytotoxic, Febrifuge, Hypotensive, Nervine, Pectoral, Piscicide, Sedative, Stomachic, Vasodilator, Vermifuge.

The Annonaceous acetogenins discovered in graviola thus far include: annocatalin, annohexocin, annomononin, annomontacin, annomuricatin A & B, annomuricin A thru E, annomutacin, annonacin, annonacinone, annopentocin A thru C, cis-annonacin, cis-corossolone, cohibin A thru D, corepoxylone, coronin, corossolin, corossolone, donhexocin, epomuricenin A & B, gigantetrocin, gigantetrocin A & B, gigantetrocinone, gigantetronenin, goniiothalamycin, iso-annonacin, javoricin, montanacin, montecristin, muracin A thru G, muricapentocin, muricatalicin, muricatalin, muri-catenol, muricatetrocin A & B muricatin D, muricatocin A thru C muricin H, muricin I, muricoreacin, murihexocin 3, murihexocin A thru C, murihexol, murisolin, robustocin, rolliniastatin 1 & 2, saba-delin, solamin, uvariamicin I & IV, xylomaticin.^{xiii}

Graviola has a long history of use by Indigenous people of the Amazon Basin who use all parts of the Graviola tree -the bark, leaves, roots, fruits and seeds -for various ailments. For example, the fruit and seeds are used for intestinal health, namely to eliminate intestinal parasites and for stomach and bowel discomforts.

*Another Brazilian fruit that is already being used over here is **acerola**, or the Barbados cherry. It has a citrus taste and packs a punch with at least ten times as much vitamin C as an orange, gram per gram.*

Fruit Fasting



"I fast for greater physical and mental efficiency" - Plato

<http://www.superfruits.org/components/>

<http://www.superfruits.org/benefits/>

There are many types of fasts: There is the water fast, the fruit fast, the rice fast, the juice fast, wheatgrass and barley juice fasts, spirulina fasts and the grapefruit fast. We even have people who recommend a fast without water for the first week of a radical fasting program but this is medically insane and to be avoided like the plague because of hydration and toxicity issues. The most stringent form of fasting is taking only water; but a more liberal form of fasting includes the use of fresh juices made from fruits and vegetables as well as herbal teas. All of these limited diets generate varying degrees of detoxification—that is, elimination of toxins from the body.

A liquid fast gives the body the best opportunity to detoxify and regenerate.

Dr. Evert Loomis says, "Fasting is the world's most ancient and natural healing mechanism. Fasting triggers a truly wondrous cleansing process that reaches right down to each and every cell and tissue in the body. Within 24 hours of curtailing food intake, enzymes stop entering the

stomach and travel instead into the intestines and into the bloodstream, where they circulate and gobble up all sorts of waste matter, including dead and damaged cells, unwelcome microbes, metabolic wastes, and pollutants. All organs and glands get a much-needed and well-deserved rest, during which their tissues are purified and rejuvenated and their functions balanced and regulated. The entire alimentary canal is swept clean. By rebuilding immunity, health is naturally restored and disease disappears.”

Fasting for the alleviation of human suffering has been practiced uninterruptedly for 10,000 years.

Fasting is a process that facilitates the body's healing mechanisms. It is a gift to an overburdened body. It is extremely effective in creating an internal environment where the body can do what it does best--heal itself. After fasting, the body is more efficient. Digestion is better due to a cleaner colon. The colon walls have been cleansed of impacted feces, (colon cleanse is a vital part of any fasting detox program) allowing improved absorption of nutrients. The good news is that greater efficiency equals enhanced energy. Healthy people burn more calories. They also eat less because they are more active and feel better about themselves. They don't need food as a security blanket.

Fasting increases the process of elimination and the release of toxins from the colon, kidneys and bladder, lungs and sinuses, and skin.

This process can generate discharge such as mucus from the gastrointestinal tract, respiratory tract, sinuses, or in the urine.^{xiv}

Dr. Elson M. Haas

All organs and glands get a much-needed and well-deserved rest, during which the tissues are purified and rejuvenated and the functions balanced and regulated. The entire alimentary canal (stomach, small intestines, and large intestine/colon) is swept clean, and what comes out the lower end should astonish and disgust the first-time colon cleanser/faster sufficiently to make fasting coupled with colon cleansing irrigations a lifelong habit. Perhaps the most important benefit of fasting is that it thoroughly cleans and purifies the bloodstream.

A. J. Carlson, Professor of Physiology, University of Chicago, states that a healthy, well-nourished man can live from 50 to 75 days without food, provided he is not exposed to harsh elements or emotional stress.

The ancient Greeks fasted for health and longevity, and were known for their robust physical health. Galen, Paracelsus and Hippocrates, who are recognized as the founding fathers of Western medicine, prescribed and practiced fasting for all serious ailments. Pythagoras required his students to fast for 40 days to purify body and mind prior to receiving his highest teachings. Plato and Aristotle fasted regularly to enhance physical health and stimulate mental powers.

I was horror-stricken when, five weeks later, I discovered accidentally my breast tumor had grown to the size of an egg and had grown into the skin. Only cancer acts in this way. The usual treatment of cancer is only a make-shift, since we do not know the cause of cancer. I decided at once that I should not submit to that treatment. But what then? **I simply had to take some serious steps; otherwise I would soon die of cancer.** I felt it almost natural that I should have to live on a 100 percent raw vegetable and fruit diet. With my own life at stake, I was forced to prove the value of consistent diet of this kind. I started immediately, going to a small island in the Kattegat where I lived in a tent, ate raw vegetables exclusively and sunbathed from four to five hours a day when weather permitted.
Dr. Kristine Nolfi

The human body has many ordinary modes of achieving elimination: the liver, lungs, kidneys, colon, etc. When these are overloaded, the body will resort to "extra ordinary" methods of elimination: boils, mucous and other discharges, sweats, vomiting, diarrhea, and many others. Should elimination be impossible or uneconomical of body energy, the toxic overload will go into storage forms in the joints, vessels, muscles, organs; almost any tissue in the body. While fasting, the body is highly conservative of its energy and resources. During this deep and profound rest, toxin intake and production are reduced to a minimum while autolysins and elimination proceed unchecked. Anabolic processes such as tissue and bone healing also proceed at a maximal rate during the fast.

Nature's remedy for all diseases and there are few exceptions to the rule. When you feel sick, fast. Do not wait until the next day, when you will feel stronger, nor till the next week, when you are going away into the country, but stop eating at once.

Upton Sinclair

Fasting tends to control passion as it puts a check on our emotions. Fasting also controls the senses. It purifies the mind and the heart. Fasting overhauls the respiratory, circulatory, digestive and urinary systems. It eliminates (detoxifies and chelates) the impurities of the body. Fasting is one of the ten canons of yoga.

Animals instinctively fast when ill.

Just about everybody benefits from fasting. Even those who live a relatively healthy life-style still have toxins. Due to old and often bad nutritional habits, environmental pollutants, stresses and strains of life situations most of us suffer from toxic deposits throughout the body. With the elimination of these toxins, remarkable and sometimes incredible changes can and have occurred.

Many people have experienced and witnessed the complete reversal of so-called incurable diseases (like Psoriasis), the cessation of chronic migraines, the elimination of allergies and back problems, and dramatic relief from the discomforts and pains of rheumatic and arthritic sufferers etc. Even if you are relatively healthy, a fast is a wonderful preventative measure against aging and possible future ill-health.

Fasting provides a much-needed rest for the internal organs. The functions of restores and normalises glandular, metabolic and nervous-system functions; speeding up the elimination of morbid accumulations, toxic wastes and dead cells; accelerating new cell and tissue generation and enhancing cell-oxygenation.

During juice-fasting the body autolyzes - self-digests its own stored substances, re-synthesizing nutrients and eliminating toxins. Additionally, fruit and vegetable juices, alkalizing vegetable broth, and herbal teas all add vitamins, minerals and trace elements to the body, in addition to aiding detoxification. After the fast, the body is better able to digest food and is better at utilizing nutrients in the food. The organs have a new vitality - any sluggishness will have disappeared.

Fasting is a catalyst for change and an essential part of transformational medicine. It promotes relaxation and energization of the body, mind and emotions, and supports a greater spiritual awareness.

Dr. Elson M. Haas

In the body, the first stage of cleansing removes large quantities of waste matter and digestive residues. The first few days of a fast can be rough due to the quantity of waste passing into the blood stream. The tongue becomes coated and the breath foul as the body excretes waste through every opening. After the third day of the fast, there is often little

desire for food. The second stage is the cleansing of mucous, fat, diseased and dying cells, and the more easily removed toxins.

As a fast continues, the cleansing process becomes more thorough, it goes deeper and deeper into tissues. The last stage is the cleansing of toxins that have been accumulating in your cellular tissue from birth, and the microscopic tubes that carry vital elements to the brain. Cleansing of the last layer is only possible through a combination of juice fasting, water fasting, and a healthy diet high in raw foods.

To overcome a severe disease like cancer, it is important to continue through a series of fasts and not to ignore other powerful tools that will practically guarantee a cure. For cancer patients especially sodium bicarbonate IVs are indicated as well as intensive magnesium chloride treatments delivered transdermally each day as well as heavy iodine supplementation and of course natural chelation. The heavy metals will come out with long fasts but because they are often the actual cause of cancers and because they create so many problems for the cells it is best to deliberately chelate them from both sides of the blood brain barrier with concentrated nutritionally based substances like ALA (Alpha Lipoic Acid).

*One should drink all the water he possibly can while fasting;
only not taking too much at a time. I take a glass full
every hour, at least; sometimes every half hour.*

During extended fasts the body removes: dead, dying and diseased cells; unwanted fatty tissue, trans-fatty acids, hardened coating of mucus on the intestinal wall; toxic waste matter in the lymphatic system and bloodstream; toxins in the spleen, liver and kidney; mucus from the lungs and sinuses, imbedded toxins in the cellular fibers and deeper organ tissues; deposits in the microscopic tubes responsible for nourishing brain cells and excess cholesterol.

Nearly everyone who fasts, discovers the same thing, that when they fast they actually have no hunger and more energy than they normally have. It is indeed liberating to find out that if we let go and trust that we will be taken care of. Fasting is the simplest, easiest and most effective way to find out that we do indeed have the power and freedom to heal and take control of our bodies.

*Immediately after a fast the stomach is very weak, and can easily
be upset; also the peristaltic muscles are practically without power.
It is, therefore, important to choose foods which are readily digested.*

Coming off the juice "fast" is best done by eating lightly for a while. Fruit, fruit salads, vegetable soups, cottage cheese and other light foods are appropriate at this point.

Green Grasses of Mother Earth

When we talk about "green foods," we're referring to a group of foods that includes young cereal grasses like barley grass and wheat grass, as well as blue-green algae plants like spirulina and chlorella. Nutritionally, they are close cousins to dark green leafy vegetables, but offer far **greater levels of "nutrient density."** In other words, an ounce of these concentrated green foods contains much more of the beneficial phytonutrients found in an ounce of green vegetables.

Spirulina is a concentrated source of GLA, and a 10 gram serving has 235 mg. As a comparison, a daily dose of 500 mg of evening primrose oil has only 45 mg.

The results of many experimental studies show that green foods have marked beneficial effects on cholesterol, blood pressure, immune response and cancer prevention. Survival Medicine reserves a special place for these plants and features how they can be used for radical detox and **concentrated nutritional medicine.** Most of my personal experience is decades long use of spirulina and my recommended natural chelation formula Chelorex uses chlorella. The closing chapters of this section are all on spirulina which is easily integrated into a fruit fast program. Spirulina would be like the afterburners on a military jet, pour it into the juice and everything is intensified. One could use wheatgrass and barley grass juices if a person is willing to grow, harvest and juice them on a daily basis.

There is very little nutritional difference between wheat grass and barley grass, although both act exceptionally well as free radical scavengers that reduce inflammation and pain.

About the only thing wheat grass juice doesn't contain is a significant amount of calories.



Barley grass is an excellent source of nutrients that the body needs for growth, repair and well-being. A biologist named Yasuo Hotta from the University of California, La Jolla, found in barley grass a substance called P4D1. This substance not only has strong anti-inflammatory action but was shown to actually repair the DNA in the cells of the body. This aided in the prevention of carcinogenesis, aging, and cell death. He reported in a Japan Pharmacy Science Association meeting that P4D1 suppresses or cures pancreatitis, stomatitis, inflammation of the oral cavity, and dermatitis, and also lacerations of the stomach and duodenum.

Some people who try grass juice find that they just cannot tolerate wheatgrass juice perhaps because it is extremely detoxifying. These people may find that they can tolerate barley grass juice. It is milder, although quite bitter, compared to the sweetness of wheatgrass juice. Besides chlorophyll and a myriad of vitamins, minerals and enzymes, barley grass is said to have 30 times as much vitamin B1 as in milk, 3.3 times as much vitamin C, and 6.5 times as much carotene as in spinach, 11 times the amount of calcium in cow's milk, nearly five times the iron content of spinach, nearly seven times the vitamin C in oranges, four times the vitamin B1 in whole wheat flour, and 80 micrograms of vitamin B12 per 100 grams of dried barley plant juice.

An enzyme contained by barley grass is superoxide dismutase which protects the cells against toxic free radicals.

Detoxification is the best method for the healing and recovery of your body. **Juice fasting is amazing for detoxification because of the antioxidant, cleansing power of freshly made juices.** From cancer to heart disease, detoxification through fasting needs to be the first defense against disease. You can achieve the same result with a juice fast as you can with water but juice fasting (juice diet) is usually safer. It takes longer time to get the same results, but it gives milder detox reactions, and you don't have to be confined to a bed. Water fasting used to be the absolutely best solution for diseases, but with today's bad air, deficient foods, toxic environments - this is no longer true.

Juice fasting works best because:

Removes Toxins – Eliminates life-robbing toxins that hinder the body's God-given recuperative abilities.

Increases Nutrients – Floods the body with nutrients that energize the body's natural regenerative abilities.

Juice fasting is commonly used (rather than water) as a mild and effective cleansing plan; this is suggested by doctors and many of the European fasting clinics. Fresh juices are easily assimilated and require minimum digestion, while they supply many nutrients and stimulate our body to clear its wastes. Juice fasting is also safer than water fasting, because it supports the body nutritionally while cleansing and probably even produces a better detoxification and quicker recovery.

Fasting on water has become a near impossible exercise for a body that has been fed on the modern diet. It's hard to tell this to someone who believes juice fasting is a compromise, cheating, not real fasting. But I can tell you juice fasting is as rigorous today as water fasting was in Christ's day.^{xv}

Ron Lagerquist
author Fasting to Freedom

“Cells are like tiny sponges; they absorb what you breathe, eat, drink and apply to your skin. Over the years of poor eating and exposure to environmental toxins, there is a buildup within the body. During water fasting, these toxins are released at a rapid rate creating great discomfort. Water fasting becomes a hellish experience where more time is spent gagging on toxins than enjoying deepened fellowship with God. The juice of fruits and vegetables are filled with healing and cleansing properties that allow the body to gently and safely detoxify. Juice fasting can become an effective stepping-stone to water fasting,” continues Lagerquist who goes on to say, “Juice fasting has a greater ability to encourage healing compared to fasting on water. Juice fasting cleanses the body while supplying a remarkable increase in vitamins, minerals and enzymes. Cancer cells, toxins, built-up chemicals, excess body fat, transformed fatty acids, impacted mucus in the bowel, sickness and disease are all dramatically impacted.”

A strong immune system will defend you from many health problems, including cancer. There are many ways to strengthen the immune system, and one of the best is to drink a lot of fresh fruit and vegetable juices.

These juices are concentrated nutrition in a form that is easily assimilated by the body. Common advice for cancer patients is to drink one glass of freshly made juice each waking hour of the day.

Juice fasting is safe and can allow the body to clean itself of toxins while greatly improving conditions for health. A benefit is that your energy level is high because you are receiving sufficient nutrients from the juices, so you can carry out normal activities. A juice fast takes some burden off the digestive system and frees up some energy for accelerated healing though a water fast does much better in that regard. Also, juices can make available extra quantities of nutrients that a person might lack. Juices are easy to assimilate and take hardly any digestive energy from the body, allowing the body to put more energy into healing and rejuvenation. Packed with vitamins, minerals, living enzymes, antioxidants, phytochemicals, yet low enough in calories to force the body to cannibalize on its filthy waste, propelling you to vigorous physical health and clarity of mind.

Every two or three days, as the body goes into a deeper level of dumping wastes, the energy may go down, and resistance and fears as well as symptoms may arise. Between these times, we usually feel cleaner, better, and more alive.

Dr. Elson M. Haas

Headache is not at all uncommon during the first day or two of a fast. Fatigue or irritability may arise at times, as may dizziness or lightheadedness but these symptoms are diminished when using fruit instead of pure water. Juice fasting is the oldest, fastest and safest (biochemical) method of removing unwanted weight and increases physical well-being, helps you to stay slim, healthy and vital, and is a huge help in the breaking of addictions. As the physical body detoxifies, rejuvenates and regenerates, the mind begins to function more efficiently. During the fast, the digestive system has a rest, freeing up energy for other things. This energy is used by the mind - bringing mental clarity. Fasting develops mental will power and increased control over the senses and mind.

Fruit fasts support, detoxify, and strengthen the major organs in the body.

Although nowadays the common response to illness is usually to "take something," it may be advisable to try the opposite. Therapeutic fasting is an excellent self-healing practice and cancer patients who use a high

antioxidant fruit fasting protocol on bicarbonate is the ideal way to recover from cancer. Though fruit fasting has been done as a stand alone cancer treatment by some it makes much more sense to combine it with other therapies especially with sodium bicarbonate treatments which will directly attack and dissolve tumors. Fruit fasts will induce metabolic changes that are inherently cleansing and repairing. The organs empty and rest, conserving energy, promoting the elimination of waste and accumulated toxins, and making cell regeneration much more efficient and this is all helpful to cancer patients whose life force is being strangled by uncontrolled tumor and fungi growth.

“Living fruit and vegetable juices are radiating with healing properties. Antioxidants attach themselves to toxins, effectively removing them from the body. A living fuel that takes no digestive energies, allowing the body's entire focus to be on healing and rejuvenation. Packed with vitamins, minerals, living enzymes, antioxidants, phytochemicals, yet low enough in calories to force the body to cannibalize on its filthy waste, propelling you to vigorous physical health and clarity of mind,” reports Lagerquist.

Most food grown today is nutritionally deficient due to mineral depleted soils and artificial fertilizers that promote fast but unhealthy plant growth. This is why we have become advocates of enriching one's diet through drinking large quantities of freshly made, organically grown fruit and vegetable juices. These juices alkalize the body (see *Reverse Aging* by Sang Whang) and provide an abundance of enzymes, vitamins, minerals, phytochemicals, and other nutrients. Dr. Max Gerson's treatment for cancer patients includes drinking one glass of fresh juice each waking hour of the day (see his book *A Cancer Therapy*). In Holland, Dr. Moerman's vegetarian diet, including these juices, is recognized by the government as a legitimate cancer therapy (see *Dr. Moerman's Anti-Cancer Diet* by Ruth Jochems).

“Refraining from eating minimizes the work done by the digestive organs, including the stomach, intestines, pancreas, gallbladder, and liver. Most important here is that our liver, our body's large production and metabolic factory, can spend more time during fasting cleaning up and creating its many new substances for our use. Breakdown of stored or circulating chemicals is the basic process of detoxification. The blood and lymph also have the opportunity to be cleaned of toxins as all the eliminative functions are enhanced with fasting. Each cell has the opportunity to catch up on its work; with fewer new demands, it can repair itself and dump its waste for the garbage pickup. Most fasters also

experience a new vibrancy of their skin and clarity of mind and body,” says Dr. Haas.

One should take a bath every day while fasting.

Dr. Hass continues saying, “The natural therapy term for periods of cleansing and symptoms is "crisis or healing crisis." During these times, old symptoms or patterns from the past may arise, usually transiently, or new symptoms of detoxification may appear. This "crisis" is not predictable and is thus often accompanied with some question by the fasters as well as their practitioners—is this some new problem arising or is it part of the healing process? Usually only time will tell, yet if it is associated with the fasting and one or more of the common symptoms, it is likely a positive part of detoxification. We should use the maxim of healing, Hering’s Law of Cure, to guide us—it states that healing happens from the inside out, the top down, from more important organs to less important ones, and from the most recent to the oldest symptoms.”

Most people can juice fast safely for up to 30 days. The exceptions are those with hypoglycemia, diabetes, hypo thyroid, and Wilson's Syndrome. For these conditions, eat slices of avocado and banana every few hours. Spirulina is an excellent nutritional addition to a juice fast though it is used as a stand alone fasting agent with water alone. The spirulina will provide all the protein a person needs and that with psyllium or other good bulking agent to your juices twice a day to regulate blood sugar levels. Do not juice fast if you have impaired kidney function. For the first day or two of a fast, your body uses up the food remaining in your digestive tract from previous meals. For the next couple of days, your body uses stored food reserves from your liver. This means that a fast doesn't really begin until about the fifth day.

The amount of juice you drink will determine the intensity of cleansing. Drinking small amounts of juice supplies fewer calories, thereby increasing detoxification. The more intense the cleansing, the greater the discomfort. Juice fasting allows you to have control over the process of elimination. However, when the body enters a cleansing crisis due to toxins in the blood, no amount of juice will eliminate the discomfort. You must wait it out.

Drink all-vegetable or all-fruit juices, never combine fruits & vegetables to create juice. Make your juice from fresh vegetables or fruits. You can also include herbal teas with honey, vegetable broth, Barley

Green, wheat grass juice and supplements helpful for your specific condition. Drink juice whenever hunger develops until pleasantly full as opposed to stuffed full. It is best if you filter or strain the juices, removing any excess fiber or pulp so that you continue to give the digestive system a rest.

Including quarter slices of avocado or banana to slow the cleansing process or make smoothies from these fruits. Bananas and avocados are slow to digest and maintain a stable blood sugar level. Their high calorie content slows the intensity of the fast and, because they are easy to digest, the body still devotes energy to cleansing.

There are people who wait for something to be "scientifically proved" to endorse it, without listening to the thousands of people testifying that it works. The American Cancer Society does not believe that detoxification by fasting is based on scientific fact, nor does it cure cancer. The mainstream medical community states the denying the body of necessary nutrients and calories actually weakens the immune system, resulting in the deterioration, not improvement, of health. Patients with advanced cancer are encouraged to avoid fasting. While not a magic cure-all, juice can serve as a valuable nutritional supplement for cancer patients. Juice does not contain fiber, fat and protein and these need to ingested as well to maintain energy and reach optimum health.

*For those who have the discipline and faith to complete fasts of
20 to 30 days, the healing results are astonishing, such as
terminal cancer being entirely dissolved in less than ten days.*
Ron Lagerquist

It is a deep pleasure to go where no man or woman has gone before in medicine. It is also almost orgasmic to be standing on the shoulders of several medical and health geniuses and jump up, like one was on a trampoline, from their collective shoulders. Medical genius is at hand and the world is waiting for an answer and it has come, and that sounds and is in reality divine.

ⁱ Bioactive Depsides and Anthocyanins from Jaboticaba (*Myrciaria cauliflora*) Kurt A. Reynertson. *J. Nat. Prod.*, 69 (8), 1228 -1230, 2006.

ⁱⁱ Anthocyanin antioxidants from edible fruits. Linda S. Einbonda, 1, Kurt A. Reynertson, Xiao-Dong Luo, 2, Margaret J. Basileb and Edward J. Kennelly,

Department of Biological Sciences, Lehman College, and The Graduate Center, City University of New York Department of Neurology, University of Miami School of Medicine. Food Chemistry Volume 84, Issue 1, January 2004, Pages 23-28

ⁱⁱⁱ Journal of Agricultural and Food Chemistry, 52:6433-6442, 2004.

^{iv} Blot WJ, Li JY, Taylor PR, et al. Nutrition intervention trials in Linxian, China: supplementation with specific vitamin/mineral combinations, cancer incidence, and disease-specific mortality in the general population. J Natl Cancer Inst 1993;85:1483-91.

^v "In terms of antiadhesion, we found the blueberry proanthocyanidins to be very effective," said Dr. Howell. Urinary Tract Infections (UTIs) are caused by bacteria, primarily E. coli, adhering to the walls of the bladder or kidney. In earlier studies also conducted at Rutgers, blueberries were found to prevent adhesion of UTI-causing bacteria to bladder cells as a result of the activity of proanthocyanidins or condensed tannins.

^{vi} J. Agric. Food Chem., 2002; 50(12); 3453-3457

^{vii} Ames BN, Shigenaga MK, Hagen TM. Oxidants, antioxidants, and the degenerative diseases of aging. Proc Natl Acad Sci 1993;90:7915-22.

^{viii} Surgery. 2004 Jul;136(1):57-66.

^{ix} Fungicidal effect of resveratrol on human infectious fungi. Arch Pharm Res. 2005 May;28(5):557-60.

^x Role of resveratrol in prevention and therapy of cancer: preclinical and clinical studies. Anticancer Res. 2004 Sep-Oct;24(5A):2783-840. Aggarwal BB, Bhardwaj A, Aggarwal RS, Seeram NP, Shishodia S, Takada Y. Cytokine Research Laboratory, Department of Bioimmunotherapy, The University of Texas

^{xi} Resveratrol treatment had the greatest effect when administered 3 hours after exposure to influenza. Smaller but significant effects were seen when treatment began 6 hours after infection, but at 9 hours after infection resveratrol treatment had no effect. Pre-treatment also did not change susceptibility to infection. Studies in a mouse model of influenza showed that injections of resveratrol after inoculation of influenza increased survival by 40% compared with placebo injections. The amount of virus present in the lung 6 days after infection was 98% lower in the resveratrol -treated mice. Resveratrol 's anti-influenza activity seems to center on its ability to interfere with key "host-cell functions" that are essential for virus replication, the authors explain in The Journal of Infectious Diseases, May 15, 2005.

^{xii} Am J Physiol Lung Cell Mol Physiol. 2004 Jun 4

^{xiii} <http://www.naturalpharmacy.com/learn-more/graviola>

^{xiv} <http://www.healthy.net/scr/Article.asp?Id=1996&xcntr=1>

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