

Food is saving your life

As unbelievable as it seems the key to stopping many cancers has been around for over 60 years. Yet it has been banned. Blocked. And kept out of your medicine cabinet by the very agency designed to protect your health - the FDA.

In 1966, the senior oncologist at a prominent New York hospital rocked the medical world when he developed a serum that "shrank cancer tumors in 45 minutes!" 90 minutes later they were gone... Headlines hit every major paper around the world. Scientists and researchers applauded. Time and again this life saving treatment worked miracles, but the FDA ignored the research and hope he brought and shut him down.

You read that right. He was not only shut down - but also forced out of the country where others benefited from his discovery. That was 38 years ago. How many other treatments have they been allowed to hide?

Just as in the case of *Dr. Burton's miracle serum* these too go unmentioned.

Two-Nutrient Cancer Breakthrough ...

Decades ago, European research scientist Dr. **Johanna Budwig**, a six-time Nobel Award nominee, discovered a totally natural formula that not only protects against the development of cancer, but people all over the world who have been diagnosed with incurable cancer and sent home to die have actually benefited from her research - and now lead normal lives.

After 30 years of study, Dr. Budwig discovered that the blood of seriously ill cancer patients was deficient in certain substances and nutrients. Yet, healthy blood always contained these ingredients. It was the lack of these nutrients that allowed cancer cells to grow wild and out of control.

By simply eating a combination of two natural and delicious foods (found on page 134) not only can cancer be prevented - but in case after case it was actually healed!

"Symptoms of cancer, liver dysfunction, and diabetes were completely alleviated."

Remarkably, what Dr. Budwig discovered was a totally natural way for eradicating cancer.

However, when she went to publish these results so that everyone could benefit--she was blocked by manufacturers with heavy financial stakes! For over 10 years now her methods have proved effective - yet she is denied publication - *blocked by the giants who don't want you to read her words.*

What's more, the world is full of expert minds like Dr. Budwig who have pursued cancer remedies and come up with remarkable natural formulas and diets that work for hundreds and thousands of patients.

[How to Fight Cancer & Win](#) author **William Fischer** has studied these methods and revealed their secrets for you - so that you or someone you love may be spared the horrors of conventional cancer treatments.

As early as 1947, **Virginia Livingston**, M.D., isolated a cancer-causing microbe. She noted that every cancer sample analyzed (whether human or other animal) contained it.

This microbe - a bacteria that is actually in each of us from birth to death - multiplies and promotes cancer when the immune system is weakened by disease, stress, or poor nutrition. Worst of all, the microbes secrete a special hormone protector that short-circuits our body's immune system - allowing the microbes to

grow undetected for years. No wonder so many patients are riddled with cancer by the time it is detected. But there is hope even for them ...

Turn to page 82 of *How to Fight Cancer & Win* for the delicious diet that can help stop the formation of cancer cells and shrink tumors.

They walked away from traditional cancer treatments... and were healed!

Throughout the pages of *How to Fight Cancer & Win* you'll meet real people who were diagnosed with cancer - suffered through harsh conventional treatments - turned their backs on so called modern medicine - only to be miraculously healed by natural means!

Here is just a sampling of what others have to say about the book.

"We purchased *How to Fight Cancer & Win*, and immediately my husband started following the recommended diet for his just diagnosed colon cancer. He refused the surgery that our doctors advised. Since following the regime recommended in the book he has had no problems at all, cancer-wise. If not cured, we believe the cancer has to be in remission."

--Thelma B.

"I bought *How to Fight Cancer & Win* and this has to be the greatest book I've ever read. I have had astounding results from the easy to understand knowledge found in this book. My whole life has improved drastically and I have done so much for many others. The information goes far beyond the health thinking of today."

--Hugh M.

"I can't find adequate words to describe my appreciation of your work in providing *How to Fight Cancer & Win*. You had to do an enormous amount of research to bring this vast and most important knowledge to your readers.

My doctor found two tumors on my prostate with a high P.S.A. He scheduled a time to surgically remove the prostate, but I canceled the appointment. Instead I went on the diet discussed in the book combined with another supplement. Over the months my P.S.A. has lowered until the last reading was one point two."

--Duncan M.

If anyone you love has cancer, don't let them fight it alone.

Book Review

How to Fight Cancer & Win

by **William L. Fischer**

from [HenseyAssociates](#) Website

JUNE 2006 - LEADERSHIP LETTER #9

Hello all ...

For my June letter to clients, colleagues and friends, I've pulled together a summary of things that seem particularly "good to know" from **William L. Fischer's** book: [How to Fight Cancer and Win](#). Fischer has found, collected, organized, and made easy to read, a lot of important and applicable information on this topic. My interest was spurred by the untimely deaths of some of our clients' family members and friends as well as our own.

I hope you find it interesting and helpful!

Regards,
Mel

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Dr. **Johanna Budwig**, famous all over Europe, has an amazing and simple cure for cancer, heart disease and many other western ailments.

An everyday serving of ...

- non- or low-fat cottage cheese (for sulfur-based proteins) mixed with ...
- unrefined, cold-pressed flaxseed oil or flax seeds (for essential fatty acids)

To this, add nuts, raw fruits and/or veggies and herbs to suit your taste. So easy! Our "edible" oil-processing industry methodically destroys all the needed nutrients in the various healthy seed and vegetable oils and then leaves in various toxic substances used to "process" it to make it ... clear, pretty, non-congealing, convenient and ... toxic.

Those, along with animal fats, are responsible for many of our ailments (cancer, heart and liver disease, arthritis, diabetes and more) compared to certain Asian populations that still eat unrefined natural foods.

The best oils for healthy living are:

- Flaxseed oil (unrefined)
- Olive oil
- High-quality salmon and fish oils

Garlic

The Japanese have known for centuries of the healing powers of sulfur. Large amounts of sulfur occur naturally in garlic. These compounds stop cancer-producing cells from forming and stop the enzymes that encourage metastasis... the spread of cancer. Doctors have found that garlic and onion consumption play a significant role in reducing deaths from cancer.

Garlic also helps maximize the body's immunity to most illnesses, due to high concentrations of [allicin](#). Tomatoes, too, are very good for you. Tomatoes are a major source of [lycopene](#), a potent antioxidant, and are a factor in reducing certain cancers such as bladder cancer. Oranges and other citrus fruits are a complete package of cancer inhibitors. Their high Vitamin C content may ward off breast, stomach and pancreatic cancers.

Dr. **Linus Pauling** also found Vitamin C + [L-Lysine](#) to be very effective at reversing and preventing heart disease (plaque buildup in the arteries). L-Lysine is available in vitamin stores. His findings are patented, but not the ingredients!

Dr. **Virginia Livingston** discovered

1. a shortage of abscisic acid
2. form-changing microbes (p. cryptocides) in all of her cancer patients and laboratory animals with cancer.

She has her cancer patients eat plenty of raw fruits and vegetables which are high in [abscisic acid](#), including:

cauliflower	limas	leafy greens
tomatoes	dwarf peas	onions
potatoes	asparagus	tangerines
sweet potatoes	grapes	
spinach	nuts	strawberries
pears	kale	chard
oranges	soybeans	bananas
celery	cabbage	romaine lettuce
corn	large lettuce	melons
grapefruit	papaya	beet and mustard greens
apricots	apples	beets
carrots	radishes	whole grains flaxseed
turnips	artichokes	... raw or gently cooked!
mangos	avocados	

Cholesterol is much misunderstood.

The human body makes its own cholesterol, up to 1.5 grams daily, which it does if the diet reduces cholesterol in foods. The trick is to keep it in a liquid state so it isn't deposited on arterial walls. The body does this very nicely when it's provided with the high-density lipoproteins (HDL's) lecithin and linoleic acid!

Many of the "forbidden foods" (butter, milk, eggs, cheese and marbled beef) also provide more than enough HDL to keep cholesterol moving and safe.

Royal jelly/bee pollen has been much studied by Russian scientists, especially among those citizens who've lived to be over 100 years old. A storehouse of nutrients, the USDA has determined that bee pollen contains an active anti-cancer element that slows the development of cancer and greatly reduces the side effects of radiation therapy.

A natural antibiotic, it provides increased resistance to infection.

Healthy Diet

Our bodies have evolved to eat mostly grains, beans, and local fruits and vegetables. Because new cells can only be manufactured from the elements in our diet, inferior cells are produced by an inferior diet (which many Americans have become addicted to). Complex, *natural carbs* fill you up, but not out.

The inferior diet also impacts our bodies' ability to eliminate waste products and toxins, which are then accumulated in the tissues of the body, making for an even worse situation, where cells degenerate and malignancy flourishes. The natural fiber in *complex carbs* helps to avoid colorectal and intestinal cancers.

Macrobiotic diets have proven to conquer cancers where surgery and chemotherapy have already failed! This diet also improved the general health of its followers, including resolving:

- PMS
- hypoglycemia
- chronic back pain

- blocked sinuses
- hemorrhoids
- acne
- psoriasis

Macrobiotic foods and diets differ for different individuals suggests [the Kushi Institute](#) (Becket, MA, 413/623-5742).

Visualization Therapy

- Dr. **Carl Simonton** explains that cancer, in particular, will flourish in a body when the owner is in a deep state of despair. The mind can either help to cause or cure cancer.
- Dr. **Leslie Salov** is a very effective teacher of visualization therapy, even for children.
- Dr. **Jonas Miller**, also an ordained minister, says it is first necessary to honestly recognize your illness, then reject it, and then feed it a complete picture of robust good health at least twice every day for 20 minutes. Visualize your illness being conquered and eliminated by strong forces of good.
- Dr. **Hans Nieper**, world-famous German researcher and author of *Revolution in Technology, Medicine and Society*, has identified critical causes and preventions of diseases including cancer.

Causes:

Overeating
 Obesity
 Meat
 Cheese
 Sausage
 Flame-broiled or smoked foods
 Sugar
 Refined carbs
 Shellfish
 Tobacco use
 Apple juice
 Sugar substitutes (except Stevia)
 Sodium (salt)
 Low frequency electric pulses
 Fluoride
 Alcohol (especially Scotch and Bourbon)
 Blood type A

Preventions:

Under-eating
 Carrot juice (fresh)
 Millet and oatmeal
 Other whole grains
 Fruit and fiber rich veggies
 Wheatgrass juice
 Coldwater fish
 Squash and apricots
 Garlic
 Beta Carotene
 Vitamin B Complex
 Vitamin C
 Vitamins D and D2
 Vitamin E
 Magnesium
 Potassium
 Molybdenum
 Copper
 Selenium
 Phosphorus
 Choline
 Lecithin
 Methionine
 DHEA
 Urea
 Iron
 Zinc
 Blood type O

Many alcoholic beverages (wine, beer, liquor) naturally contain [urethane](#), a known carcinogen; drinkers have higher-than-normal cancers of the mouth, throat, bladder, breast, and liver.

(Type A blood types naturally have a higher susceptibility toward cancer and will benefit even more from taking preventative steps like cancer-fighting foods.)

Healthy Living

Healthiest foods include:

Flaxseeds and oil of flaxseed
Garlic and onions
Carrots and fresh carrot juice
Fiber foods (roughage)
Raw fruits and veggies
Bee pollen (cold processed)
Coldwater fish

Suspect foods include:

Sugar and sugar substitutes (are in everything!)
Chemical food additives
“Enriched” breads
Eating out (sulfites)
Irradiated foods
“Fast” foods

Cows Milk

Of all the sacred cows about food and drink, this one is firmly entrenched. The human enzymes needed to digest milk gradually disappear by age 3. Calcium in cow's milk is hard for our bodies to assimilate.

Fruits, veggies, nuts and seeds are excellent sources of digestible calcium.

Another voice

Dr. **Julian Whitaker** ([Health and Healing](#)) reports on a book by Dr. **John Abramson** of Harvard Medical School ([Overdosed America](#)).

Here are some pithy quotes ...

- According to the *World Health Organization* (WHO), the US ranks an unbelievable 22nd out of 23 among industrialized countries, when it comes to “health life expectancy,” just in front of the Czech Republic.
- “Our poor performance doesn’t come cheap. Each year, more than \$6,000 is spent on health care for every man, woman and child in this country, more than twice as much as other developed countries spend. Yet, when the WHO takes these expenditures into account, our health system’s performance is ranked 37th among the nations of the world. In other words, *we are paying the most to be the worst.*”
- Dr. Whitaker believes the problem of American health care can be “laid squarely at the feet of the pharmaceutical industry, which has compromised virtually every aspect of medicine, medical education, clinical guidelines, and scientific research.”
- No surprise ... the primary mission of the drug corporations is to make money, and their big cash cows are the latest drugs, which are touted to physicians and consumers via salespeople, [television and ads](#).
- “Medical journals contain more drug advertisements than articles. Doctors’ offices are full of samples and propaganda from pharmaceutical reps that entice them to prescribe the newest products. Medical conferences have become tradeshows for drug pushers, and the experts that lecture are no more than paid shills.”
- “Even clinical practice guidelines, the ‘standards of care’ that most physicians follow, are polluted by the pharmaceutical industry. Three out of five ‘experts’ who help craft these guidelines get consultation fees from the drug companies.”