DEMYSTIFYING CANCER

Exposing the deception of the ‘no cure’ for cancer

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Special dedication:

To my late aunt, Yvonne – Mrs Y E Stacey.

Gone too soon.
Motive for writing this book

Have you heard of the ridiculous and alarming statistics that cancer will affect 1 in 2 men, and 1 in 3 women in the United States, and that the number of new cases of cancer is set to nearly double by 2050?

These predictions are based on statistics collected by the National Cancer Institute. There are similar statistics that are related to heart disease and the other major diseases. So, my first reason for writing this book is one of self-interest. I have a keen interest in being alive, and being a part of this wondrous earth and universe. As a result of my keen interest, and because of my awareness of the prevalence of diseases, I’ve developed a fondness for not only living, but also to experience the reality of enjoying a long and healthy life. Writing this book has served to strengthen my understanding of how to care for my mind and body. My second reason is also one of self-interest. Having recently lost my aunt to cancer, I would like the system to be better equipped to deal with this dreaded disease, just in case any of my friends and loved ones should also become its victims.

My third reason is based on a desire to add value, and to make a difference in the lives of others. When we were young, we had a tendency to scratch our names together with the date on rocks and trees with the message: “I was here.” I think this is because of a built-in desire to be remembered as being a person of significance or importance. It is the expression of an unconscious or conscious urge to leave something behind to mark our passing. If I can save one, or several lives with this writing, then this book would be my mark indicating, “I was here”. If you share the contents with one person, or with many and it saved them from suffering and pre-mature death, this book would also represent your mark of, “I was here”. If I can
make a positive difference in changing the world’s approach to ridding us of this disease, my life would be expanded in a unique way.

This book is the result of knowledge I gleaned whilst piecing together information about cancer and about solving the cancer epidemic. This information came from a combination of a wide range of what I call, ‘an informal human-team-effort of mainly doctors who practice both allopathic and naturopathic medicine’. It is also the result of analysing information from official and unofficial organisational sources. These ideas were particularly gathered from many of those who thought ‘outside the box’ and who were not restricted by self-interest, or by the rigidity of their training, paradigm and legal considerations. We are intelligent life, and there is no human problem we cannot solve if we have a full grasp of its basic root. We will only not solve a problem if we have misdiagnosed it. If we do this, we will be forever looking in the wrong direction. On account of the size and urgency of the cancer challenge, we now need a collaboration of doctors and diverse health practitioners to come together in a formal human-team-effort to solve this assiduous threat to human dignity and life.

_Service to humanity is the best work of life._ – Unknown

**Preface**

I think many of us are uneasy about the fact that there seems to be no cure for cancer. I don’t mean, here, that we are uneasy because of the fear of getting the disease. I think this unease is rooted in a subconscious feeling that something is wrong
because of the absence of clarity as to why we get cancer and why so many die from it. Many have expressed to me their feeling that there is a cure but it is being kept hidden as a result of some conspiracy theory. However, the overwhelming reaction to the prevalence of cancer is fear. In many people’s minds it is a big, mysterious, monster killer that is beyond everybody’s ability to explain or conquer. So, for many who have been pronounced as having the big ‘C’, they and their loved ones would go into a panicked lock-down. In this state of mind, logical thinking, practical thinking, and the use of common sense will take flight. They will then embrace the remedial system they have been socialised into believing to be the best available.

They will do this even though this system declares that they have no cure! I think people do this out of some vague promise heard – that chemotherapy, or radio therapy treatment, will extend their life. Yet it is never clear how long they would live without this treatment, or even with this treatment. There is never any clear finality with this approach. After such treatments, the person will live in ‘remission’, an uncertainty in hope that the cancer will never come back. This is why I often say to people: “The best time to study any life-threatening subject is when you are not experiencing it.” In such a scenario, you are relaxed, and at your most resourceful because your mind is not clouded with fear. In a non-threatened state of mind, you can be more objective and reflective. You can then carry out leisurely research, and meditate on the answers you will find. There is a saying that goes, ‘if you search, you will find’, and the answers are surely available for those who would like to understand the nature of cancer, and the best way to avoid or overcome it. This book can be the catalyst for you to research and expand on the answers that I have found. We owe it to ourselves and to those who love us to be able to defend our health. This personal
development knowledge is also the greatest gift we can give to those whom we love and care about.

**Prologue**

We find ourselves on this spinning blue and green planet with free will, and no knowledge of how to live. But at some point in the evolution of our consciousness we have come to understand that we are very different from other life forms in a very important way. We recognise that we have no built-in knowledge of what we should or shouldn’t eat. We also need to do research in order to find ways of healing ourselves. This does not apply to any other life form. This is an area of our development that we have to make a conscious decision to study and practice. Learning how to experience life-long good health is part of our responsibility in having free will. It is also a necessary undertaking if we wish to live up to our claim of being the most sophisticated creatures on this planet. Consciously taking responsibility for the care of our bodies is also vital for the extent to which we thrive, survive and experience enduring happiness. The universal quest for happiness will be impaired if we are ill.

I always encourage people to live life as if they were preparing for a marathon, rather than to live life as if preparing for a sprint. At best, most sprinters will train to have enough stamina for about four hundred metres. However, to live to our genetic capability, in spite of all the poor nutritional choices available, and environmental obstacles, requires knowledge, and a kind of preparation that is conducive to giving us enough stamina and endurance for a marathon. The sprint approach implies less attention to detail regarding what to eat, or not to eat, what to drink, or not to drink. Those who are careless with their diet; those who ‘live to eat’, instead of ‘eating to live’,
will often have the equivalent of ‘a short burst of life’, likened to a sprint.

If we are not consuming for the ‘distance run’ our choices may be based on taste, and less on nutritional considerations. This approach has a high probability of attracting illness and a relatively short lifespan. On the other hand, the marathon approach is based on the opposite. With this we are required to practice a detailed nutritional approach that will nourish the body for stamina and endurance. With this approach we do not use taste alone in deciding what to eat. With it we have a greater likelihood of avoiding the major diseases whilst also living a much longer life with greater vitality.

The marathon approach can be compared to having a goal of reaching the moon. In this scenario there is no room for error. If you miscalculate and miss the moon, you could find yourself in a situation where there is no way back. Life, too, can have a similar outcome. If you miscalculate how to care for your health, you will find yourself suffering the accumulated effect of your daily neglects and errors in judgement. It is true that the body does have a point of no return.

Science has shown that the human body is amazing in its construction. It therefore requires a type of care that is in harmony with the science of how it works. The body has a defense system that is normally adequate in defending it from the natural, foreign matter that forms a part of our environment. The body also has an internal ‘clock’, and this determines genetically how long we can live. This is what makes us mortal. It is not astonishing that we can live comfortably and healthily to age one hundred and beyond. Most animal can’t live this long because their ‘clock’ will not permit it. A fruit fly will live for only one day! Nowadays, however, in spite of the clear indicators that we can live
comfortably beyond one hundred years, it is quite common for the majority of us not to get anywhere near this age. The strange thing about this is, we are not alarmed! Yet, if we observed the same thing happening in the rest of the animal kingdom, there would be an international panic! There is no panic when this happens in our world because of a word that has become our great enemy in the crusade for health: normal. No matter at what age people find themselves in poor physical health, this is regarded as a ‘natural’ or ‘normal’ part of life. Yet, in the natural world, we observe that animals tend to have greater consistency in their physical condition and duration of life. This is because they eat what they are designed to eat. In other words, what they eat is in harmony with the science of their body.

Free will distinguishes us as humans. It also makes our lives the most challenging. Why? Because nothing is compulsory! We can choose to learn, or not to learn. We can choose to reason, or not to reason. We can choose to accumulate common sense/wisdom, or not to. To compound this weakness in our character, we have developed an education system that is not holistic in its inclusion of essential life subjects. One such subject is health and nutrition. In general, we have an education system that produces graduates who suffer from ‘the right hand not knowing what the left hand is doing’; that is to say, they are over specialised. In this situation, most students are totally ignorant of the expertise of others and so rely blindly on those who provide our services. A person could be a brilliant computer engineer, or physicist, but knows nothing about medicine, or about the care of their body, and the same can be said in reverse for the medical practitioner.

The National Conquest of Cancer Act was signed into law by former US president, Richard Nixon, on December 23, 1971. He declared a war on cancer, and promised a cure for the
disease within seven years. It did not happen. Do you consider this a failure? Isn’t this a classic demonstration of the ‘right hand not knowing what the left hand is doing’? In general, do politicians know anything about the practice of medicine? If there had been a doctor who was a politician, he or she would have been trained to think from the same point of view as those in charge of finding a cure. He or she would have been thinking from an allopathic point of view. In effect, there was no system put in place after the act was passed to structure and monitor the approach and effectiveness of those whose job it was to eradicate cancer.

A successful cancer treatment is defined as surviving surgery, chemotherapy, and radiation for five years. If you die of cancer in the 6th year, the treatment is still considered a success! In this scenario, age is irrelevant; so, if it were a child, it would not be considered alarming! This surely cannot be the outcome that the National Conquest of Cancer Act was passed for. It highlights the absence of a system that should monitor and measure results in human terms of health and wellbeing.

Those of us who never seek to bridge the gap in knowledge outside of our education and training, especially in areas that can have a life and death outcome, have reduced our power to choose how best to solve such situations. It is a rule, rather than the exception to it, that extremely brilliant people will, in the case of serious illnesses, throw themselves at the mercy of their doctors. They show total faith in the doctors’ almost divine right to know what they are doing. This book is an opportunity for you to pause and think about the basis upon which you’ve accepted the status quo as to what constitute real medicine. It is also a chance for you to question your understanding as to what foods are best compatible with the human body.
At the rate that we are going, in terms of our diet and lifestyles, we are living our lives as if we are playing Russian roulette. Our health status is like a candle in the wind. It is the luck of the draw as to what illness will cause us to die. As it stands, many of us will die from one of the major diseases. It will be listed as ‘natural’ causes on your death certificate. It is no more natural to die of cancer or other major non-communicable disease than it is to die from a drug overdose.

The greatest danger we face is not guns, knives or bombs. The greatest dangers we face are food and ‘medicine’! – Author

Introduction

The science behind the human body is of such a high order that we cannot go into a lab and duplicate it – it is more advanced than our capability for construction or invention. Wisdom dictates, therefore, that we should respect and honour its principles and not impose our standard on its care. It did not come with a divine ‘instruction manual’, so therefore we are required to study it, understand it, and then nourish and treat it according to its unique scientific standard. Wisdom dictates, also, that we should comply with its nutritional requirements. To emphasise this point in conversation, I have stated, “If I were involved in the design of our body, I would make it compatible with the eating of many very salty, processed ‘foods’, because I loved such ‘foods’.
From painful experience, however, I discovered that the body does not welcome such choices. This realisation led to the inevitable conclusion that the body has principles or ‘laws’ by which it functions at its optimum. Therefore, if we break its principles or ‘laws’ because of our lack of understanding, it will become ill, and we have no other place to ‘live’. It was not fun for me to live in a body suffering from pain. The absence of a divine ‘instruction-manual’, or a ‘built-in-programme’ (instinct) of how to care for our body, has led to quite a few schools of thoughts which concern how to care for, or how to restore the body to health. The two schools of thought that form the basis of this book are referred to as *allopathic* and *naturopathic* medicine.

**The naturopathic approach to medicine**

Because naturopaths study and focus on the wellness principles of the body, this philosophy naturally leads them to determine what the best forms of nourishment and treatment are that would be in harmony with the body’s understood biochemistry. In effect, the naturopath’s primary focus is to determine the most effective ways to maintain, or restore the body to wellness. The following are some of the principles and approaches that are at the basis of the naturopathic approach:

- The naturopaths accept that the body is intelligent, and that its primary drive is to maintain life.
• They therefore seek to determine the following: what is the right chemical balance of the body that is conducive to the maintenance of wellness?
• They conclude that if our body’s biochemistry has a pH balance that is slightly alkaline, that this is the ideal state for good health. From this they conclude that the chemistry of fruits, vegetables, and herbs are ideal in maintaining the body's healthy pH balance; or, in the case of illness, they are very effective to restore the body's healthy pH balance.
• The naturopaths conclude that if the intelligent body is helped to restore its healthy pH balance, it is well equipped to heal itself. This is in harmony with the quote from Dr. Isaac Jennings: “There is no healing force outside the body.” The naturopaths also conclude that herbs, preferably with little or no modification, are effective in restoring the body to a healthy pH balance.
• The naturopaths consider it inane, and a criminal violation of the Hippocratic Oath (of upholding morality in medical practice), to introduce any ‘medicine’ to the body that would harm it.
• Cancer, like any other disease, is regarded as the body being out of balance. Their focus is to understand the specific cause(s) related to the formation of the cancer, and then to help the body get rid of that specific imbalance. The overriding philosophy is to return the body to a state of balance.
• Naturopaths focus on a change of diet, lifestyle, and herbal supplements. They embrace the ‘your food should be your medicine’ philosophy, and their objective is for the body to be strengthened to the point
The allopathic approach to medicine

- The allopathic approach is primarily focused on the treatment of diseases, or, to be more accurate, it focuses on the treatment of the symptoms of diseases. For example, a headache is treated by numbing the nerves that are registering the pain with drugs so that we stop feeling it. The cause of the pain is rarely dealt with. The primary focus is to stop the pain, but the body can actually correct the cause of the pain without painkillers. If the cause is severe, as in the case of migraines, the cause has to be found and corrected, or else there will be a regular recurrence.

- The allopathic approach to making medicine is to significantly modify, or synthesise a copy of the natural treatment in a lab, and so create a drug.
- This process creates drugs that are lethal enough to be used for suicidal purposes. This dangerous nature of drugs is why we are asked to keep medicines away from children.

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1 There are thousands of cases where people have reversed serious cancers by changing to a strict plant-based diet. – “The Rave Diet” (DVD documentary)
According to Wikipedia, in reference to allopathic medicine:

“The practice of medicine in both Europe and North America during the early 19th century is sometimes referred to as ‘heroic medicine’ because of the extreme measures (such as bloodletting) sometimes employed in an effort to treat diseases”.

Allopathy [əlop′əthē]

Etymology: Gk, *allos* + *pathos*, suffering

A system of medical therapy in which a disease or an abnormal condition is treated by creating an environment that is antagonistic to the disease or condition; for example, an antibiotic, toxic to a pathogenic organism, is administered to treat an infection.

- This ‘extreme-measure’ philosophy has continued with the treatment of cancer using chemotherapy. Drugs that kill both good and bad cells of an organ, as does chemotherapy, have to be considered extreme.
- The allopathic philosophy regards cancer as a growth of bad cells that must be destroyed by any means necessary. Hence the use of surgery, radiation, and chemo drugs that kill both good and bad cells.
- Cancer cells are regarded as invaders in an otherwise healthy body. The goal is then to destroy these invaders.
- *But even when a cancer can’t be cured, conventional medicines can often control the cancer for some time and reduce symptoms* – Cancer Research UK
• **Strict diets such as macrobiotic or vegan diets do not contain dairy or animal products. This can stop you getting enough nutrients for your body to work properly.** – Cancer Research UK

• Allopathic practitioners are still at the level where they think we need to eat dairy and animal products to get sufficient nutrients!

• There are efforts being made to enable the targeted elimination of cancer cells. If this becomes an effective reality, it will still not eliminate the root cause of cancer. Therefore, if the cause remains in place, the cancer will return. The Ancient Egyptian principle of Cause and Effect will always rule supreme.

• **New treatments need to be compared with accepted and proven treatments within a properly organised series of clinical trials before we can be sure of their true benefits.** – Cancer Research UK

What is meant by clinical trial? A clinical trial is described as, ‘a rigorously controlled test of a new drug, or a new invasive medical device, using human subjects.’

Have there been any clinical trials carried out on the effect of fruits and vegetable foods on cancer? How about doing a trial where some people are placed on a diet of fruit juices and vegetable juices, and compare the result with those who take chemotherapy? Later in this book you will read some information on this point, sourced from the National Cancer Institute. This information may surprise you. It highlights that the current research and medical system needs to change. The fact is, cancer kills millions of people annually; many of whom are high-profile, extraordinarily productive people. One of the most recent notable, high-profile people was the innovative
founder of Apple computers, the late Steve Jobs, who was only 56 years old. This disease is, therefore, contributing to a serious brain drain. If the system doesn’t change, this will continue unabated.

Cancer in the world today

According to the World Health Organisation (WHO):

- Cancer is a leading cause of death worldwide, accounting for 7.6 million deaths (around 13% of all deaths) in 2008.
- Lung, stomach, liver, colon and breast cancer cause the majority of cancer deaths each year.
- About 30% of cancer deaths are due to the five leading behavioural and dietary risks: high body mass index, low fruit and vegetable intake, lack of physical activity, tobacco use, and alcohol use.
- Tobacco use is the most important risk factor for cancer, causing 22% of global cancer deaths, and 71% of global lung cancer deaths.
- Deaths from cancer worldwide are projected to continue to rise, with an estimated 13.1 million deaths projected for 2030.

Pause for a minute and have a careful look at the third bullet points above. Now, ask yourself this question: Why would a low intake of fruits and vegetables cause people to develop cancer? After you’ve considered this question, you should then realise that the statement is also saying that fruits and vegetables protect the body against cancer. The ‘behavioural risks’ listed and how they can also be the cause of cancer will be touched upon later in this book.
According to the International Agency for Research on Cancer, an estimated 12.7 million new cancer cases were diagnosed worldwide in 2008. Therefore, if 7.6 million people died from cancer, this translates to about 60 percent of those who were diagnosed with cancer in 2008, died that same year!

In considering the information above from the WHO, you could ask yourself the following, why don’t governments highlight specific foods that cause cancer? What about the WHO? They have already highlighted tobacco and alcohol, but I don’t think these are what they are referring to by the term ‘dietary risks’. Tobacco and alcohol are not food items, and many people who develop cancer don’t drink or smoke. Is ‘dietary risk’ just referring to an inadequate fruit and vegetable intake, or is it referring to other specific foods that we eat? If this is the case, shouldn’t these food items be named? Also, how would you square the above death rate from cancer with what the American Cancer Society has stated in their Stewardship Report 2012? Is the statement below at least questionable?

*The hopeful side of cancer has never been more hopeful. Most people survive the disease. At the core of this transformation has been the American Cancer Society.*

The question is, why has cancer become the number two cause of death in the world? It kills more people annually than those who die as a result of road accidents and wars! As I’ve already stated, if someone dies as a result of cancer, or in the case of many other diseases, it is described as ‘dying from natural causes’. The next question is, how ‘natural’ it is to die from cancer? Even if dying from cancer was dying from a natural cause, it is conveniently ignored that most people are dying from cancer at unnatural ages. According to the Centers for Disease Control and Prevention (CDC): *In the United States,*
cancer is the second most common cause of death among children between the ages of 1 and 14 years, surpassed only by accidents. Isn’t this incredible? Yet there is not even a national panic. Wow! Shouldn’t this qualify as an epidemic? Dr. Tim O’Shea elaborated even further:

Before the 1960s, cancer in children was virtually unheard of. With the skyrocketing number of vaccines and drugs given to children, and the proliferation of snack foods and processed foods in the child diet, by the year 2000 we have the astounding figure of 89.5 deaths per 100,000 population, for all types of cancer combined, below age 19. ([46] CDC website 2010)

Was cancer always a human reality? Well, read what Mike Anderson had to say in his documentary, The Rave Diet:

We assume we know more about health and nutrition now than we did back in the eighteen hundreds; yet people living back then did not die because of what they ate. Before the nineteen hundreds, heart disease, our biggest killer, wasn’t even included in medical text books. Cancer, diabetes, arthritis, and our other major diseases were rare, and confined to the wealthy, who ate like most Americans eat today...

...meat, dairy products, eggs and fish were uncommon on the plates of working class Americans. It’s not that they didn’t want these foods; they simply couldn’t afford them. But during the 20th century, everything changed. As animal foods become more affordable, Americans switched from a plant-based diet, to an animal-based diet. This triggered the biggest dietary change in human history, and ushered in a new era of eating related diseases. By the middle of the 20th century, Americans were suddenly dying of heart attacks, and cancer had all the earmarks of an epidemic in the making.”
Mike Anderson continues:

...*Eating is the biggest cause of disease, disability and death in America today. According to the Surgeon General’s report on nutrition and health, “Eating kills two out of three Americans every year”. This means, the American eating habit is officially suicidal! *...We have turned eating into the most popular form of unassisted suicide.

**If eating kills two out of three people in our western culture, and the number two cause of death is cancer; then food, or what we put in our mouth and call it food, has to be the main cause of cancer. –Author**

Do not be misled by the fact that America is the only country mentioned. This applies to all people anywhere who have a similar diet. Also, do not be misled by the fact that only meat and animal products are mentioned as factors in the proliferation of cancer. Meat and animal based products are by no means the only things that we ingest that cause cancer. This will be apparent when I list and explain later in this book how other foods and drinks cause cancer.

Doctors are expected to be able to explain complicated medical matters to the general public in as simple a language as possible. Furthermore, all information, including that found in the case of cancer research, is not immune to reason and common sense. This is especially true if we have a basic understanding of how our body works. However, even if someone lacks this basic understanding, they should be able to at least grasp the basic logic and common-sense reasoning that surrounds many doctors’ opposition to the continued use of chemotherapy drugs to treat cancer. If, at minimum, you come to understand the validity of the reasoning that opposes the use
of chemotherapy, this book will be of great value to you. This book is my interpretation of the research and pronouncements of many doctors and other individuals about cancer. It is my interpretation of the answers that research has provided.

*American’s are not unique, when people from other parts of the world abandon their traditional plant based diets, and start eating like Americans, they start dying like Americans.* – The Rave Diet (DVD documentary)

**Chapter one**

**The mystery of cancer**

If I were to ask you what cancer is, could you explain it to me? Could you give me an explanation as to what happens to the body that makes it becomes cancerous? If the answer is no, the next question is, why not? Isn’t it strange that cancer is the number two cause of death in the world, yet most people can’t explain it?

The lack of education about cancer is so severe that for many it is a mystery of mystical proportions. So much so, that many think that cancer can afflict anyone, regardless of their diet or lifestyle. In contrast, heart disease is not regarded in this way because it is not shrouded in mystery. There is not much mystery surrounding heart disease because there is a fair amount of information about what causes it, and how to correct it. Most people understand that the main cause is the existence of blocked arteries. They also understand that if they survive a heart attack it can be remedied with by-pass surgery, or a heart transplant.

The question is, what has the combined cancer industry been doing with the extraordinarily large sums of money they
receive every day? Have we seen many educational programmes about cancer on prime-time television? Also, in spite of the large sums of money received by cancer researchers, we haven’t moved on from the ‘no cure’ chemotherapy and radiation therapy. These are still the number one treatments of choice. And this has been the case since the 1940s.

So, for nearly seventy years we have a situation where trillions of dollars have been spent, several generations of scientists have invested millions of hours and unquantifiable brain power into finding a solution, yet they have not come up with anything better than drugs that harm the body. Is there not something wrong with this picture?

What if we compare this lack of progress with other aspects of the medical world, such as surgery? The progress that has been made in surgical knowledge in the past hundred years is staggering. Now we have the reality of keyhole surgery; plastic surgery; heart surgery; kidney transplant; liver transplant; and even bone marrow transplant, to name a few. This is another demonstration that once we understand the basic fundamental of a challenge, we make progress.²

Chemotherapy treatment cannot be regarded as progress, especially because it involves the use of drugs that cause

² I am aware that some of us do not regard the advancement of surgical knowledge and its various applications as progress. However, in reality, there are circumstances, such as emergencies and when the body reaches a point of no return, where surgery is the only option.
extreme damage to the body, and it has been the main approach used, relentlessly, for nearly seventy years!

Now, let me share some research information that provides the basis for understanding how cells become cancerous. From this research you will see that its findings point to one of the five factors mentioned. If you accept that the five factors mentioned make sense, you should be able to accept the findings of the research. If you accept both the research and the points above, you should have no problem accepting the solution for how to reverse the processes that cause cancer.

So, what is cancer?

Cancer is a generic term for a large group of diseases that can affect any part of the body. Other terms used are malignant tumours and neoplasms. One defining feature of cancer is the rapid creation of abnormal cells that grow beyond their usual boundaries, and which can then invade adjoining parts of the body and spread to other organs. This process is referred to as metastasis. Metastases are the major cause of death from cancer. [World Health Organization (WHO) Fact sheet No 297 (January 2013)].

Naturopaths hold the view that all manifestations of cancers have the same basic underlining cause. Confusion is caused by the promotion of different locations of cancer such as the breast, prostrate, etcetera, as being uniquely different.

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3 You will find out later on in this book that there is one area of the body that cancer is very rarely known to affect. This, in itself, will be very revealing about the nature of cancer.
Confusion is further added to this subject, which is already a mystery to most people, by calling some tumours *benign*. This means the cancer is supposed to be mild and non-threatening. This is like saying you have the disease, but you don’t have the disease. The other confusing term is *remission*, meaning vaguely that the *symptoms* are under control or have disappeared under treatment. Doctors use the word *remission* instead of cure when talking about cancer because they cannot be sure that there are no cancer cells at all in the body. So the cancer could come back in the future, although there is no sign of it at the time.

This is clearly a non-scientific term, since it cannot be either measured or quantified. Many people die after been told that their cancer was in ‘remission’. This included my aunt, who was also given the all-clear before the cancer ‘came back’ and killed her. In reality, either you have a disease, or you don’t have the disease. How many have died because of this incompetence within the cancer industry? What then is the cause for *the rapid creation of abnormal cells* that we call cancer?

**The experiments that indicated the cure**

**Dr. Warburg’s experiment**

Dr. Otto Heinrich Warburg (October 8, 1883 – August 1, 1970) was a German physiologist, medical doctor and one of the 20th century's leading biochemists. In 1931 he won the Nobel Prize in Physiology or Medicine for his research in cellular respiration.
In 1924, Dr. Warburg hypothesized that cancer, malignant growth, and tumour growth are caused by tumour cells mainly generating energy by non-oxidative breakdown of glucose. Dr. Warburg spent a great deal of time studying the life of our cells, specialising in cellular respiration. He hypothesized that since life and death happens at the cellular level, the most important element is oxygen. So he asked the question: if something was cutting off oxygen supply, would it cause the cells to not only die, but to mutate? Mutated cells are said to be cancer cells. Mutated cells are cells that have been damaged, and one of the characteristics of mutated cells is the reduction in their ability to adequately utilise oxygen.

In his bid to find answers as to whether cells would die or mutate if deprived of oxygen, he took cells from rats and put them in bell jars. One jar was fully oxygenated, as would be the case in the rat’s body. In the other jar, he reduced the oxygen by about 80%. In this latter jar all of the cells died. The same thing occurred at a 75% reduction of oxygen. At a 60% reduction of oxygen, all of the cells weakened; some died, but the majority of them mutated. Here we can see that the link between insufficient oxygen and disease was firmly established and it has been so for a very long time.

Cancer, above all other diseases, has countless secondary causes. But, even for cancer, there is only one prime cause. Summarized in a few words, the prime cause of cancer is the replacement of the respiration of oxygen in normal body cells by a fermentation of sugar. – Dr. Otto H. Warburg in a Lecture.

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4 In a healthy state, the body breaks-down glucose for energy by utilising oxygen (oxidation)
The acidic factor of the Warburg experiment

Mutated cells will proliferate as long as the state of the body’s biochemistry, at the time when cancer growth was triggered, remains the same. Warburg reported that cancer cells maintained a lower pH balance (i.e. more acidic): as low as 6.0, due to lactic acid production and the increase of CO₂ (carbon dioxide). This suggests that cancer thrives in an acidic state or medium. If enough lactic acid is generated by cancer cells, then the body is reduced to a dangerous acidic state (a low pH). A pH measure is a measurement of the body’s acidity. It is, therefore, a measurement of the body’s wellbeing. The total pH scale ranges from 1 to 14, with 7 considered to be neutral. A pH less than 7 is said to be acidic, and solutions with a pH greater than 7 are alkaline. Our ideal pH balance is slightly alkaline – around 7.30 to 7.45. A pH balance of 6 as Dr. Warburg reported, is an unhealthy acidic state. The pH balance of the body is very important to sustain good health and life. The pH chart below indicates that there is a point of acidity within our blood at which we cannot survive. It is primarily diet and lifestyle that can transform a healthy alkaline blood/body to such a deadly acidic state. Marcus Julian Felicetti, a naturopath and yoga therapist wrote:

Some health experts believe that our pH balance is extremely important, others say it is essential, there are a few who clearly state that it is a matter of life and death. The only people who don't emphasize the alkaline/acidity balance as central to health are quacks that peddle a pharmaceutical pill for every ill, a drug for every bug.

According to the book, *Reverse Aging*, by Sang T. Whang: “Blood that is pH 7.3 actually has 69.4% less oxygen than blood with pH 7.45”. If this is true, tackling the acidity of the body is paramount in the fight against cancer. If such a small difference in pH, within the healthy alkaline range, has such a drastic effect on the flow of oxygen, then a highly acidic blood, which is known to have a great restriction on the level of oxygen flow in the blood, would play a big part in the process that causes cancer. This is in line with the findings of Dr. Warburg. It is important to understand that a highly acidic blood is caused by a highly acidic diet and lifestyle.

The American Cancer Society, for example, collects hundreds of millions per year. Very little of this money ever finds its way to research. The majority of the money goes into investments and towards administration – lavish salaries and perks for the Society’s officers and employees. A funny thing is that written into the charter of the American Cancer Society is the clause that states that if a cure for cancer is ever found, on
that day, the Society will disband. So is this an organization that is going to be motivated to find a cure for cancer? Dr. Tim O’Shea

Throughout the 1980s, working through Nixon’s illusory War on Cancer, we were spending less than $50 billion per year on cancer. By 2009 the total spent on cancer care, treatment and research exceeded $305 billion per year, according to the British Medical Journal, 28 August 2009. – Dr. Tim O’Shea
This system has mastered the art of doing the wrong thing very well. It has grown so large that it has become proficient at stifling every alternative treatment and potential cure that is natural and compatible with the human body. Allopathic medicine is so dominant and has so much control, you might believe that we are not living in the spirit of western democracy.

The allopathic medical system has never made it a secret that they have no cures for the major diseases, including cancer. This tells us that if we are looking for a cure right now, we should look elsewhere. Yet, alternative cures are not encouraged. In the case of cancer, chemotherapy drugs and radiation have no track record of curing the disease. If they did, the expression, “Go to the hospital to get cured,” would be commonplace. However, these treatments are fully backed by the authorities that control the medical system. In contrast, take a look at the list of ‘unproven methods’ that they are up against according to Dr. Tim O’Shea:

**Is there a conspiracy?**

*The American Cancer Society and the FDA have a list of “Unproven Methods” for cancer, which they attack with their full measure of invective, both directly and using their many covers. As you might expect, the criteria for getting on this list are predictable:*

- a natural form
- non-toxic
- not produced by the Drug Industry
- easily available without a prescription
- inexpensive
- non-patentable
He goes on to say: *Even though chemotherapy and radiation and palladium implants are completely unproven themselves, and frequently are the cause of death themselves, they are not on the Unproven List. Why not? Because they’re expensive, can be completely controlled, and are patentable.*

According to an article by *News Target*, which was published on July 31, 2005: *Most of the treatments on the “Unproven Methods” list have never been shown to be ineffective or dangerous. More than 100 promising therapies have been discredited by the American Cancer Society in this way. One such therapy was the Gerson therapy.* The article also stated: *Many board members, in fact, stand to make much more money from treating cancer than from preventing it. It has also been argued that their ties to polluting industries has led the industry to wilfully suppress information about the environmental causes of cancer... several American Cancer Society board members are CEOs or presidents of biotechnology companies.*

Biotechnology companies are involved in pharmaceutical therapies and diagnostic tests. Can the above be construed as an inherent conflict of interest?

**Deadly chemotherapy and radiation treatment**

After trillions of dollars have been spent on cancer research for over a century, we have a situation where the most common treatments for cancer are chemotherapy and radiotherapy. After so many years of research and spending the extraordinary sum of money mentioned, the best that the cancer industry has come up with are drugs that kill both healthy and unhealthy cells. Isn’t this incredible? Is it not also extraordinary that chemotherapy’s basic characteristic – that of
killing both good and bad cells – is well known, yet millions of people still queue up annually to have this treatment?

Apart from killing both good and bad cells, what else should people know about chemotherapy’s effects on the body? What else should they know about this treatment that is at the forefront of fighting cancer? Here is what some doctors have had to say about this treatment:

*Cancer researchers, medical journals, and the popular media all have contributed to a situation in which many people with common malignancies are being treated with drugs not known to be effective.* – Dr. Martin Shapiro, UCLA

*Despite widespread use of chemotherapies, breast cancer mortality has not changed in the last 70 years* – David Greenberg, MD NEJM Mar 1975

*Many medical oncologists recommend chemotherapy for virtually any tumour, with a hopefulness undiscouraged by almost invariable failure.*
- Albert Braverman MD *Lancet* 1991

*Most cancer patients in this country die of chemotherapy. Chemotherapy does not eliminate breast, colon, or lung cancers. This fact has been documented for over a decade, yet doctors still use chemotherapy for these tumours.* – Allen Levin, MD UCSF, *The Healing of Cancer.*

*Part of the reason people die from chemotherapy is because the body becomes overwhelmed with these drugs/toxins in the blood. The body will always treat chemotherapy drugs as toxins because they are. Anything that enters the body has to be either assimilated or eliminated. The blood and the body become overwhelmed because the liver, kidneys and the*
lymphatic system, that are responsible for eliminating toxins out of the body, are unable to get rid of the toxins fast enough. So, in effect, some people die from blood poisoning, not from cancer. – Author

The lymphatic system is a circulatory system like our bloodstream. It carries a colorless fluid called lymphatic fluid, which travels throughout our body. It rids our body of the waste products (including old red blood cells) produced during daily, internal functions, thus protecting us from the harmful effects of the toxins that we would experience, otherwise. This fluid cleans our tissues and also keeps our cells well-nourished. The lymphatic system lacks a pump to move the fluid it carries. The pump for the blood is the heart. For lymph fluid, the flow back to the heart is achieved through a more passive process involving muscle contractions and gravity. Because of the extremely toxic nature of chemotherapy drugs, the body would benefit from a quick removal. However, the normal speed of lymphatic system drainage would not be adequate to remove them fast enough.

CHEMOTHERAPY: AN UNPROVEN PROCEDURE

How can that be true of the #1 cancer treatment in the U.S. for the past 50 years? The plain fact is, no legitimate scientific studies or clinical trials independent of the companies selling chemo drugs have ever proven chemotherapy’s effectiveness, except in a small percentage of very rare types of cancer. For solid tumours of adults, the vast majority of cancer, or anything that has metastasized, chemotherapy simply doesn’t work. Dr. Tim O’Shea
Chapter three

The experiment that indicated the cure comes full circle

Dr. Warburg’s experiment was done in 1924, yet amazingly, it seems to have taken until 2009 for that information to reach the mainstream media. That is about eighty five years! The Sunday Express published a ‘landmark’ article written by Jo Willey, their Health Correspondent, entitled “Oxygen Kills Cancer” on Sunday, August 2\textsuperscript{nd}, 2009. She cited the source and basis of the information as, \textit{The research, published today in the journal Cancer Research, was carried out by scientists from the Cancer Research UK–MRC Gray Institute for Radiation Oncology & Biology at the University of Oxford.}
End of excerpts

This book is the culmination of over ten years of research – it has the contributions of over twenty doctors and two clinical studies…1924 and 2009.

Hopefully these snippets of the book have whetted your appetite to purchase and read the entire book. People’s skepticism towards books on this subject is perfectly understandable in view of the mystery surrounding cancer. This is why the above parts of the book are shared. Once you’ve read the entire book, you will have no doubt that cancer can be reverse without harming the body with drugs or surgery. The story of Teresa Kay demonstrates this. The enormous money making system that controls the cancer industry will only change if the public become so well informed, that there is a significant reduction in the demand for chemo, radiation therapy, and surgery. This book is the result over ten years of research and the utilization of the knowledge of over twenty doctors, and others who are quoted in this book. Please circulate

The book can be purchased on Amazon, Amazon Kindle, and Barnes and Noble