

CANCER TUTOR
PRESENTS



A GUIDE TO

NATURAL & INTEGRATIVE CLINICS

 **CANCER TUTOR**



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Introduction

You or a loved one has cancer — and you're scared. But you are not alone. People have been where you are. Others have fought cancer — and survived. You can, too with help from your own Cancer Tutor.

And know this: Cancer is not a death sentence. We say it often — because it's true. A cancer diagnosis is not “the end of the line.” Instead, accept the challenge as a new beginning — the start of when you take control of your health.

This is a difficult season in your life. We are here to help guide you, to lead you out:

“*This guy's walking down a street when he falls in a hole. The walls are so steep, he can't get out.*

A doctor passes by, and the guy shouts up, “Hey you, can you help me out?” The doctor writes a prescription, throws it down in the hole and moves on.


Then a priest comes along, and the guy shouts up “Father, I'm down in this hole, can you help me out?” The priest writes out a prayer, throws it down in the hole and moves on.

Then a friend walks by. “Hey Joe, it's me, can you help me out?” And the friend jumps in the hole. Our guy says, “Are you stupid? Now we're both down here.”

The friend says, “Yeah, but I've been down here before, and I know the way out.”

Yes, it seems you are in a hole and it will take a miracle to get out. You can be that miracle — but survival depends on *you*.





A healthy body is addressed in the Scriptures. Our bodies are a temple of the Holy Spirit (**1 Corinthians 6:19-20**), and there are verses that address natural treatments — holistic medicine that eschews orthodox drugs and surgery as primary treatments.

Jeremiah 8:22 addresses salves — the “balm of Gilead”; James 5:14 speaks to oil; Timothy 5:23 mentions wine; Luke 10:34 both oil and wine; Ezekiel 47:12 focuses on leaves; Isaiah 1:6 speaks to applying bandages.

More to the point, Psalm 104:14 specifically mentions “herb for the service of man.”

We know you have questions. We understand the angst that follows a cancer diagnosis. We believe it is our responsibility to help. Cancer Tutor provides valuable research at the tips of your fingers to help save you time and eliminate stress.


This eBook is a guide. You should consider all available options and have a frank, in-depth conversation with your doctor regarding natural and orthodox treatments. There is not a “one-size-fits-all” cancer treatment — and Cancer Tutor hopes you will faithfully research longstanding options and make the best decision for you.



1

CHAPTER

You've got cancer ...



The rush of emotions has come and gone and now you're left to deal with the reality of fighting cancer. This is life or death — but you can survive and thrive, if you choose. And make no mistake, it is *your* choice!

Cancer survivor Chris Wark is an example of taking control of your treatment. In his words:

“I was diagnosed with cancer in December 2003. It was two days before Christmas and I was only 26 years old.

It was a whirlwind. I was rushed into surgery, and afterwards, the doctors told me it was worse than they thought. Stage 3 colon cancer.

They said I only had a 60 percent chance of being alive in five years, and that I needed 9-12 months of chemotherapy. But the idea of poisoning my way back to health did not make sense to me ...

Cancer was a wake-up call, and I realized that the way I was living was killing me. I remember thinking, “If my body created this, maybe my body can heal it...”

*And then, I made the hardest decision of my life. And that was the decision **not** to do chemotherapy.*

The oncologist told me I was insane. Most of my family didn't understand. And I was very much alone.

But I was determined to live. So, I started reading and researching like crazy. I overdosed on cancer-fighting foods, juices, teas, supplements. ...I did every therapy I could find and afford.

I'm alive and well, and cancer-free today because I took massive, life-changing action. ”

The Centers for Disease Control and prevention projected the number of new cancer cases in the United States before 2020 would increase about 24 percent in men — to more than 1 million cases per year — and by about 21 percent in women — to more than 900,000 cases per year.

While trying to get your head around the diagnosis, understand cancer can occur anywhere in the body. In women, breast cancer is most common. In men, it's prostate cancer. Lung cancer and colorectal cancer affect both men and women in high numbers.

But *how* did you get cancer? Nature's most fascinating invention, the immune system, protects us against invasions of bacteria, viruses, parasites, and even cancer. While we are at work or play, awake or asleep, a fully functional immune system is constantly on the alert, never sleeping, ready to protect us from invaders.

However, the invaders never sleep either. We are constantly inhaling thousands of germs –bacteria, viruses, and spores that are floating in the air. We take in millions of germs in our foods and drinks and even just off our fingers. Our immune system tries to keep up with everything that threatens our health, but the attack is unending.

Cancer can be defined as an uncontrolled growth or reproduction of abnormal cells in the body. Normal cells multiply when the body needs them, and die when the body doesn't need them — a programmed death of cells known as apoptosis.

Cancerous cells seem to divide and grow out of control and forget how to die. Cancerous cells also are called malignant cells. These cells can form themselves into masses or tumors that grow and interrupt bodily functions. They can affect the nervous, circulatory, and/or the digestive systems and they can release hormones that disrupt systems.

In the case of leukemia, an abnormal cell division in the blood stream, there are no tumors. Still, the cancerous cells interfere with normal blood functions.

There are more than 100 types of cancer and they are classified by the initial type of cell that is affected. There are five main categories of cancer:





CARCINOMAS

These begin in the skin or tissues that line the internal organs and are the most common type of cancer. They are formed by epithelial cells, which are the cells that cover the inside and outside surfaces of the body. There are many types of epithelial cells, which often have a column-like shape when viewed under a microscope.

Common types of carcinomas include:

- Basal cell carcinoma
- Squamous cell carcinoma
- Renal cell carcinoma
- Ductal carcinoma in situ (DCIS)
- Invasive ductal carcinoma
- Adenocarcinoma

SARCOMAS

These develop in the bone, cartilage, fat, muscle or other connective tissues. These are cancers that form in bone and soft tissues, including muscle, fat, blood vessels, lymph vessels, and fibrous tissue (such as tendons and ligaments).

Common types of sarcomas include:

- Angiosarcoma
- Dermatofibrosarcoma
- Epithelioid sarcoma
- Ewing's sarcoma
- Fibrosarcoma
- Gastrointestinal stromal tumors (GISTs)

- Kaposi sarcoma
- Leiomyosarcoma
- Liposarcoma
- Malignant fibrous histiocytoma
- Neurofibrosarcoma
- Rhabdomyosarcoma
- Synovial sarcoma

LEUKEMIA

This begins in the blood and bone marrow. These cancers do not form solid tumors. Instead, large numbers of abnormal white blood cells (leukemia cells and leukemic blast cells) build up in the blood and bone marrow, crowding out normal blood cells. The low level of normal blood cells can make it harder for the body to get oxygen to its tissues, control bleeding, or fight infections.

There are four common types of leukemia, which are grouped based on how quickly the disease gets worse (acute or chronic) and on the type of blood cell cancer starts in (lymphoblastic or myeloid).


The four main forms of leukemia include:

- Acute myeloid (or myelogenous) leukemia (AML)
- Chronic myeloid (or myelogenous) leukemia (CML)
- Acute lymphocytic (or lymphoblastic) leukemia (ALL)
- Chronic lymphocytic leukemia (CLL)

LYMPHOMAS

These start in the immune system. This cancer that begins in lymphocytes (T cells or B cells). These are disease-fighting white blood cells that are part of the immune system. In lymphoma, abnormal lymphocytes build up in lymph nodes and lymph vessels, as well as in other organs of the body.





The two main forms of lymphomas are:

- Hodgkin lymphoma (HL)
- Non-Hodgkin lymphoma (NHL)

MELANOMA

This is cancer that begins in cells that become melanocytes, which are specialized cells that make melanin (the pigment that gives skin its color). Most melanomas form on the skin, but melanomas can also form in other pigmented tissues, such as the eye.

The four main types of skin melanoma:

- Superficial spreading melanoma
- Nodular melanoma
- Lentigo maligna melanoma
- Acral lentiginous melanoma

In all types of cancer, some of the body's cells begin to divide without stopping and spread into surrounding tissues. This is called "metastasis" –the development of secondary malignant growths away from the primary cancer site.

Tumors can be benign (non-cancerous) or malignant (cancerous).

BENIGN TUMORS

- Usually grow quite slowly;
- Don't spread to other parts of the body;
- Usually have a covering made up of normal cells.

Benign tumors are made up of cells that are quite like normal cells. They will only cause a problem if they:

- Grow very large;
- Become uncomfortable or unsightly;
- Press on other body organs;
- Take up space inside the skull (such as a brain tumor);
- Release hormones that affect how the body works.

MALIGNANT TUMORS


- Are made up of cancer cells;
- Usually grow faster than benign tumors;
- Spread into and damage surrounding tissues;

Malignant tumors may spread to other parts of the body in the bloodstream or through the lymph system to form secondary tumors. Spreading to other parts of the body is called metastasis.

The immune system is extraordinarily important in fighting cancer. If you choose an orthodox treatment, your immune system must be as strong and functional as it can be. Whether surgery, chemotherapy, or radiation or combinations thereof are chosen, recognize that these are suppressive and depressive of the immune response.

Generally, doctors will mention that affect — but then they do very little to advise and assist you in maintaining and supporting a good immune response. They are focused on one thing: removing/killing the cancer. But can killing the cancer also kill the patient, if other supports are not given? That seems to be the question that needs to be addressed ...





OK, so you've got cancer. It's normal to be mad, to cry, to scream "Why me?!" We understand. But once you get past that and set your mind to winning the battle against cancer, there are decisions that must be made.

- Which type of treatment am I going to use?
- What is the best doctor to go see?
- What is orthodox vs. natural or integrative?
- Where is the best clinic for my in-patient treatment?

These questions (and many more) will be answered. How you proceed will be *your* choice ...

CHAPTER

How orthodox medicine became accepted

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In short, John D. Rockefeller, Andrew Carnegie, J.P. Morgan, and a few of their deep-pocketed friends usurped the medical industry for their own financial gain. They cornered the market on orthodox drugs, forced institutions of higher learning to adopt their way of thinking, and shut down medical schools that did not adhere to their rules.

In 1910, Abraham Flexner published the book-length report *Medical Education in the United States and Canada* which is now known as the Flexner Report. His “research” was backed by financiers Rockefeller, Carnegie, Morgan, et al. ... And, the rest, as they say, is history.

- [How the Flexner Report hijacked natural medicine](#)

But Flexner was not a doctor. Still, this school teacher and educational theorist from Louisville, Kentucky, has had a more significant impact on modern medicine than just about anyone else.

What Flexner did was to attempt to align medical education under a set of norms that emphasized laboratory research and the patenting of medicine — both of which would serve to further enrich the estates of the entrepreneurs who funded Flexner’s 1910 report.

This was the birth of Big Pharma.

Health journalist S.D. Wells notes in the eBook *25 Amazing (and Disturbing) Facts About the Hidden History of Medicine*:

“Five score and two years ago, a man named Abraham Flexner was hired by John D. Rockefeller to evaluate the effectiveness of therapies being taught by medical colleges and institutions, with the ultimate goal of dominating control over pharmaceuticals.

With partnerships including Andrew Carnegie and JP Morgan, a new “doorkeeper” would exist to influence legislative bodies on state and federal levels to create regulations and licensing “red tape” that strictly promoted

drug medicine while stifling and shutting down alternative, inexpensive natural remedies. Those medical colleges and institutions that did not submit to this superpower of regulation were crushed and put out of business.

The Flexner report was conveniently titled Medical Education in the United States and Canada and the 22-page control 'mechanism' was more or less a teamsters union, and medical schools in the U.S. were cut in half by the Flexner Report in less than 15 years, from 160 to 80, and then down below 70 by World War II. This concentrated control is the direct cause of the majority of problems with health care today. ”

- **25 Amazing (and Disturbing) Facts About the Hidden History of Medicine**

One of the nation's top statisticians in the field of cancer was Hardin B. Jones, Ph.D., former professor of medical physics and physiology at the University of California at Berkeley.

“My studies have proved conclusively that untreated cancer victims live up to four times longer than treated individuals.,” Dr. Jones said in 1956. “If one has cancer and opts to do nothing at all, he will live longer and feel better than if he undergoes radiation, chemotherapy, or surgery, other than when used in immediate life-threatening situations.”

(Understand that chemotherapy and radiation have *not* evolved in the past 70 years. They are as carcinogenic today as they were in the 1940s.)

More than a decade later, in 1969, Dr. Jones delivered *A Report on Cancer*, a paper for the American Cancer Society's 11th Annual Science Writers Conference in New Orleans.

“*The evidence for greater survival of treated groups in comparison with untreated is biased by the method of defining the groups. All reported studies pick up cases at the time of origin of the disease and follow them to death or end of the study interval.*





"If persons in the untreated or control group die at any time in the study interval, they are reported as deaths in the control group. In the treated group, however, deaths which occur before completion of the treatment are rejected from the data, since these patients do not then meet the criteria established by definition of the term 'treated.'

"The longer it takes for completion of the treatment, as in multiple step therapy, for example, the worse the error. ...With this effect stripped out, the common malignancies show a remarkably similar rate of demise, whether treated or untreated. "

Fifty years later, orthodox medicine still uses the same parameters to classify its "cure" rate. Bluntly, the numbers are skewed. (And again, chemo and radiation have not evolved.)

Chemotherapy, radiation, and surgery are today's accepted "norms" in orthodox medicine.

Obviously, these toxic treatment methods have serious side effects; not only do they kill the cancer cells, chemo and radiation also obliterate healthy cells.

As for surgery, there can be post-op complications, including an increased risk of deep vein thrombosis with cancer patients.

In 2000, Drs. John A. Heit, Marc D. Silverstein, and David N. Mohr published [Risk Factors for Deep Vein Thrombosis and Pulmonary Embolism: A Population-Based Case-Control Study](#) in JAMA, the Journal of the American Medical Association.

Among their findings:

- A 4-fold increased risk of VTE among patients with malignant neoplasm alone, which is similar to the increase in PE prevalence among patients with cancer who underwent autopsy.
- Malignant neoplasm has been reported as an independent risk factor for outpatient-acquired DVT.
- Patients with cancer receiving immunosuppressive or cytotoxic chemotherapy were at an even higher risk for VTE.
- Previous studies have shown an increased risk of VTE among patients with breast cancer who were receiving chemotherapy.


However, there are other options that you should consider before any treatment.

- Nontoxic holistic treatments to build up your immune system and rid the body of toxins.
- An integrative approach that includes both conventional and natural therapies.

At Cancer Tutor, we know that the body has an amazing capacity to heal itself if given a chance. And we assume that the deification of modern medicine and the quick-fix addiction of western culture have taken our health out of our own hands and put it in the hands of a money-hungry system that cannot make a profit if people aren't sick.

While this system has done many good things, we believe we have given it too much power. It is a system that is, for the most part, blind to its own sins and shortcomings. There are many good doctors and other medical professionals who seek to do their best for their patients and who know and seek to challenge the status quo.





But for the most part, medicine has become tone deaf to the oath it claims to uphold — the Hippocratic oath. We believe Flexner paved the way for this overthrow of whole-body health by making scientific research and training alone the only desirable and credible approach to human wellness.

Much like Galileo's critics, the medical industry has, in a lot of ways, created a list of heretics that they'd like to get rid of. Natural medicine practitioners would be on that list.



CHAPTER

Why are natural therapies demonized?



In the early 1900s, 1 in 20 people developed cancer. In the 1940s, it rose to 1 in 16.

The United States went on the offensive in 1971, with President Richard Nixon declaring the “war on cancer.” ...It hasn’t been successful, so far.

In the 1970s — after money was allocated to fight the disease — 1 in 10 people developed cancer. ...Today, it’s 1 in three.

The cancer rate for women is spiraling out of control. The American Cancer Society projects 5.5 million women will die from cancer by 2030.

To put that number into perspective:

- The population of Finland is 5,523,904.
- The population of the world’s smallest 50 countries is 3,858,226.

It’s safe to say the orthodox approach has failed.

Simply put, cancer is big business. Big Pharma is not concerned with prevention; it’s not health care — it’s sick care. For drug companies, it makes dollars and cents to *treat* cancer, not *prevent* cancer.

The 2015 annual report by IMS Health Informatics noted that prescription drug spending increased sharply in 2014. **Oncology drugs were responsible for \$32.6 billion.**

Considering that the American Society of Clinical Oncology (ASCO) says newly approved cancer drugs cost an average of \$10,000 per month, with some therapies topping \$30,000 per month, it is easy to see why prevention takes a back seat.

Furthermore, a [recent survey by Kaiser Health](#) found that 24 percent of Americans say they have a hard time paying for prescription drugs, and 72 percent view the prices of prescription drugs as unreasonable.

Moreover, 74 percent of those surveyed said drug companies put profits before people.

Fiscally, since pharmaceutical companies cannot patent “nature,” it behooves them to continue to churn out manufactured drugs to treat cancer. And to also produce drugs to address the side effects of the original drug. ...Yes, it's a viscous cycle — which is fueled by greed. If there is one mantra in journalism that had stood the test of time, it's this: Follow the money.


U.S. News & World Report [noted in 2015](#):

“Cancer drug costs fluctuate all the time, increasing and decreasing whenever the manufacturer sees fit to change the price. Take Novartis' leukemia drug Gleevec, which cost \$24,000 in 2001 when it was approved as a breakthrough drug; now it costs \$90,000, according to *Forbes*. Unfortunately for patients, the cost has little to do with efficacy of the drug or its safety.

For example, a recent clinical trial looked at the safety, efficacy and price of two treatment regimens for metastatic colorectal cancer. Both treatment arms included a standard chemotherapy in addition to one of two antibody drugs known to improve the chemo drug's outcome.

The study, which included more than 2,300 participants, found no difference in outcome between the two antibodies; survival rates and disease progression were about the same. However, one cost about twice as much as the other: \$9,300 versus \$20,100 for an eight-week cycle. Over the course of the study, patients received no clear benefit by taking the expensive antibody, but their treatment cost \$39,000 more, on average. ”





So why are natural therapies demonized? Big Pharma cannot patent nature, so the medical monopoly spends millions on lobbyists to ensure the FDA promotes its drugs.

1 Timothy 6:10


“For the love of money is the root of all evil: which while some coveted after, they have erred from the faith, and pierced themselves through with many sorrows.”

Natural health care is not the alternative; it was, in fact, first. “Orthodox” hijacked the medical teachings and its unnatural drugs became the accepted norm in the name of greed.



CHAPTER

Types of natural cancer treatments



A 2008 University of Calgary study found a “small but significant percentage” of cancer patients decline one or more conventional cancer treatments and instead use complementary and alternative medicine (CAM).

The research was conducted by Dr. Marja Verhoef, who concluded:

“The picture that emerges from studying people who decline conventional treatments is not necessarily one of “problem patients,” but of a unique group of self-directed, confident, and active patients who have thought deeply about the meaning of cancer and about their cancer treatment options. ”

Dr. Verhoef noted doctors may struggle to see eye to eye with these patients, after all it goes against conventional medical training.

However, she added that doctors can have rewarding and insightful relationships with patients who choose to forego orthodox treatments in favor of CAM.

There are hundreds of different natural therapies available and many of them are offered by Cancer Tutor-verified doctors and clinics:

- **AARSOTA Bioimmunotherapy**
Anti-Oxidant IV Therapy
- **Biological Dentistry**
Cesium Chloride
Chelation Therapy
- **Coffee Enema**
Colon Therapy
Epigenetic Therapies
Full Spectrum Nutrition
Group Therapy
High pH Therapy

- **Hyperbaric Oxygen Therapy**
- **Hyperthermia**
Immune Power Plus
- **Immunotherapy**
Individual Counseling
- **Insulin Potentiation Therapy (IPT)**
Ion Foot Cleanse
IV Anti-Cancer Program
- **IV Artesunate**
IV Peroxide Therapy
IV PolyMVA
IV Treatments
- **IV Vitamin C**
Juicing
- **Laetrile**
- **Low Dose Naltrexone (LDN)**
- **Lymph Drainage Therapy**
Massage Therapy
Mind Body Medicine
Near Infra-Red Lamp Therapy
- **Near Infra-Red Sauna**
Nutraceuticals
Nutritional Therapy
Organ Cleanse
Oxygen Therapies





- **Ozone Therapy**
- **Psychoneuroimmunology (Mind-Body Medicine)**
 - Pulsed Electromagnetic Field Therapy (PEMF)
 - Radio Frequency Therapy
- **Recall Healing**
- **Rigvir Virotherapy**
 - Salicinium
- **Sono-Photo Dynamic Therapy**
 - Sound Therapy
 - Touch for Health
- **Ultraviolet Blood Irradiation**

Dr. Verhoef's research showed that patients want to be "in control of the treatment decision-making process." She said patients believe in their own ability to influence events that affect their lives.

The study also noted a **2001 study by Dianne Shumay** in which all its participants used three or more types of CAM, most commonly herbal or nutritional supplements.

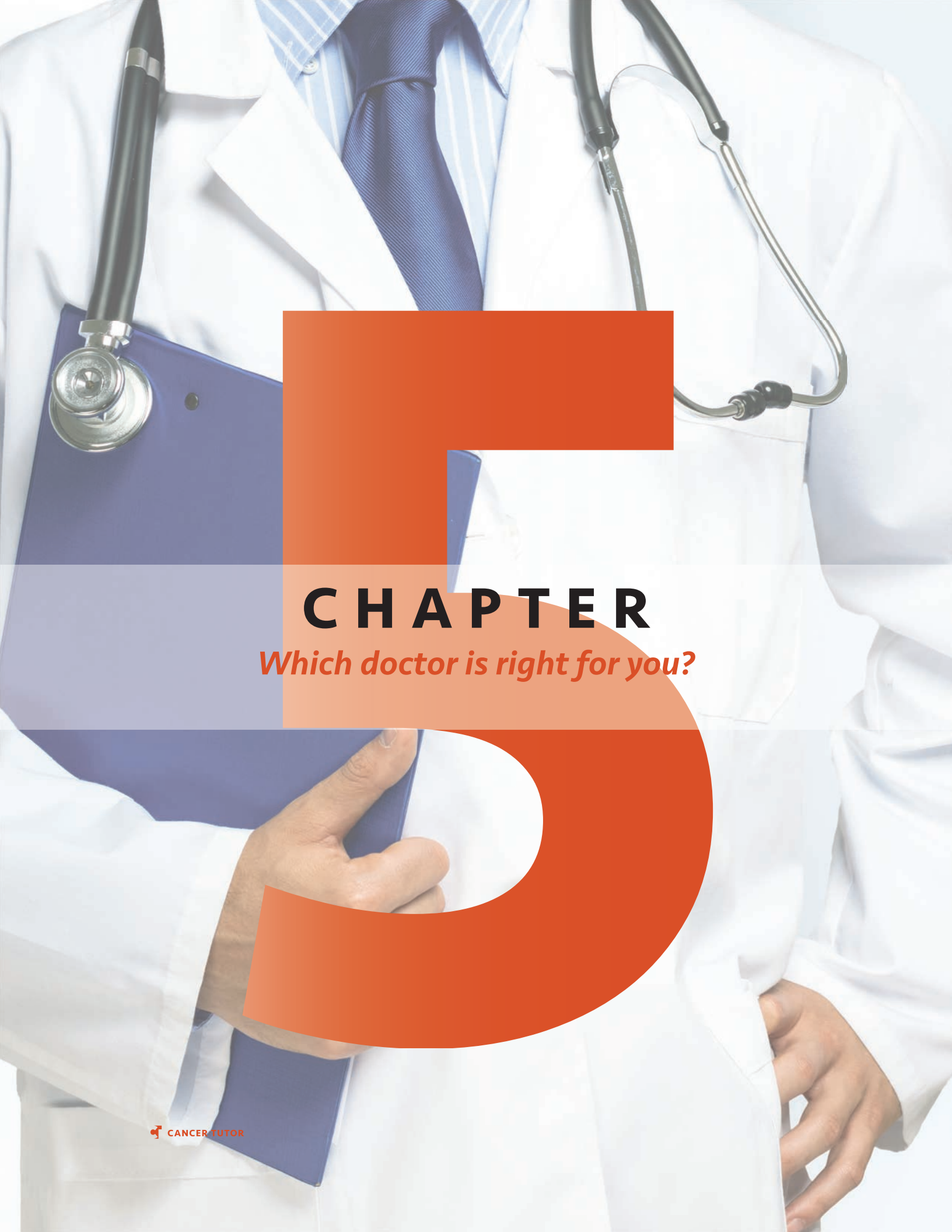
“Across the board, participants stated that their reason for declining conventional treatment was to avoid damage or harm to the body.”

Shumay, who received her Ph.D. in clinical psychology from the University of Hawaii at Manoa, said most participants also felt that conventional treatment would not make a difference in disease outcome. Some participants said complementary and alternative medicine contributed to their decision to decline conventional treatment, and participants generally perceived CAM as an effective and less harmful alternative to orthodox medicine.

However, Shumay's study also found that some participants believed that the relationship with their doctor was alienated because of the patient's choice to pursue alternative medicine.

With that in mind, we urge cancer patients and their caregivers to have an honest dialogue with their medical doctor and healthcare specialists. It is vitally important to be open about any natural cancer treatment you seek.





CHAPTER

Which doctor is right for you?

The oncologist has confirmed your biggest fear: cancer. ...So, what do you do now?

There are many treatment options — natural, integrative, and orthodox. Conventional treatments are chemotherapy, radiation, and surgery.

Cancer Tutor focuses on natural and integrative treatments.

Dr. Adam Sandford of the Naturopathic Wellness Center in El Segundo, California, has a [chart which delineates the differences in training](#) between Naturopathic Medical Doctors (N.D. or N.M.D.), Medical Doctors (M.D.), Osteopaths (D.O.), Nurse Practitioners (N.P.) and Physician Assistants (P.A.).

Notice the time spent by N.M.D.s in the areas of nutrition and homeopathy. The areas are critical in natural cancer treatment.

Regardless, before you decide on how to tackle cancer, you should have a frank discussion with your doctor regarding which treatment is best for your cancer.


From this point, your biggest advocate is you. Research. Ask questions. Understand what the treatment entails — including side effects.

There are many medical professionals who can help with your decision. During your research to find the right doctor/clinic for your cancer treatment, here are a few things to keep in mind:

MEDICAL DOCTOR (M.D.)

Medical doctors are physicians who work in hospitals, clinics, medical centers, or private practices. M.D.s treat people for illnesses and injuries. They also prescribe medications, order diagnostic tests, diagnose ailments, and record patient information.





Doctors of medicine often have a specialization such as general practice, oncology, gynecology, dermatology, pediatric medicine, orthopedics, or many others. All surgeons are medical doctors.

NATUROPATHIC DOCTOR (N.D.)

Naturopathic physicians combine the wisdom of nature with the rigors of modern science. Steeped in traditional healing methods, principles and practices, naturopathic medicine focuses on holistic, proactive prevention and comprehensive diagnosis and treatment.

By using protocols that minimize the risk of harm, naturopathic physicians help facilitate the body's inherent ability to restore and maintain optimal health. It is the naturopathic physician's role to identify and remove barriers to good health by helping to create a healing internal and external environment.

NATUROPATHIC MEDICAL DOCTOR (N.M.D.)

Naturopathic Medical Doctors artfully blend the wisdom of nature with the rigors of modern science in the assessment, diagnosis, and treatment of their patients. They are trained as primary care physicians through a four-year, graduate-level medical program. These naturopathic medical schools are accredited by the Council of Naturopathic Medical Education (CNME), a professional accrediting agency recognized by the U.S. Department of Education.

In addition to the standard medical curriculum, physicians are also required to complete training in the following natural therapeutics: physical medicine, clinical nutrition, botanical medicine, homeopathy, environmental medicine, medical psychology/counseling, minor surgery, and oriental medicine (acupuncture).

DOCTOR OF OSTEOPATHY (D.O.)

Doctors of Osteopathic Medicine are fully licensed physicians who practice in every medical specialty. They provide a full range of services, from prescribing drugs to performing surgery, and they use the latest

medical tools. But D.O.s offer something special — their unique approach to patient care.

Osteopathic physicians are trained to teach patients how to prevent illness and injury by maintaining a healthy lifestyle, look at the whole person to reach a diagnosis without focusing just on symptoms, help the body to heal itself.

D.O.s also believe that all parts of the body work together and influence one another. D.O.s are specially trained in the nervous system and the musculoskeletal system (muscles and bones), and perform osteopathic manipulative treatment (OMT), a hands-on approach to diagnosing, treating, and preventing illness or injury.

DOCTOR OF CHIROPRACTIC (D.C.)

Chiropractors typically graduate from an accredited chiropractic school. They do not have an M.D. or D.O. degree from a medical school; instead they earn a D.C. (Doctor of Chiropractic) degree. D.C.s are not medical doctors, however for insurance purposes, some states consider chiropractors health care providers, some do not.

The scope of chiropractic practice is defined by statute as “including the diagnosing and locating of misaligned or displaced vertebrae and, through manual manipulation and adjustment of the spine and other skeletal structures, treating disorders of the human body. The practice of chiropractic does not include the use of drugs or surgery, or the practice of osteopathy, obstetrics, or any other branch of medicine.”

Many doctors and health experts practice natural treatments and prevention. There is, however, a sinister side to the natural vs. orthodox debate that health advocate Erin Elizabeth has been documenting:

- **Holistic Doctor Death Series: Over 60 Dead in Just Over a Year**

Natural and integrative doctors are not “quacks,” as many on the orthodox side of the argument suggest. In fact, as the Association of Accredited





Naturopathic Medical Colleges (AANMC) notes in comparing naturopathic doctors and medical doctors:

“N.D.s’ education teaches them to focus on root cause; their philosophy embraces prevention, a wide range of therapies, the interconnectedness of bodily systems, and the human body’s inherent ability to self-heal, given the proper tools. N.D.s are primary care physicians trained to be prevention and chronic care specialists. N.D. students emerge from their programs as experts in preventative care, primary care, and chronic care.”

Ultimately, it is your decision how you treat cancer. Do not merely take a doctor’s recommendation — natural or orthodox. Research as much as possible, ask pointed questions to make an informed decision.

Dr. Jonathan Stegall is at the forefront of integrative cancer treatment. Dr. Stegall, a licensed medical doctor who specializes in integrated oncology, heads the Center for Advanced Medicine in Johns Creek, Georgia. His credentials are impeccable: Clemson, Georgetown, Harvard, the Medical University of South Carolina, and Yale.

Dr. Stegall notes that “cookbook medicine,” where one type of cancer automatically gets a specific treatment without taking other factors into consideration, is the wrong approach.

“Doctors who merely look at a patient as a list of diagnoses that must be treated in a rigid and specific way are not going to be nearly as successful as doctors who look at each patient individually,” he said. “This is because every patient is different.”

Once you have decided which path to take, find a doctor who specializes in treating the type cancer you have. While many natural treatments cover multiple cancers, focus on ensuring any treatment is specific to your type cancer.

- [10 things to look for in a cancer doctor](#)

For more than 20 years, Dr. Linda Isaacs worked with renowned physician Nicholas Gonzalez, M.D., known for developing the Gonzalez regimen.

She has a unique insight into the patient's decision to choose natural cancer treatment.

Dr. Isaacs recommends you learn about the cancer you have, including treatment options. "Leaving the decision to your physician or to your family may place you into a treatment protocol that you are unable or unwilling to put into practice or that you will subsequently regret," she says.

Use online resources, such as [PubMed](#), to learn about your cancer. Also, ask questions when visiting your doctor, even if you do not want to hear the answer.

However, Dr. Isaacs cautions that extensive documentation will not exist for an alternative therapy.

"Studies that are published in medical journals typically take many researchers studying many patients — with a very large budget — to produce their results," she notes. "Without the assistance of academic medical centers and large groups of patients, alternative therapists cannot hope to do the research that orthodox physicians would find persuasive.


"Lack of such publications does not prove that a therapy doesn't work, only that it has not been studied in this rigorous way."

- [Deciding whether to pursue an alternative cancer therapy](#)

Before talking with a doctor, a financial rep, or anyone associated with your health care, prepare for the meeting:

- Write down your questions before the appointment.
- Write notes during the conversation or even tape the conversation; most smartphones can record audio.



- 
- If you do not understand something, ask a follow-up question or for a clearer explanation.
 - It is your right to seek a second opinion. In fact, you should seek a second opinion!
 - Research what a doctor, a financial rep, or anyone associated with your health care tells you.

Chris Wark's cancer journey led him to compile a list of questions that apply to any cancer patient.

- What is my diagnosis?
- What treatment do you recommend?
- What are the drugs you are going to treat me with?
- How would drugs that make me sick give me better quality of life?
- How much time do you think I have to live if I do this treatment?
- How much time do you think I have to live if I do nothing?
- What is the 5-year disease-free survival rate for my specific diagnosis with this treatment?
- What is the 5-year disease-free survival rate for my specific cancer if I do nothing?
- How much does chemotherapy contribute to 5-year survival for my cancer? ...What about 10-year survival?
- Would you do this treatment if you had the same diagnosis as me? Or would you just try to make the most of the time you have left? ...What would you do if you were me?

Chris Wark: 20 Questions for Your Oncologist



CHAPTER

Finding the right clinic



- **Cancer Tutor Verified Clinics**

The right natural cancer treatment clinic will be unique to your cancer. If you have colon cancer, the best breast cancer clinic probably isn't where you need to be regardless of how well you like the doctor.

Cancer Tutor Verified Clinics can help cut through the noise — your spouse, your family, your friends ... everyone will have an opinion. In the end, the decision is yours.

CT-verified means that a member of our dedicated Clinics team has visited the clinic, asked questions, followed up on key points.

Our Clinics team travels around the world to interview doctors, patients, and cancer survivors.

Robert Carrillo, CT's Executive Director of Clinics, has first-hand experience as a cancer caregiver. His wife Pamela battled breast cancer — and won, with natural and integrative treatments.

Their story is one of research, understanding, and love. And Robert brings his insight to our Clinics program. He knows what to ask and, more importantly, if the answer passes the smell test.

- **Our Cancer Story: The Carrillos**

Yes, there are clinics we have chosen not to verify. Our mission is to promote the best in natural and integrative cancer treatments. On our **Clinics** page, if a facility has the blue check box, you are assured it is among the best-in-class.

In many cases, conventional insurance will not cover your treatments. However, talk with your insurance company to determine if any part of the treatment will be covered.

If the insurance company does not cover natural cancer treatment expenses, discuss payment options with the clinic.

Nonetheless, there are multiple options so do not be put-off or discouraged. You've heard "where there's a will, there's a way" –and that holds true.

With a clinics-based treatment, the advantage is that the doctor monitors your progress on a first-hand basis.

The clinics also have the technology and equipment on-site — the nuts and bolts of treatment that you do not have at home — and can adjust your treatment as necessary.

But you will not stay in the clinic until you are cured. The doctor will start the treatment, build a solid foundation with the treatment, and then it's your turn to take the reins.

The doctor will give you detailed instructions on how to continue to build on the treatment. These protocols will include nutrition and bolstering the immune system — two keys to beating cancer.

At this point, success depends on you. The protocol most likely will necessitate a change in diet — focusing on high levels of fresh, organic fruits and vegetables loaded with phytochemicals, vitamins, and minerals.

Supplements also play a key role in natural cancer remedies, boosting the supply of certain nutrients. Check your protocol and consult with your doctor before adding supplements; natural substances are powerful and should be treated with respect.

Whole herbs and plant-based therapy, as well as essential oils, often are employed to beat cancer naturally.

"Many people, I'm one of them, see cancer as basically a disease of the immune system," says Dr. Keith Scott-Mumby. "Especially in our modern world, I don't think there is any way you are going to stop cells from firing off and going wrong and turning into rogue cells. There are just too many toxins."





Beta glucan is a vital tool to support a healthy immune system. Beta glucan can help properly maintain and support your immune system *before* an illness or *after* a cancer diagnosis.

Beta glucan is a natural and non-toxic compound that has many benefits, not only helping the immune system, but also in combination with certain drugs to help overcome cancer once it has established a foothold in the body.

- **Beta Glucan for boosting your immune system**

Cancer Tutor founder Webster Kehr stressed that a cancer patient must do three things until their immune system is fully operational:

- Supplement their body's ability to kill cancer cells until their immune system is fully operational.
- Continue to build the immune system with supplements and diet.
- Make sure their stomach and colon can properly process nutrients from foods and supplements.

Understand that cancer didn't just appear in your body overnight. It has been building for years, so clipping its wings in only a few weeks at a clinic is not possible.


If you have undergone chemotherapy or radiation, that also will take time to get out of your system.

The clinic and at-home treatments are building blocks. It is imperative to accept the fact that you will have to change your lifestyle — starting with your diet — to beat cancer.



CHAPTER

CT-Verified: The Center for Advanced Medicine



Cancer left its mark on Dr. Jonathan Stegall at an early age. When Dr. Stegall was 5, his grandmother developed stomach cancer. He saw firsthand how chemotherapy and radiation take a toll on a loved one's body.

“Anytime a patient hears those three words — ‘You have cancer’ — a flood of emotions come over them: fear, sadness, maybe anger,” says Dr. Stegall. “We know that over time, those emotions when they are sustained, they do change the body's physiology and biochemistry.

“We talk a lot in my office about nourishing the soul,” he notes. “I ask every single patient if they have a religious or spiritual practice — and if so, that needs to be nurtured. We know that patients who are prayed for have better outcomes — so I do pray for all my patients, and I encourage them to do the same.”

Dr. Stegall earned his bachelor's degree from Clemson University, graduating with honors. He then received a master's degree in physiology from Georgetown University.

He also has conducted research on the doctor-patient relationship at Harvard Medical School and earned his medical degree from the Medical University of South Carolina.

Dr. Stegall completed his internal medicine residency through the Yale University School of Medicine, with clinical training at Greenwich Hospital and Yale New Haven Hospital.

“When I got into my medical training, I always knew cancer was a very aggressive, potentially nasty disease,” he says. “I noticed I could connect with [patients] on a spiritual level, a social level and really support them in those ways.

“But when it came to medical treatments, I felt like we really didn't have enough tools at our disposal. ...I started to develop a more integrative

approach — took the best of what I'd been trained and the best of the nutritional and natural side.”

There are four pillars to Dr. Stegall's approach:

- Integrative — combining the best and most effective aspects of conventional medicine and natural medicine.
- Evidence-based — the treatment has a foundation built upon science.
- Comprehensive — advanced medicine considers all possibilities and explanations for why your health has arrived at its current state.
- Personalized — the protocol focuses on who you are, and who you want to become.


“A lot of patients coming in say, ‘Chemotherapy is poison, it’s a toxin,’” he says. “We’ve all seen those patients who’ve had high-dose chemotherapy — their hair falls out, they’re tired all the time, they can’t eat, they have nausea, vomiting, diarrhea ... a very low quality of life.

“We know [chemotherapy] kills cancer cells. The problem is, it also kills the healthy cells, and a lot of time you can win the battle but lose the war when that’s your main strategy.”

Advances in cancer treatment have led to the realization that this is not a genetic disease as much as a metabolic disease. “I don’t think we’re going to find just one thing that cures cancer,” Dr. Stegall contends. “For most patients, it’s going to be a combination of things.”

Finding the right combination to help someone fight cancer is where integrative medicine becomes part of the equation. Dr. Stegall believes there is a place for chemotherapy in cancer treatment regimens, and he offers fractionated chemo.





Dr. Stegall’s approach takes advantage of the cancer cells’ desire for insulin, for sugar, by utilizing Insulin Potentiation Therapy (IPT). “If we think of chemotherapy as an atom bomb that kills cancer and healthy cells with a lot of collateral damage,” he says, “the way I do fractionated chemo, with IPT, can be thought of as a heat-seeking missile — we’re better able to target those cancer cells, individually, while mostly sparing the healthy cells.”

The Center for Advanced Medicine specializes in these treatments:


- Immunotherapy
- Insulin Potentiation Therapy (IPT)
- IV Artesunate
- IV PolyMVA
- IV Treatments
- IV Vitamin C
- Low Dose Naltrexone (LDN)
- Lymph Drainage Therapy
- Nutraceuticals
- Nutritional Therapy
- Psychoneuroimmunology (Mind-Body Medicine)
- Sound Therapy

You can learn more about The Center for Advanced Medicine by visiting www.drstegall.com or calling (800) 987-2819.



CHAPTER

CT-Verified: Utopia Wellness



Listen to Dr. Carlos M. Garcia and 2 Corinthians 11:19 comes to mind. Make no mistake, Dr. Garcia suffers no fools and expects his patients to follow a rigorous, innately-detailed protocol that he has developed.

Dr. Garcia received his formal medical training at the University of Massachusetts, Medical School followed by an internship in Internal Medicine and residency in Anesthesia, both at Hahnemann University in Philadelphia.

Utopia Wellness, located in Oldsmar, Florida, offers leading-edge integrative, holistic, patient-focused medical treatments.

Dr. Garcia offers a six-prong approach to his natural cancer treatment protocol:

FORTIFY

Our body's best defense for cancer is the cancer killing cells within the immune system that function specifically to seek out and destroy cancer cells. Research suggests that a compromised immune system is a major contributor to the development of cancer. We offer therapies that "de-cloak" cancer cells that hide from the immune system and, at the same time, offer therapies that enhance the immune system, increase NKC (natural killer cells), T-cells and B-cells so your immune system is optimized to improve its ability to fight cancer.

CLARIFY

There are an enormous number of reactions and emotions associated with having cancer. It is important to find an appropriate way to access these emotions, release them, and reap the positive benefits on the immune system. Clarity of mind allows for relaxation and enjoyment of life.

DETOXIFY

Internally, your body is continually at work to keep itself clean. Your skin, liver, lungs, kidneys, lymphatic system, and colon work in concert to treat and eliminate these toxins and waste products. When you have cancer, your

detoxification system must work even harder and can benefit from a complete detoxification program.

MODIFY

To achieve and maintain a cancer free life, it is necessary to modify your diet and lifestyle. Contributing factors to disease include an unhealthy diet and sedentary and worry filled lifestyle. Organic, alkaline, whole foods, as well as sunlight, activity and proper vitamin supplementation help you achieve optimal health and give the body and immune system the tools necessary to heal your cancer.

ALKALINIZE

Research studies have demonstrated that the pH in and around cancer cells is acidic. Acid pH has been shown to stimulate tumor cell invasion and metastasis. Because cancer thrives in an acidic environment, and integral part of the program at Utopia includes alkalizing the body. An alkaline pH protects the body against cancer, and can even help to defend against it once present.

OXYGENIZE

As evidenced by Dr. Otto Warburg's research, cancer thrives in an environment depleted of oxygen. The goal here is to increase the circulation and commensurate oxygen flow to the cells.

The six platforms are part of a two-step process:

- Boosting the immune system.
- Attacking the cancer.

"We're interested in providing good health care. We're not interested in just treating the symptoms," Dr. Garcia says. "What a physician does is change the balance of pH, gets you to eat healthy because nutrition matters — contrary to what traditional doctors like to believe — get you to oxygenate your body because oxygenation is key ... and figure out why you decided to allow cancer to thrive.



“We believe that the only person who can cure you of cancer is you, through your immune system. ...You are your healer. Doctors cannot cure you.”

Utopia Wellness specializes in these treatments:


- Anti-Oxidant IV Therapy
- Cesium Chloride
- Chelation Therapy
- Colon Therapy
- Epigenetic Therapies
- Group Therapy
- High pH Therapy
- **Hyperbaric Oxygen Therapy**
- **Immunotherapy**
- Individual Counseling
- Ion Foot Cleanse
- IV Peroxide Therapy
- **IV Vitamin C**
- Juicing
- Massage Therapy
- Mind Body Medicine
- Nutraceuticals
- Nutritional Therapy
- Organ Cleanse
- Oxygen Therapies
- **Ozone Therapy**
- Radio Frequency Therapy
- Salicinium
- Touch for Health

You can learn more about Utopia Wellness by visiting www.utopiawellness.com or calling (800) 519-0309.



CHAPTER

CT-Verified: Hope4Cancer Institute



Hope4Cancer is one of the most well-known international natural cancer treatment facilities. H4C is under the direction of Dr. Antonio Jimenez and has two locations — Tijuana and Cancun — and the institute offers some treatments that are not available in the United States.

For more than 30 years, Dr. Jimenez has traveled the world to learn and research new approaches to cancer treatment. His purpose is to provide natural methods to give patients the best chance of recovery.

Dr. Jimenez graduated from the University of Dallas (Texas) with a B.S. Degree in Biology/Biochemistry. He went to Mexico and received his Medical Degree from the University of Guadalajara Faculty of Medicine.

In 2016, Dr. Jimenez was honored with the Lifetime Achievement Award by The Truth About Cancer organization for his dedicated study, research, and implementation of effective non-toxic medical treatments.

Hope4Cancer was established in 2000, and the clinic has seven key principles of cancer therapy:

NON-TOXIC CANCER FIGHTING AGENTS

Non-toxic therapies and products from research that Hope4Cancer conducts in its various facilities around the world. These cancer-fighting agents attack cell(s) that have changed and reproduce uncontrollably. Our therapies and products are perfectly safe to normal cells and will not harm vital, healthy tissues.

ENHANCE/OPTIMIZE IMMUNE SYSTEM

H4C strengthens and optimizes your immune system by using a series of products and techniques that enhance your own system's ability to fight cancer/mutated cells within your entire body.

FULL SPECTRUM NUTRITION/ALKALINIZE

For your system to be 100 percent effective and achieve optimal health in its fight against cancer, a vast array of nutrients must be consumed in correct

ratios and combinations. Full Spectrum Nutrition includes dietary intake of foods that contain a balance of compounds present in fresh fruits, vegetables, beans, grains, fish, and plenty of alkaline water.

DETOXIFICATION (HEAVY METALS AND TOXINS)

Hope4Cancer recommends detoxification using coffee enemas and near infrared saunas for anyone suffering from cancer and other chronic degenerative disease. Overall benefits of detoxification specifically help aging and diseased individuals by improving brain function, digestion and absorption of nutrients as well as improve one's circulation.

ELIMINATE MICROBES/PATHOGENS

Medical evidence suggest that cancer is a disease partly caused by infectious agents (fungus, viruses, bacteria and other less known pathogens, such as prions, cell-wall deficient forms). At Hope4Cancer, treatment modalities cause the breakdown and ultimate elimination of microbes and pathogens.

OXYGENATION

Increasing oxygen levels, at the cellular site, in an oxygen starved environment of a diseased body is an essential factor in reversing the anaerobic process. Oxygen (O₂), along with foods, are the primary nutrients that cells use to generate energy for all their functions. An optimal cellular oxygen environment can result in physiological (normal) life process.

SPIRITUAL AND EMOTIONAL INTEGRITY

Support therapy is necessary for a well-rounded treatment approach. It is not wise to treat only the disease, it is best to complete the process and treat the entire being. This means mind, body and spirit. As an organization, H4C believes in having God at the center of our lives. We invariably find that all our patients who have a strong "God center," regardless of their faith, end up having the most beneficial recovery effect.

"I welcome the challenge of bringing recovery to patients suffering from cancer, heart disease, and other degenerative diseases," says Dr. Jimenez. "Even though I was initially trained to perform conventional treatments, I





feel there are better protocols to treat chronic conditions other than with radiation, surgery, and chemotherapy.


“Our approach allows you to become empowered to participate in your treatment protocol which includes diagnosis, testing, treatment, and recovery.

“We have observed that the empowered patient demonstrates a much higher chance of recovery than others,” says Dr. Jimenez. “We encourage you to take charge of your life.”

Hope4Cancer specializes in these treatments:


- AARSOTA Bioimmunotherapy
- Biological Dentistry
- Coffee Enema
- Full Spectrum Nutrition
- Hyperbaric Oxygen Therapy
- Hyperthermia
- Immune Power Plus
- IV Anti-Cancer Program
- IV PolyMVA
- IV Treatments
- IV Vitamin C
- Laetrile
- Lymph Drainage Therapy
- Near Infra-Red Lamp Therapy
- Near Infra-Red Sauna
- Ozone Therapy
- Pulsed Electromagnetic Field Therapy (PEMF)
- Recall Healing
- Rigvir Virotherapy
- Sono-Photo Dynamic Therapy
- Ultraviolet Blood Irradiation

You can learn more about Hope4Cancer by visiting www.hope4cancer.com or calling (800) 985-2601.



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CHAPTER
International Cancer Clinics



There are reputable natural cancer treatment clinics around the globe. Many of these utilize protocols that have not been approved by the United States FDA — but that does not reflect on the potency of the treatment.

If anything, it reflects on how the U.S. FDA kowtows to Big Pharma.

When seeking international help, natural cancer treatment clinics are in Austria, the Bahamas, Canada, Cuba, Denmark, Ecuador, Germany, Hong Kong, Hungary, Ireland, Israel, Italy, Japan, Mexico, New Zealand, Philippines, Portugal, San Salvador, Spain, South Africa, South America, Switzerland, and the United Kingdom.

A valuable resource for anyone seeking a natural cancer treatment clinic is the [Cancer Control Society](#), launched in 1973 as a non-profit charitable organization.

The CCS has in-depth information on natural cancer treatment clinics and sends information to patients and their families and friends with educational and useful examples of complementary medicine.

There is a popular misconception that Germany is the world leader among natural cancer treatment and its clinics are the standard bearer for the world.

This is a case of perception — not reality.

Most German cancer clinics use orthodox treatments. The same orthodox treatments with the same success rates as those used in the United States.

Before you choose a German clinic, read [German Cancer Breakthrough](#) by Andrew Scholberg. The book is based on first-person reporting; Scholberg visited the clinics, interviewed the doctors and patients, and offers details about each clinic.

Among the leading international natural cancer treatment clinics are the Budwig and Gerson clinics.

The Budwig Center was founded by Dr. Johanna Budwig and focuses on Hippocrates' statement: "Let thy food be thy medicine."

The Budwig Center is in Malaga, Spain.

- [Collect-Budwig Protocol | Budwig Diet](#)

The Gerson Therapy is a natural treatment developed by Dr. Max Gerson in the 1920s. The therapy activates the body's ability to heal itself through an organic, vegetarian diet, raw juices, coffee enemas, and natural supplements.


There are two licensed Gerson clinics — the **Gerson Clinic** in Tijuana, Mexico, and the **Gerson Health Centre** outside Budapest, Hungary.

In researching for the right cancer clinic, it is paramount to find a clinic that uses natural and/or integrative medicine.

As you work with your doctor on a protocol, you also may want to try complimentary treatments:

- Acupuncture — relieve nausea and pain.
- Aromatherapy — provide a calming sensation.
- Exercise — manage symptoms during and after cancer treatment.
- Massage — relieve muscle tension and stress.
- Meditation — relieve anxiety and stress.
- Music therapy — relieve pain, control nausea and vomiting.
- Tai chi — relieve stress.
- Yoga — stress relief.





Many doctors and clinics also will emphasize spiritual well-being. Prayer is powerful, and having a religious or spiritual practice is encouraged.

One of the miracles of Jesus in the Gospels — noted in Mark 5:25-34; Matthew 9:20-22; Luke 8:43-48 — was His healing of “the bleeding woman,” who for 12 years has suffered under the care of doctors. She had spent all her money with these doctors but was not cured.

Luke 8: 43-48

43 A woman was there who had been bleeding for twelve years. She had spent her entire livelihood on doctors, but no one could heal her.

44 She came up behind him and touched the hem of his clothes, and at once her bleeding stopped.

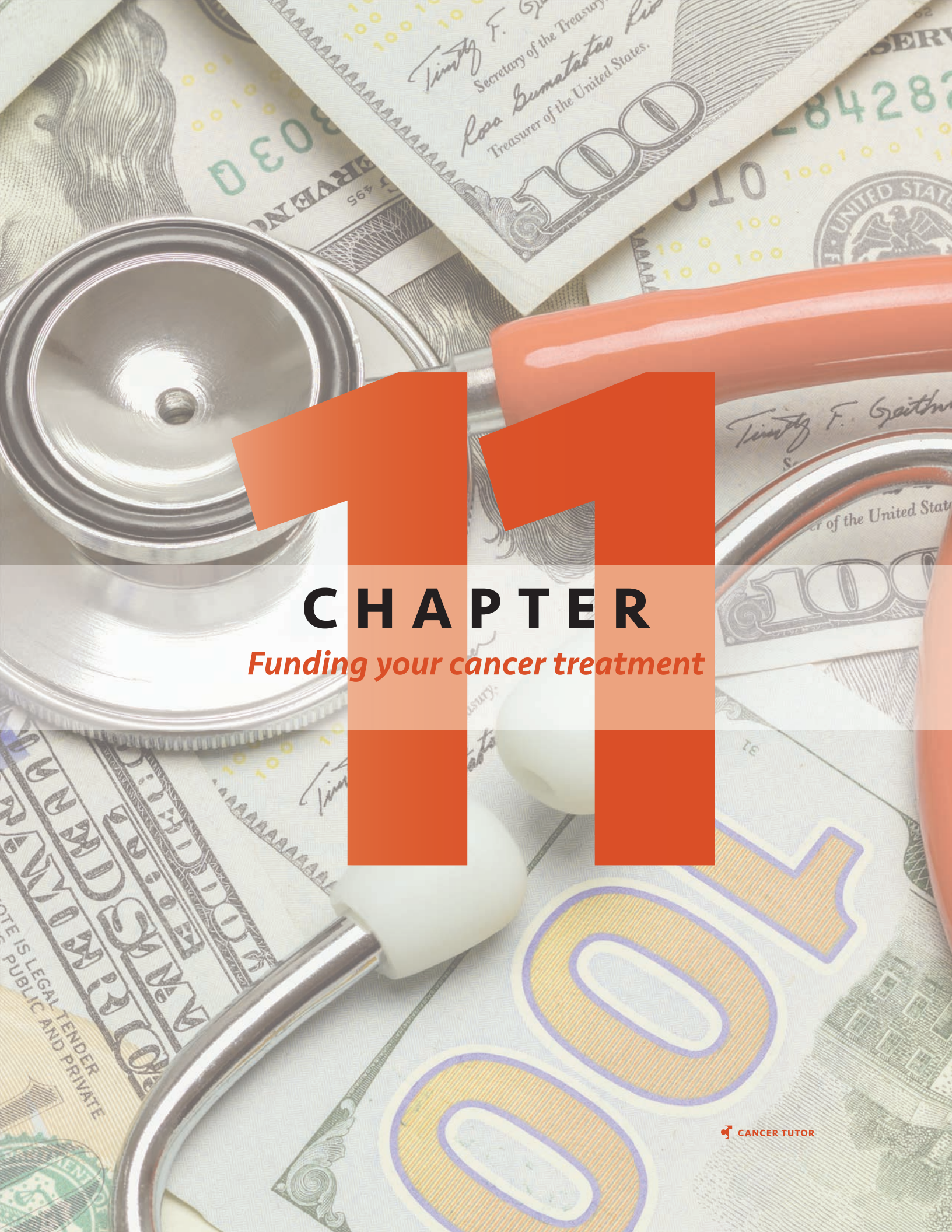
45 “Who touched me?” Jesus asked. When everyone denied it, Peter said, “Master, the crowds are surrounding you and pressing in on you!”

46 But Jesus said, “Someone touched me. I know that power has gone out from me.”

47 When the woman saw that she couldn’t escape notice, she came trembling and fell before Jesus. In front of everyone, she explained why she had touched him and how she had been immediately healed.

48 “Daughter, your faith has healed you,” Jesus said. “Go in peace.”


Remember: Faith is only as strong as the thing to which it is anchored — and we know that God has provided what we need to heal ourselves. From Genesis through Revelation, the Scriptures comfort and reasons to believe in His healing powers.



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CHAPTER

Funding your cancer treatment



If you have been diagnosed with cancer and decide to pursue a natural or integrative protocol, traditional insurance policies most likely will not cover the cost of treatments. However, there are options to help ensure that every day financial responsibilities do not become overwhelming.

There are different types of costs related to your care — the type cancer treatment, travel costs to see the doctor, food, lodging, medications. It is important to carefully budget for the assistance you may need.

Almost all natural or integrative doctors do not accept medical insurance.

If insurance does not cover the cost of your treatments, there are organizations that help people with cancer who are facing financial challenges to offset the cost of treatment, travel, transportation, housing, and more.

However, there are ways to pay for treatments:

- Home Mortgage Refinancing
- Credit Cards
- Networking (GoFundMe or Caring Bridge)
- Health Share Network (Liberty HealthShare, Medi-Share, Christian Healthcare Ministries, Samaritan)
- Life Insurance (a “viatical settlement”)


There also are faith-based organizations that may help, sometimes regardless of if the cancer patient is a member of that organization or religion.

- [How to fund your cancer treatment without a loan](#)



CHAPTER

Cancer and Nutrition



Imagine a study that spanned two decades and was overseen by three world-renowned pillars of academia.

Imagine the results of that study showed that the high consumption of animal-based foods is associated with more chronic disease.

Imagine the results of that study showed those who ate a primarily plant-based diet were the healthiest.

If you can imagine that type of a study, you have the China Study, a 20-year partnership between Cornell University, Oxford University, and the Chinese Academy of Preventive Medicine.

- [What is the China Study?](#)

“The idea is that we should be consuming whole foods,” said T. Colin Campbell, co-author of *The China Study* and professor emeritus at Cornell University. “We should not be relying on the idea that genes are determinants of our health. We should not be relying on the idea that nutrient supplementation is the way to get nutrition, because it’s not.

“I’m talking about whole, plant-based foods. The effect it produces is broad for treatment and prevention of a wide variety of ailments, from cancer to heart disease to diabetes.”

Dr. Campbell also is the author of *Whole* and *The Low-Carb Fraud*. He is featured in several documentaries including *Forks Over Knives*, *Food Matters*, and *Plant Pure Nation*. He is the founder of the T. Colin Campbell Center for Nutrition Studies.

The China Study is not about weight loss; we’re not talking about that kind of diet. Instead, the focus is on *what* you eat — the kinds of food that a person eats.

Dr. Sanjay Gupta embraced the China Study results and included Dr. Campbell in a CNN special, *Dr. Sanjay Gupta Reports: The Last Heart Attack*.

“People have said to me as I was preparing this documentary — ‘Sanjay, you are advocating a radical change to the way we eat.’

“Perhaps, but if you really think about it, the way we eat now is in fact more radical. And when we look back on this time, a couple of hundred years from now, I guarantee you that our diet of today will be considered one of the most radical in history.”

Dr. Campbell advocates the importance of eating a whole-foods, plant-based diet because it is rich in fiber, iron, good fats, carbohydrates, minerals, and micro-nutrients that can't be replicated in a lab.

With regards to a cancer treatment, Cancer Tutor founder Webster Kehr said every food can be categorized into categories:

- Foods that feed and strengthen the cancer cells and/or the microbes in the cancer cells and body. Examples would be refined sugar, refined flour, soda pop, dairy products, etc.
- Foods that cause cancer (e.g. trans fatty acids, aspartame, MSG, polyunsaturated oils)
- Foods that directly interfere with alternative treatments for cancer (e.g. chlorine, fluoride, alcohol, coffee)
- Foods that occupy and distract the immune system from focusing on killing the cancer cells (e.g. beef, turkey)
- Foods that contain nutrients that kill the cancer cells, stop the spread of cancer, or in some other way help treat cancer (e.g. purple grapes with seeds and skin, red raspberries with seeds, strawberries with seeds, broccoli, cauliflower, several herbs, carrots, pineapples, almonds)



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- [Learn more about The Cancer Diet](#)

Kehr notes that a cancer diet is just as important as the cancer treatment. “If the cancer diet is not treating cancer, then it is interfering with the cancer treatment,” he says.

Chris Wark is a well-known cancer survivor. He beat Stage IIIc colon cancer — and did it his way, through nutrition. Yes, Chris decided not to take conventional treatment. He went back to basics, starting with his diet.

His survival story is inspiring. This was Chris’s thought process:

- My body is designed to heal itself.
- Something inside me is malfunctioning and affecting my immune system, allowing cancer to grow.
- Chemotherapy is a poison that will hurt my body and destroy my immune system.
- I don’t want to hurt my body and destroy my immune system. I want to build it up.
- Cancer is not the cause of a sick body, it is the effect of a sick body.
- I’ve got to find therapies that strengthen my body and my immune system, so it can heal itself.
- I radically changed my diet and did every natural, alternative, and holistic therapy I could find.
- [Learn more at www.chrisbeatcancer.com](http://www.chrisbeatcancer.com)

Fighting cancer — and beating it — begins with your health. Your immune system is the key to fighting cancer cells.

Your journey began with the cancer diagnosis; you do not end there! It is not a death sentence.

Research, learn as much about your type of cancer. Find a doctor that specializes in your type of cancer. Decide which natural cancer treatment is best to address your type of cancer. Choose a natural cancer treatment clinic where you are comfortable. Follow the doctor's protocol — including all diet and nutrition instructions.

You are the difference-maker in the fight against cancer.

