

## **Truth about Cancer // Episode 4 Notes**

### **“Your Secret Fountain of Youth”**

Nutshell: Detoxification - Chelation therapy, Strawberries, Chlorella, Spirulina, Fruit seeds, Coffee Enemas, Water, Emotions, Epigenetics, Placebo Effect, Lymphatic System, Rebounding, Far Infrared Saunas, Hyperthermia, Colon > Liver > Kidneys, Hippocratic oath.

Detoxification is like growing a garden. In order to grow a garden properly you've got to detoxify the soil... you've got to get rid of the weeds and sticks and stones, you got to make that soil fertile, so that the plants can grow the way they are intended to. You've got to do the same thing with your body. You've got to detoxify your body so that you can grow the way you are intended to.

Detoxify first. Let's take out the heavy metals, the volatile organic metals. Many of us have been exposed to frightening levels of chemicals that are in many cases - are hormone-disruptors. That is, they affect the ability of the body to make male or female hormones - Insulin - Many hormones are now dysregulated.

So these chemicals, the heavy metals, the toxic burden in the gut, many of us are causing what's called autotoxemia; auto as in self, toxins in the gut. And now you have yeast, candida, bacteria, virus, other organisms that can move into the bloodstream and generate autoimmune diseases, even cancer.

### **So what is Detoxification?**

It's heavy metals, it's parasites, it's pesticides, it's all these kinds of toxins that are in your blood, and in your body. But what has that got to do with the immune system?

The immune system takes a pivotal role in cancer. It may be the reason we get cancer; when the immune system fails for whatever reason.

We all have too much toxic metals in our body. We all have too much Lead, Cadmium, Mercury. Walter Bloomer from Switzerland did a study where he gave people chelation every month. Chelation means metal-binding. It's a process of using a substance like EDTA in the body, it hooks onto the metal, floats it out the kidney. And that's a major detoxifier for heavy metal. Sweating is good too.

Finland they did a study with saunas and sweating, and they found you could sweat out more lead in an hour, then you could pee out in 24 hours. So sweating is good, but it's still not enough in most cases to get rid of the Lead Toxicity.

So Walter Bloomer said there was a 90% decrease in cancer in patients that got the chelation. 90% decrease. He had 59 patients that got treated, 1 of them got cancer over an 18 year period. The 110 control study - the people who didn't get the chelation, that group had 17 cancers. The study was not a perfect study, but it was a very good study and it was approved by the Swiss government.

## **Chelation Therapy**

You don't use Chelation to treat cancer. You use Chelation to remove heavy metals. And heavy metals cause oxidative stress, and it's oxidative stress that is a commonality in all the toxicities that lead to disease.

In allopathic medicine - western medicine - what we accomplish in western medicine is stabilization of the patient. i.e. their blood pressure is high - we give them something to bring it down, their blood sugar is high - we give them something to bring it down, they're dehydrated - we hydrate them, ok - we're not "fixing" any problem. We're just alleviating the symptoms.

... But, it stabilizes the patient.

That is the first step of healing. If you have a bleeding wound, the first step in first aid is stop the bleeding.

The next rule is all dirty cuts, never heal. So if you have a dirty wound, you have to clean the wound, you have to 'detoxify' it.

Detoxification in the healing process is the second step. Once you're stable, you must detoxify in order to progress. You've got to remove the toxins. You've got to get rid of the trash. Because all those toxins in your body are blocking the healing process.

That might be amalgams in your teeth, it might be an infection, it might be a yeast overgrowth, it might be fluoride or environmental toxins - pesticides, herbicides, heavy metals, all these different things. They have to be removed out of the way. Every one of those things is a Roadblock to your healing.

If you are nutrition-deficient, you are a toxin-sponge.

If you had a stadium with 10,000 people in it, and there's a fire, with only 2 exits open. There's going to make a mess. But, if you open 10 different exits, it's 5 x better. If you open 20 different exits, it's going to be 10 x better.

In the body, we have 4 major exits. We have the bowels, the respiratory system, the urinary tract, and we have the skin. If those 4 are open - things can exit through those routes - detoxification isn't so bad; it's not so painful.

If you've got a cut that's scabbed over, but it's dirty, so it's festering and infected. You're gonna have to pull that scab off to clean it; wash the infection out, and it's not going to be pleasant. If it didn't have the scab on there, the exit would be a lot easier.

So there is cleansing that needs to happen to open up the pathways. Then, once you open up the exits, working on the filters. The liver, the kidneys, the lymphatic system. Getting those things moving and metabolizing as fast as possible. That way, they filter the toxins out of the body.

That's where colon cleansing, saunas, colonic irrigations, those types of things - flush the body, open the exits. That's initially some of the best things to start with. Because you can start with working on the filters (the kidneys, the liver, the lymphatic system) but if they don't have anywhere to dump the garbage, it's going to recirculate. It just creates all kinds of inflammation and increases your rate of oxidation, you're just re-exposing yourself to toxins.

Take out the trash. Remove the roadblocks.

### **Can foods help us to detoxify our bodies?**

Foods can actually bind to heavy metals.

Arsenic - discover magazine - front cover - the "metals in your food". The EPA, says there's no safe levels of any toxic heavy metal in your body. So when they put "norms" there. How do I know what's normal for you? What may be normal for you might be terribly disruptive to me. Because we're individuals and so I might not be able to handle one little anything of mercury and you might be able to manage it. But the EPA says - the Environmental Protection Agency says - there is no safe level of these metals: Arsenic, Mercury, Aluminum in your body. So we have to eat foods that help us detoxify.

MCC - Metals Capturing Capacity. So I test with a synthetic gastric acid simulator that I built in the lab. I test foods vs contaminants. And I find out how much of the contaminant gets bound to the food. And thereby, carried out of your digestive tract as insoluble fibre rather than being absorbed through your intestinal walls and going into your blood. This is a key concept to understand to answer your question. Processed foods = very low capturing capacity, because the fibres are typically processed 'out' of them. They're also structurally compromised during processing. They're denatured. So if you eat a processed meal or beverage, that is contaminated with lets say 10 parts per million of Mercury, you are likely to absorb the vast majority of that Mercury through your intestinal walls and it goes into your blood.... or it could be radioactive cesium 137. Mercury, Cesium, Lead, Cadmium, whatever it may be.

But, if you are eating a diet of unprocessed fresh food, a whole plant-based diet. (Doesn't have to be 100% plants).

What we have found, is that natural plants, fresh produce, such as strawberries, have very high natural metals-capturing capacity. They're able to bind with the metals. Mostly through physical processes of adsorption and absorption.

Some foods have selective ionic affinity to specific metals such as lead; which means they have a chemical reaction that binds up the metal. It's chemistry taking place in the acidic environment of your stomach technically; with your own gastric acid.

So strawberries, for example, this is something that I research, I'm still working on a scientific paper. But strawberries will bind with over 90% of your dietary mercury. Strawberries.

And the reason this is the case is because strawberries are the only common fruit that has seeds on the outside of the fruit. The seeds, being on the outside, how are they grown? How are they produced by the strawberry? Well, there are strands, fibres, that send nutrients to the seeds, from the centre of the strawberry. The centre is where it gets it's nutrition, and distributes it through the fibres to the seeds.

These fibres, which are transparent practically under a microscope, happen to be very, very tough fibres. They will not be digested by nitric acid in the laboratory. I can take strawberries, and I can mix nitric acid, we're talking like 70% nitric acid, very strong oxidizer that would burn the skin right off your hand, it will not digest the 'fibres' in the strawberry. The fibres survive human digestion which is far weaker than nitric acid digestion.

The strawberries then will bind to the dietary mercury with these fibres, and that gets pushed out of your system, through bowel movements; the mercury is gone - it's out - never gets pulled into your bloodstream through intestinal walls.

So many different types of fruits and vegetables have very interesting affinities to heavy metals, and this is what our research have really uncovered.

The only thing we found better than strawberries by the way is Chlorella. Which is about 98-99% (>>>???)

But chlorella doesn't work for other things such as Uranium. Chlorella doesn't absorb much uranium. Spirulina does. But not strawberries.

So one of the things I've done in the lab is... whether it's radioactive elements such as cesium 137, or customary heavy metals like mercury, arsenic, things that cause cancer - arsenic is linked to cancer.

Oh btw, do you know what tends to absorb arsenic? Fruit seeds. Which is why some fruit seeds "contain" arsenic naturally. There is arsenic in apple seeds, because the apples - the apple plants, apple trees, tend to take up arsenic in the soil, which came from the lead-arsenic

pesticides that we already talked about. They tend to concentrate it in the seeds, because the seeds have a natural affinity to arsenic.

But if you can get apple seeds, grape seeds, raspberry seeds, blueberry seeds, believe it or not, we've tested all these things, if you can get your hands on them, which, by the way are *Removed* from almost all the foods. They're sold in the grocery store. If you buy grape jam, you don't want seeds in it. It's the seeds that bind with the dietary arsenic and transport it out of your body.

## **Coffee**

Coffee Enemas. Most people say they feel better with them. It's usually their favourite part of the program.

What is about the coffee in the enemas that helps the liver detoxify?

Interestingly enough, when you drink coffee, it tends to suppress the liver, when you take coffee as an enema rectally, the caffeine stimulates a bunch of nerves in the lower colon called the sacral parasympathetic nerves, when they are turned on by caffeine, they feed back to the liver through a reflex and within seconds cause the liver to release all it's toxins.

Nothing helps the liver clean out faster, more efficiently, more effectively than coffee enemas.

And for cancer patients when you're breaking down that tumor quickly with the enzyme, you've got all this tumor-debris that can be deadly and life-threatening, it gets the liver to work better so that we can process this tumor waste very effectively.

Then you just poop them out with the enemas. Nothing is more toxic to the body than dead-cancer.

## Water

The pH of your blood is what matters. The pH of your urine. The pH of the blood is where we actually see the blood's ability to carry out toxins. If we can keep the blood pH at 7.45, which is the threshold of blood, then we're going to have far more oxygen in that blood. When we have more oxygen, we carry out more toxins. For instance, patients that are suffering from significant pathology like cancer. If we can keep their blood pH at 7.45 and have more oxygen in the blood, their energy levels are going to increase, their metabolic rate is going to increase, they're going to carry out more toxins.

It's reshaped hexagonal like your cells so it goes right in, so its structured, microstructured water. Plus it's the fastest way to bring an acidic body back to alkalinity. We have seen reversals of end-stage cancer patients with pancreatic cancer, lung cancer, liver cancer, all the mostly fatal ones, sent home to die with less than 90 days. These people are well today. What did they do? they changed their water, that's all they did.

Of course I recommend you do more than that. You've got to change your food, you've got to change your water, You've got to detoxify your body.

We have a new detoxification procedure which is whole-body detox. It's called PIOH. Precision Intestinal Oxidative Hydro-toning. It starts looking like colonic hydrotherapy. But way different. It's done with specialized equipment and perfected water. They take water and put it through a 6-stage filtration process to perfect the water, and it's really the secret and then they utilize the water with ozone. So you've got H<sub>2</sub>O, the water, you've got ozone O<sub>3</sub>, combining in the colon to start with to create what we call polyatomic oxygen, so it could morph into O<sub>17</sub> or O<sub>22</sub> or something like that, but the thrust of this, that it permeates, not only the large intestine and the colon, but also the oxygen permeates all the cells, and goes into the body. Oxygen's good for cancer patient information.

I'm a little confused that the Truth About Cancer series included this information about pH in the blood given that newer research into this idea has claimed that it cannot be so - that our body regulates our pH levels and that we cannot change the pH in our blood with 'food' (there are other ways the body could increase/decrease pH - but not with food).

My opinion on this in general, is that it doesn't really matter so much whether they are wrong or right about this really - in the grand scheme of things, if someone decides to follow this protocol, they would be eating more 'alkaline' foods, which basically means they are eating more plant-based foods, etc - so if they follow this path, they will be gaining the beneficial nutrition from eating a more plant-based diet (thereby - they will only be 'helped' by it, not 'harmed' by it), so it's not like it's 'bad for anyone' to believe this.. it's just weird to me that they would still include it at all.. unless there are new studies about this water they mentioned that I haven't yet seen (other than from people who "sell" this special type of reshaped water).

We have to be mindful of the information we read at all times anyway, and there are quite a number of different random things in this entire series that has made me dig deeper and found in one case that they just grabbed some data just for the drama (papers that have been retracted, personal opinions, and so on) - so just be conscious always of anything before you take it on as a new truth.

Most of the information in this series (about 90% for me) is in alignment with everything I have learnt so far and applied for my own health journey. The 10% - from even the way they talk about cancer doesn't sit well with me because of the way I understand cancer at a DNA level (see my blog <http://pennybutler.com/cancer-dna/> and you'll see why I can't comprehend the way they are talking about it - baring in mind that it could be that I have messed up in my own mind/understanding of how it works and that maybe it will all make sense one day as I continue to expand and gain a more detailed understanding of DNA), but for the most part, I think this series is full of good advice and good examples for people to follow and it will help rather than harm to follow most of the protocols and suggestions made. Just my 2 cents. - Penny.

## Emotions

What about Emotions? Can Negative emotions, feelings of despair, negative thoughts be detrimental to your health?

The power is in the tongue. If you pronounce somebody dead, they see the doctors as an authority, and they buy it no matter what. And the truth is, that not only are doctors not Gods - they don't know, but nobody in this room knows whether we are going to be alive tomorrow.

And, by the same token, you can never say that a cancer patient is going to die. We've had patients that were told they were going to die in 3 months, and 20 years later - (you met one today, 27 years later, she's still alive, she's not cured, but she's alive, enjoying life).

And so, the first thing that I impress on a patient is that **Victory over cancer is a decision**. Not a happening. You don't have to be victorious for the tumor go away. There are patients that have surgery, chemo, and the tumor goes away and they can't sleep....why? because they don't know when it's coming back. So they are tumor free, but not 'free of cancer'.

There are other patients that say Cancer is the best thing that ever happened to me because before I had cancer, I took everything for granted, and now I see everything as Life is Beautiful! It's because of this cancer that I can see that. So that person is riddled with cancer and is victorious over cancer. So it's very important, if you have victory over your cancer in your mind - everything follows. If you decide that you are going to die, it's very difficult to bring you back.

Victor Frankl could determine who was going to die within 24 hours in the concentration camps. And it was when they smoked their cigarettes. Y'say well "cigarettes cannot cause cancer in 24 hours" - No! Cigarettes were their "hope". And they traded everything with cigarettes. So when they had no more hope, they started smoking their cigarettes, like you burning your money - and they would die within 24 hours.

The power of hope is incredible. That's why we are the voices of hope. And we have been criticized enormously for selling "false hope", and my question is well... if false hope is telling you, you are going to live.. what is "true hope"? "You're dead?"  
No - there is no false or true hope. There is hope or no hope.

Charlotte Gerson was accused of spreading false hope, and she accused them of spreading 'false despair'.

Or True Despair! "You're dead and you have to start chemotherapy now so you can live 6 more months, with no hair, vomiting..."

**A negative thought can kill you faster than a bad germ.**



So one of the main things to detoxify is your mind. The emotions, the conflicts, the traumas. Detoxing those psychological, emotional, biological conflicts, the trauma, is key.

We know that when you are stressed, that you secrete adrenalin and cortisol that compromises the immune system so that makes sense to me.

## **Epigenetics**

You're always hearing about genes. We know about genetics and epigenetics, sadly Angelina Jolie was dealt a bad hand by doctors who simply don't know but think they know. Why would a woman with 2 perfectly good breasts who carries a BRCA1 defective gene have them prophylactically removed because someone said her chances of cancer went up. The odds are if you live right - and this is called the epigenetics - if you live right, the cancer will never-ever manifest itself in your body.

**If the genetics is the computer, the epigenetics is the software that drives it and runs it.**

We now have epigenetic products. We recommend now a supplement, that is the only one that is proven to be epigenetic in nature. In other words, it can 'turn off the bad genes', and 'turn on the good genes'. We're pretty excited about that, although we know there are a lot of foods out there that do the same thing right now. So we've already got that answer, it's already there, we just need to pay more attention to actually utilizing these types of things. We'll have much less cancer, or any disease.

So when you mention Epigenetics, you are talking about things - lifestyle choices that folks can do that would stop their potential genetic predisposition from manifesting?

Yes, what you can do. What you can 'stop' doing. Things that you can take. Foods that you can eat. Supplements that you can take. That change what people think are that predestination - that a gene or a defective gene gives you.

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We all have strengths and weaknesses and in homeopathy we talk about miasms / predispositions. So it's not like we ignore genetics completely, but the reality is, what makes them manifest is environment.

This gets into something called epigenetics. One of my favourite interviews - the cellular biologist - Bruce Lipton, opened my eyes to this whole field about epigenetics... that the environment impacts on genetic expression.

And that your very BELIEF about life, and everything, impacts on genetic expressions. You can literally change your genes by what you believe.

And of course if you talk to any doctors that work with cancer holistically, they recognize that they can do everything to remove toxins, and replenish the soil of the body, give them minerals and things, but if the patient doesn't believe he or she will get well, there's not a lot you can do openly in that regard.

## **Placebo Effect**

I will tell you this, I think that in modern medicine, this "demonization" of the Placebo effect, is the most ridiculous thing. We should be Harnessing it. It works!

I can't tell you how many times I've used a placebo on purpose... when I was in general surgery, I was part of our surgical rotation you have to general surgery - you have to do different types of surgery - and when we did 'trauma', at Brooke Army medical centre we had a large trauma centre as well as that Baylor in Houston, so I spent a lot of time in both those hospitals, but we have a lot of drug-addicts that would come through - gunshot wounds, knifings, you know, drug-deal gone bad, whatever, and while they're in recovery after the surgery, and they may be in the hospital for a month - 2 months - 3 months, these people are going through withdrawals - bigtime withdrawals from alcohol, from drugs, whatever - and as an intern you make rounds before everyone else at 5:30 in the morning, and as a resident I got to go around, and I got the reputation that if they had an issue, I would take care of it - and the reason I got this reputation is..

You've got a guy who has been hooked on drugs for more than half his life, he's in the hospital, he's going through withdrawal:

"I'm having pain in the chest - Doc, you've got to do something for me", and I would be like..

"Look ok listen, I can get kicked out of my residency program if I do this alright?" And I'd talk to the nurses beforehand - they already know what's going on and we get them to say

"No doctor - we can't do this - don't do this"

"We have to - he really needs this! And it's only one time alright? You won't ask again?"

and the patient would be like "Yeah Doc - just this one time!" and you'd give him this hit... whilst building him up "this is some strong stuff, this isn't even - this is way strong.. "

And you'd give him this thing and they would go ..

Ahhh.. "Ohhhh I'm feeling better, I'm feeling better" .. and you've just given them saline

... but the power of belief - they believed there was something in there - because I'm making them - it's a whole orchestrated - it was like a soap opera that we had going on. We had 5 or 6 people that all went along with this.

The person felt like we gave them something - they thought that you just gave them something that really took care of their addiction and it was all in the mind - it was just Saline. And that worked more than half the time.

Now you're telling me just write that off? Why? Because you know what - you can give a person a drug and you wouldn't get that kind of affect. We should 'harness' that power. So if we can actually illicit that type of response in an individual, we can get a benefit in that individual from just the power of belief - without changing their physiology...

It's our ethical responsibility as healers, as doctors, to harness that power and get that result because if we can do so - with the least harm - that's the first part of being a doctor "do no harm"...and if you give somebody narcotics, you are affecting them in a negative way, you are affecting their liver, there IS harm that's been done, so if we can get the same result without giving them a narcotic - why shouldn't we? And why is that ridiculed?

"Oh you got this result from a Placebo"... You should get a Nobel Prize if you can illicit a response from a placebo as far as I'm concerned at least. The power to heal is yours.

## **Lymphatic System**

The garbage-removal system of our body.  
Very few cancer physicians pay attention to it.

It is the basis of lymphocytes - the good guys, and it also is a garbage removal system. And I use a device on myself called the light beam generator - but there's few of them that ((fractulize ??? )) the molecules.

## **Rebounding**

So we have our patients do rebounding. Rebounding is one of the best exercises against cancer and other every other disease because it moves your lymph system better than anything else and moving your lymph is the most important thing against cancer and disease.

I always want you to question people. I tell my patients - you question me and you question everyone else. If they're not speaking logic - if one and one don't make two, or if you go there and you are confused, or if you feel fear from something I have said, chances are I'm lying or I don't know I'm lying.

Ok, so rebounding. Think about it. When your children were young and they couldn't walk, and they were like little babies, and they were crying, what did you do for them? You bounced them on your knee, or you rocked them on your shoulder, why did you do that? Because you aren't totally brainwashed, you still have some instinct left. So you rock the baby because the only way the lymph system can move is by "up and down motion".

And your lymph system ok... you have 8 pints of blood, but you've got 12 quarts of lymph. Don't you forget that.

And when you find that you're getting all puffy and swollen, that's your lymph system and you're in big trouble. So you know when people they swell up like a puff ball? That's because they are retaining water because they're so toxic and they've been backing up waste for years.

So when you start cleansing out the colon, and you rebound, you're moving that stuff.

Rebounding also exercises every cell individually, toning it.

## What is the Lymphatic System?

Basically, to some degree, an 'overflow valve for the body', so what happens is, we all know our heart pumps blood - they go from arteries to capillaries, so most of the blood pumps through your body, that is constantly pumping through your body, go from arteries to capillaries, and passes back into your heart, through veins, and it goes through this circuit through your heart & lungs, and there's some "bleed off" and that's something we call "((interstitial???) pressure" in tissues, and there's some bleed-off, where fluid, and a lot of it has to do with osmotic forces, (osmosis and basically tissue pressure gradients) and some of this fluid will bleed off because the pressure of the vessels is greater than the outside of the vessels, and there's some loss of fluid.

Well that fluid doesn't jump back into your veins, it has to go somewhere, and that's why some people get edema (swelling in their ankles, etc). Well where does that fluid go? It goes into your lymph system.

So your lymph system is a system of vessels, there's different components to it, but your lymph system grabs this fluid and then returns it back into the system through a large duct in your chest called your thoracic duct, it also passes through other parts of your body, including your spleen, which is also sort of considered part of your lymphatic system, your thymus, your tonsils, and your adenoids

What a lot of people have removed as a child is lymph tissue and there's lymphocytes and those lymphocytes recognize pathogens, viruses, bacteria or things that are considered non-self and your body builds immunity through those lymphocytes which is what's affected when somebody has an immunodeficiency disorder, whether you believe in the HIV virus or not, there's certainly immune deficiency disorders, and T-force cells and helper cells and different classes of cells are affected when the immune system falters, and those are the little soldiers that are facing these pathogens, these bacteria, these antigens, toxins, as they pass through the lymphatic system... kind of like your oil filter, I guess, they're filtering out some of the nasty stuff.

So, the reason jumping on a trampoline is useful, is because your lymphatic system unlike other parts, like your muscles or your heart or your skeletal muscle, it doesn't have it's own muscle, arteries have muscle in them - it's what helps vascular changes - you can actually change the pressure by those muscles clamping down or letting go, the lymphatic system doesn't have that ability so it depends on the skeleton muscles for that return.

So by compressing your thighs, by just simply walking, you're actually pushing lymph through your body, it's sort of passively pushed through by the other muscles in your body, so by hopping on a trampoline, you're basically forcing those muscles to contract, and you're helping that drainage - instead of having it collect in your ankles.

And that's why when people start having problems with blood pressure and their heart, they sometimes will get swollen ankles because that big pressure is pushing that fluid ((interstitial???) tissues and the lymph system can't keep up, especially if they're sedentary, they have congestive heart failure and their heart has poor return, so they get dizzy quickly, they're not going to get up and walk around, to help push that lymph back into their venous system.

And so, a healthy person can just constantly contract their muscles and keep that going, and that constant activity also helps prevent you from getting deep vein thrombosis, inactivity is bad for you, activity is good for you. And that's why that specific form of exercise helps assist the lymphatic system in returning that fluid back to the venous system.

## **Far Infrared Saunas**

Far Infrared saunas work relatively simple, they exploit or take advantage of the electromagnetic spectrum that basically increases the temperature of the body without exposing the body to some of the negative ultraviolet spectrum.

Far Infrared Saunas creates heat without damage; it raises your body temperature and then your body has to release that heat & the way that we release our heat is by sweating. The sweat helps carry the heat away from the body. So by stimulating that mechanism, people don't realize this but you excrete just as much as your urea - a significant amount of toxins are excreted through your skin as they are in your urine or your stool.

And so by exposing yourself to a reasonable timeframe, a reasonable level, a safe level, of heat, you can just stimulate your body to sort of accelerate that excretion of toxins and you can make that happen faster.

The other reason it's so useful, is that normal cells are able to withstand heat because of their normal anatomy compared to the abnormal anatomy especially of say a cancer cell, especially in relation to its vascular supply, and so a cancer cell doesn't do well in a hyperthermic situation, this has been shown in mainstream science to be the case, so by exposing your body to the heat, you are selectively eradicating those less-viable cells without hurting your normal cells.

So a far infrared sauna is useful because it can help you sweat, excrete toxins, and in theory, eliminate cancer cells which can't survive the heat as well as the normal cells.

## **Why is Hyperthermia effective at treating cancer?**

Cancer cells are heat sensitive. Normal human cells are heat-resistant. That's why when you and I get a flu or an infection, our temperature increases as a mechanism to get rid of that pathogen, whether it's a virus or bacteria. But the healthy cells are not being killed because normal cells are heat-resistant. Cancer cells are very fragile to temperature.

So I don't believe that we need to get the body temperature up to 106 - 107 degrees fahrenheit, that's just too tough and it's causing red blood cell destruction - often times you have to give the patient a blood transfusion.

We get the oral body temperature up to about 101.4 degrees fahrenheit, knowing that at the core it's probably 1.5 - 2 degrees higher. So we're getting to about 103 degrees fahrenheit which is a very good temperature to cause that cancer-killing effect of these cells that are heat-sensitive.

## **The order by which you can cleanse the entire body.**

1. Large Intestine - cleanse this first and right away you are going to reduce the toxic load on all the other organs. If you request any of the other larger organs to detoxify before you cleanse your large intestine, then what you'll do is you'll start backing up into the bloodstream. Or you'll even start causing further stress to that organ itself or the other organs if they happen to be weak, so the large intestine would be the first place to go. We always work from the bottom-up.
2. The next thing that I would do is the liver.
3. After the liver we would be looking at doing the kidneys.
4. And by doing those 3 organs, you're already working on your lymph system. You're already working on your skin.

So those are the 3 major ones that I would tell people to do. Colon > Liver > Kidneys. And if you work on those 3, the rest come along for the ride.

Coffee enemas are absolutely great for the liver. And they were great for the liver for the medical system up until about 15-20 years ago. What they do is they help to trigger the liver to get rid of that sludge that usually would not come out.

Then then the other thing is to do a gallbladder flush. That's another great thing. Sometimes Epsom salts is used, sometimes it's olive oil that's used, and it's to basically make the organs contract.

So the other thing too, is that when you go into a detox, a lot of people get scared when they feel pain in an organ. That's when you need to breathe and just relax. Because that pain that usually you would be feeling is actually your organ contracting and going into spasm. That spasm is the only way that it can get rid of it.

And when they start detoxifying the colon and they start getting gas cramps, or they feel nausea, that's the old waste loosening up. And sometimes when you start your detox, you might have diarrhea, and if you start to get diarrhea, if it lasts for more than a day, then you want back-off on that cleanse, but even diarrhea for the day is not dangerous. And you might get diarrhea from a liver cleanse or a kidney cleanse, because everything is getting dumped to come out through that main portal, so don't let that scare you.

We know that there's many good colon flush, you talked about the master cleanse tea (must've been in a different episode - penny)... let's go to kidneys, how do you detoxify the kidneys? Well Hulda Clark has a Kidney cleanse in her book that I really like. It takes about 3 weeks to do it because the kidneys don't react as fast in cleansing, they take more work and effort.

If someone has kidney disease, unless they are really going to pull their socks up, it's already too late. Your kidneys have to take a real beating before they get into that kind of trouble. So by doing a kidney cleanse even once a year is a really wonderful thing because your kidney's do so much work, and they're more silent. A lot of times low-back pain, pelvic pain, hip pain, that can usually be a sign that the kidney's are overburdened.

Even just doing 6-7 days of just doing watermelon will even help. There's many different herbal tinctures you can go and find, there's a lot of really good kidney cleanses.



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## **Hippocratic oath**

Every group has an icon, for the medical system their icon is Hippocrates - the father of medicine. Their leader, who they look up to, because they took the Hippocratic oath.

“Let food be thy medicine, and medicine be thy food”.

I don't know - they don't talk about diet? That's the root of all life.

“Make a habit of 2 things: To help, or at least Do no harm”.

Meanwhile, we've got a war on cancer - you can't go to war with anything - you want to war with me? What happens? We both die.

“Natural forces within us are the true healers of disease”

So where have they forgotten? I haven't forgotten - you haven't forgotten. So we must go within, and we must understand something: that nobody's going to save your butt. When you got that body and came on this planet, you made a promise that someday, somehow, that you are going to respect your body and you were going to make the decisions. Every decision has a consequence, and it can be either good or bad. And now, do you let somebody else look after your finances? Why would you let someone else look after your body?

“Whenever a doctor cannot do good, he must be kept from doing harm”

What happened to the Hippocratic oath? I think the only thing that's left is called the hypocrite.

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Drugs alleviate symptoms but they don't cure. If you have a headache is because you have a “lack of Advil” in your system? I don't think so. You have other things that are going on in your body.