

# Seven Steps to Living Cancer Free!

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## Step 1: Understand Cancer

Cancer is a healing process that doesn't stop properly. When the body experiences stress or toxicity, the hormone estrogen goes to that site and begins the healing process. When the healing is complete, pancreatic enzymes and vitamin B17 terminate the healing process. If B17, pancreatic enzymes, or both are deficient, a tumor can result.

Cancer is also a metabolic disorder. Just as a person with scurvy requires vitamin C, people require vitamin B17 and pancreatic enzymes to remain healthy. Those with cancer require them to regain health.

Each of us is constantly exposed to carcinogens in our food, air, and water, resulting in the production of cancer cells within the body. Normally, the immune system recognizes and destroys these cells before they have a chance to multiply. This means that having abnormal cells develop is probably not the critical factor in determining the course of cancer. The primary threat of cancer may result instead from the body's inability to eliminate the abnormal cells even when they are few in number.



## Step 2: Detoxify Your Body

Because we are surrounded by carcinogens and potential carcinogens, it is important to detoxify your body regularly. The following methods are beneficial to detoxify your body.

- Salt and Soda Baths
- Whole Body Purge
- Skin Cleansing
- Coffee Enema
- Steam Baths
- Mustard Foot Soaks

- Castor Oil Compresses
- Dry Skin Brush. The skin is the largest eliminative organ. Dry brushing with a soft, natural vegetable fiber bristle brush can move toxic lymph fluid out through the skin. Be sure to wash the brush regularly because it will rapidly fill with impurities.
- Eat fruit or drink fruit juice only on an empty stomach. Eat only fruit or fruit juice from the time you get up until noon.

*Recommended: Neways Cascading Revenol*



### **Step 3: Detoxify Your Environment**

Many common personal care products use substances such as Sodium Laurel Sulphate, propylene glycol, ethoxylation, fluorides, and alcohol.

*Recommended: Neways personal care products: shampoo, conditioner, bath and shower gel, shaving gel, toothpaste. Neways is a multi-level marketing company whose prime directive is to produce products, including cosmetics, that are safe and non-toxic. In addition to that, the products are really wonderful.*

*Recommended: Enyo house cleaning products that require no chemicals.*

*Recommended: Sunrider Fruit and Veggie Wash. This herbal wash removes wax, dirt, and surface pesticides from fruit and veggies.*



### **Step 4: Replenish Your Pancreatic Enzymes**

Pancreatic enzymes are essential to complete the body's process of healing started by estrogen. Pancreatic enzymes are used to help digest animal protein. Diets high in animal protein deplete your pancreatic enzymes. You can boost your body's production of pancreatic enzymes in the following ways:

- Avoid meat (it requires pancreatic enzymes to breakdown the proteins, thus depleting the body's reserves)
- Avoid Potatoes (they tax the pancreas)
- Eat Papaya
- Eat 1/2 Pineapple daily



### **Step 5: Provide Your Body with Vitamin B17**

Vitamin B17 (also called amygdalin or laetrile) provides the body with hydrocyanic acid that targets and eliminates cancer cells while ignoring healthy cells. When you eat fruits be sure to also eat the seeds for all but citrus. The seeds of the common fruit are high in B17. Apricot kernels are the best source of B17.



### **Step 6: Take Nutritional Supplements**

Nutritional supplements are essential to give your body all the vitamins, minerals, and enzymes it requires. Soils worldwide are depleted and fertilizers only provide a handful of essential nutrients. The colloidal form of nutritional supplements are best because they provide maximum bioavailability (the body absorbs them readily). Oncologists who treat cancer patients with nutritional therapy have a long list of supplements that they give, many times by injection, some by mouth, to support the healing process and boost the immune system. The best strategy is to provide your body with the nutrients it needs early and continue those supplements throughout your life. Otherwise, it's like treating scurvy with vitamin C and then stopping the treatment once the symptoms disappear. Scurvy patients require a lifetime supply of essential vitamin C.

*Recommended: Life Force Body Balance.*



### **Step 7: Maintain a Positive Attitude**

It's well-known that stress can contribute to physical decline. The more positive you can keep your thoughts and attitude, the healthier your body naturally becomes.



### **Reference Books**

*Cancer, Why We're Still Dying to Know the Truth*, by Phillip Day, Credence Publications, January 2001.

*An Alternative Medicine Definitive Guide to Cancer*, by Burton Goldberg, Future Medicine Publishing, Inc., 1997.

*Great News on Cancer in the 21st Century*, by Steven Ransom, Credence Publications, 2002.

*Food for Thought, Fabulous Food that Won't Kill You*, compiled by Phillip Day, Credence Publications, 2001.

*B17 Metabolic Therapy In the Prevention and Control of Cancer, a Technical Manual*, compiled by Phillip Day, Credence Publications, 2002.



### **For More Information**

Send an e-mail to [winsor@space.net.au](mailto:winsor@space.net.au) to request the following additional information.

- Foods to avoid.
- Foods that are good for you.
- Information about the body's daily cycle of acquisition, assimilation, and elimination.
- Information about alkaline versus acid body balance.
- Information about Neways, Sunrider, and Life Force Body Balance.
- Information about cancer counselling.