

Fight Cancer Through Powerful Natural Strategies

By M J West

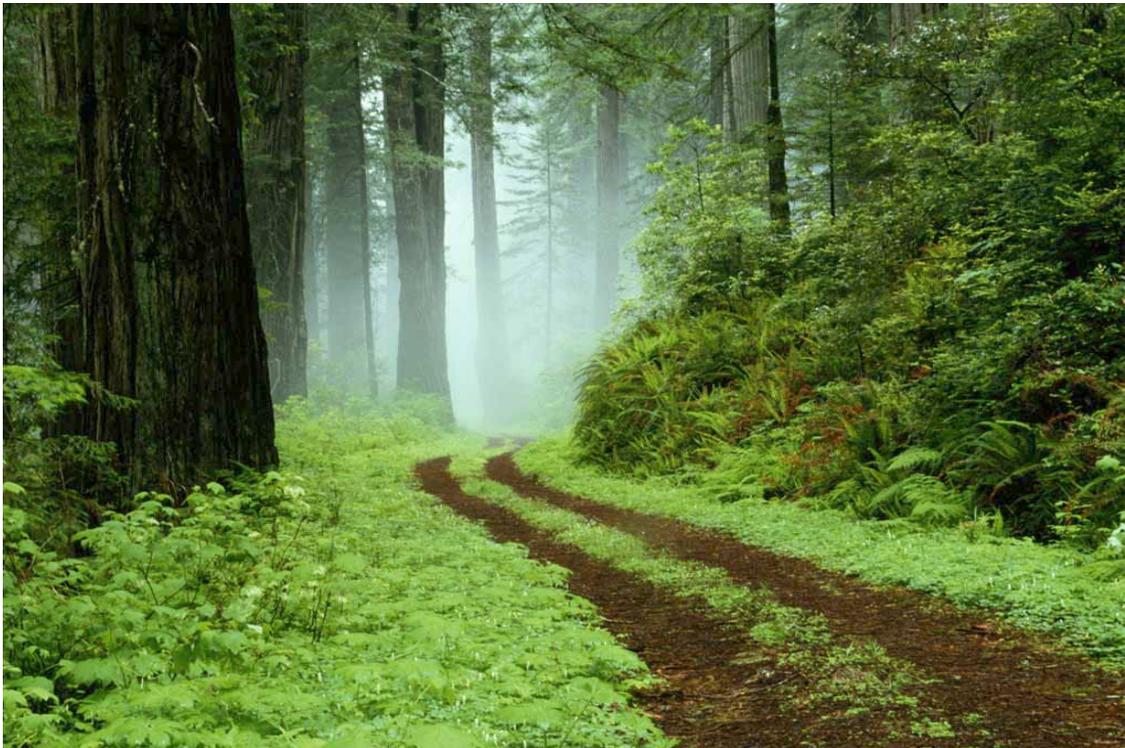


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Introduction

These natural strategies are **not** meant to be used as a **substitution** for any doctor recommended treatments, but rather to be used in **addition** to them. I urge you to carefully read and diligently implement these strategies into your lifestyle, particularly the nutritional supplement and dietary ones.

Although I'm unable to give anyone a 100% iron clad guarantee that if they follow these strategies they will be healed of cancer, I can offer a large measure of hope even to those with the most serious prognosis. As you read on you'll understand why, and that there is a **solid basis for this hope.**

Fight Cancer Through The Nutritional Supplement of Mangosteen Juice

There is much excitement about mangosteen in the alternative and natural healing community. This fruit is the exclusive source of phytochemicals called xanthones. Laboratory studies have demonstrated **conclusively** that xanthones have the ability to **destroy** cancer cells.

This is well documented in <http://www.pubmed.gov> which is a service of the US National Library of Medicine and the National Institute of Health. I encourage you to go to this website and type in "xanthones cancer" in the search bar (without the quotes). It will bring up 361 studies about how these nutrients fight cancer.

It's wonderful to know that this information is put out by the scientific community, rather than being a sales pitch put out by a company who wants you to buy a product.

Xanthones not only destroy cancer cells that are already present, but they also stop tumor development at each step of the cancer forming process.

Dr Frederic Templeman is the world's foremost expert on using mangosteen in the treatment of cancer. Please take a moment and listen to this short but fascinating video. Please click the link below.

[Tests Treating Cancer Cells with Mangosteen](#)

Mangosteen Testimonials

Testimonials of cancer healing through mangosteen can be found online by googling “cancer testimonials mangosteen” (without quotes). I urge you to take the time to do this and read testimonials from several different websites. I've personally heard and read **amazing** accounts of healing even of advanced cancer through mangosteen.

Allow yourself to get excited! The combination of the scientific studies and the abundant testimonials seems to indicate that this is a most powerful weapon against cancer.

Mangosteen Dosage Recommendations

1 oz or more one to three times daily to prevent cancer.

The 21 Day Challenge

It is recommended that anyone with cancer commit to drink an entire 25 ounce bottle of mangosteen juice every day for 21 days. In addition to the mangosteen juice, they should drink 1 gallon (which is eight 16 ounce glasses) of pure water to help flush toxins out of the body. It's best to spread this out as evenly as possible over the course of the day. After completion of the 21 day challenge, the daily dose can be reduced.

For aggressive fast moving cancers I recommend taking as much as the family can possibly afford.

Mangosteen Purchase Recommendations

The only drawback to mangosteen is that it is not inexpensive, but when you consider that it could save your life it is well worth every penny. It can be purchased online or at your local health food store.

Look for brands that are 100% mangosteen juice or 100% mangosteen puree. You don't want a product that has been diluted down with water or other juices. I have personal familiarity with a brand called Xango, and can vouch for its integrity. The company has added a small amount of other juices to enhance the flavor, but the product is pretty much all mangosteen juice. I believe that this is the product that Dr. Templeman recommends. I once bought Xango from an unauthorized dealer to save money and the product did not produce the same results. Only buy it from an authorized dealer.

Furthermore, I once bought a bottle of 100% mangosteen juice from my local health food store that was not the Xango brand. Although it was beneficial, it just didn't seem to have quite the same effect as Xango. I can wholeheartedly recommend the Xango

brand of mangosteen or the product below.

If you prefer to take mangosteen pills rather than the juice, the only company whose product I would endorse is Natural Home Cures. This company is very ethical and puts out a fine mangosteen capsule product. It is not expensive.

Don't make the mistake of buying an inferior quality mangosteen product to save money. Many of the mangosteen pill products are a waste of money. They won't work.

A Final Word on Mangosteen Juice

In this book I've talked about mangosteen first because I consider it **the most important weapon you can use against cancer** (not to mention the easiest change to make in your lifestyle). Although I recommend all of the natural strategies proposed here, if I could choose only one that you would be absolutely sure to employ, it would be to begin immediately taking mangosteen juice.

It should be reiterated again to please don't stop chemotherapy or any other doctor recommended treatments. Mangosteen can be taken along with these treatments.

Fight Cancer Through Diet

Permitted Foods

Fresh fruits (raw as much as possible)

Fresh vegetables (raw as much as possible)

Raw seeds and nuts

Beans

100% whole grain products

Brown rice

Poultry (Small amounts may be all right, but you're probably better off eliminating this.)

Fish that have fins and scales (Kosher fish such as tuna, salmon, cod, bass, flounder)

Refer to google for a complete list of kosher fish.

Green tea

Abundant medical and scientific evidence shows that cabbage and vegetables in this family can help prevent cancer. These vegetables include broccoli, Brussels sprouts, cauliflower, collards and kale, kohlrabi, mustard greens and mustard seed. Prestigious journals have reported significant research showing that the sulphur and histidine in these vegetables inhibit the growth of tumors, prevent cancer of the colon and rectum, detoxify the system of harmful chemical additives and increase our body's cancer fighting compounds.*

- Heinerman's Encyclopedia of Fruits, Vegetables and Herbs by John Heinerman p. 55

Prohibited Foods

Sugar

Dairy products

MSG (Avoid as many food additives as possible.)

Trans fats

Artificial sweeteners

White flour products

Pork

Beef

Nitrated meats (Cured meats)

Seafood (shrimp, crayfish, oysters, crab and so forth)

Fish that don't have fins and scales (Non kosher fish such as catfish) Refer to google for a complete list of non kosher fish.

Red meat is to be avoided as it contains a substance that feeds cancer.

Foods to be avoided like the plague include are pork, seafood and non kosher fish such as catfish. These creatures are all scavengers and body has to work hard to detoxify itself after eating them.

Sugar depresses the immune system which makes it harder for the body to fight against cancer. Use a little raw honey instead.

Basis of Diet

This diet is based on Old Testament dietary laws. It is logical to think that the God who created us and loves us is the One who knows what is best for us to eat. The book "God's Key to Health and Happiness" by Elmer Josephson is strongly recommended for anyone with cancer. The author had extensive cancer. When he exchanged his typical American diet for the diet listed above, his cancer gradually disappeared. A used copy of this book can be purchased inexpensively on Amazon.

Raw Food vs Cooked Food

To be alive one must eat so called "live foods" which are fresh raw vegetables, fruits and raw nuts and seeds. Raw foods contain powerful life giving enzymes which are not found in cooked foods. The greater the quantity of raw foods in your diet, the healthier you will be.

Acid vs Alkaline

A good natural cancer fighting strategy is to starve cancer cells by not supplying them with food they need to replicate. Cancer cells flourish in an acid environment. The consumption of meat produces acid so it's best to avoid this source of protein. A diet that is comprised mostly of fresh raw vegetables, whole grains, seed and nuts, and some fruit will put the body in an alkaline environment. Drinking large amounts of non chlorinated water is also helpful.

Garlic

Studies show a link between increased intake of garlic and reduced risk of some kinds of cancer. In some studies this reduced risk is of a significant magnitude. Allicin and allyl sulfur, nutrients contained in garlic, have demonstrated cancer fighting properties.

I recommend a high quality garlic supplement, as well as a little minced fresh raw garlic daily. A note of warning is indicated here. Garlic can thin the blood, so if you are taking blood thinners such as aspirin and warfarin, check with your doctor before taking garlic supplements.

Green Tea

Make green tea your beverage of choice and drink several cups throughout the day. Its polyphenols' anti tumor effects are well documented. EGCG, one of its strongest polyphenols, is particularly helpful in preventing the growth of cancer cells.

Flax seeds and Cottage Cheese

Flax seeds contain omega 3 fatty acids and lignans which may reduce certain types of cancer. Researchers have discovered that for these fatty acids to be the most bio-available, there must be a sulfur bond protein present which is found in cottage cheese. One researcher recommended 3-6 tbsps of flax seed oil with ½ cup of cottage cheese every day.

Wheatgrass

Wheatgrass is a very powerful weapon against any kind of cancer. Chlorophyll, a major component of wheatgrass, increases the production of hemoglobin which brings more oxygen to cancer cells. (Oxygen is a good natural tool to fight cancer.)

It also contains potent cancer fighting nutrients such as selenium, laetrile, SOD and

cytochrome oxidase.

The wheatgrass diet prohibits all meat, dairy products and cooked foods. Permitted foods are so called "live foods" such as sprouts, raw vegetables and fruits, nuts and seeds.

If you google "wheatgrass cancer testimonials" (without quotes), the first website you see is an amazing testimonial of a terminally ill cancer patient who had been healed with wheatgrass.

Wheatgrass combined with the wheatgrass diet seems to indeed be a valuable alternative cancer treatment.

Asparagus

There have been some reports of cancer healing from asparagus. According to the National Cancer Institute, this vegetable is the highest tested food source of a cancer fighting nutrient called glutathione.

Although some of the people taking asparagus for cancer are eating it cooked, for maximum benefit it should be eaten raw. It could either be chopped and put into salads or it could be juiced. Asparagus juice combined with carrot juice would be beneficial.

Fight Cancer Through Juice Fasting

A diet that will lead to cancer healing should include periodic episodes of juice fasting. Juice fasting can be quite beneficial as an alternative strategy for cancer as it provides the body with concentrated building materials for healing.

The first part of the body that will rejuvenate when provided with good nutrition is the immune system, which is critically important in fighting cancer.

Raw carrot juice is a natural solvent for cancer. You may want to invest in a juicer and consume fresh carrot juice daily, especially if you aren't taking mangosteen juice.

Carrot combined with granny smith apples or dark grapes is beneficial. Lemon and lime juice are also advantageous as they detoxify the liver and kidneys.

No food, coffee or milk can be consumed during a juice fast. If the patient is weak and debilitated, juice fasting should be done under a practitioner's supervision

Fight Cancer Through Fruit Fasting

It has been said that all disease starts in the colon. An occasional 24 hour fruit fast is very cleansing and beneficial. During this time only fresh fruits are consumed. No water or even morning coffee is permitted.

If more information is desired about this, I recommend “Fit for Life” by Harvey and Marilyn Diamond. A used copy of this can be purchased from Amazon very inexpensively.

Fight Cancer Through Tahitian Noni Juice

Tahitian Noni Juice is a super food that can help in fighting cancer. A note of caution is appropriate here. There have been rare reports of noni juice causing liver damage, so don't consume more than 3-4 ounces per day. Cancer patients with liver damage should not take this juice.

The quality of different brands of noni juice can vary. I don't recommend any brand other than Tahitian Noni juice.

Fight Cancer Through Barley Grass

Barley grass is one of the world's superfoods and is a potent antioxidant that is thought to help the body kill cancer cells. It contains a nutrient called alpha-tocopherol succinate which seems to impede several types of cancer. If you google “barley grass testimonials cancer” (without quotes) you will see a few. I personally take this supplement and it seems to give me energy. It would definitely be an asset to an anti cancer program.

Fight Cancer With Baking Soda

This is a very inexpensive anti cancer treatment. There are those in the alternative medicine community who feel that the cause of cancer is related to fungus. A noted expert in this treatment feels that there is no remedy for fungus more effective than sodium bicarbonate, otherwise known as baking soda.

Another anti cancer benefit of baking soda is that it causes the blood pH to become alkaline. This is helpful because cancer cells thrive in an acidic environment.

The oral dosage is no higher than 2 tsp/day for the 1st week and no higher than 1 tsp/day for the 2nd and 3rd week. **It's important not to exceed this dosage and don't exceed the three week period. Baking soda can cause death if you take too much.**

If your cancer is not in the digestive tract you can receive sodium bicarbonate injections by a health practitioner.

Fight Cancer Through Urine Therapy

This can seem appalling to anyone that is uninitiated in natural healing, but keep an open mind. One's own urine contains substances which inhibit the growth and development of cancer cells.

I've engaged in urine therapy myself and it really isn't bad. Free information concerning this can be obtained by googling "urine therapy". Also books can be obtained on this subject at Amazon.

Fight Cancer Through Rebounding Exercise

Rebounding is a very unique form of exercise which involves a gentle bouncing up and down motion of a mini trampoline. Since it stimulates and tones every cell in the body it is undoubtedly the most beneficial form of exercise not only for cancer but for many other ailments as well.

It helps the body fight against cancer in different ways. It facilitates the elimination of toxins. It increases the white blood cell count and stimulates the flow of lymph, thus strengthening the immune system. This increased immunity is very valuable for cancerous conditions.

The "health bounce" is recommended for cancer patients. This means that instead of jogging, your feet remain in contact with the mat while your body bounces up and down. Start very slowly and gradually work up to 2 minutes every hour. In the beginning you may only be able to tolerate a few seconds. Stop if you feel dizzy, weak or experience any kind of discomfort. You will eventually be able to increase your time. For those who work outside the home, you can do the health bounce before and after work.

Here are two excellent sources online that explain more about the benefits of rebounding for cancer and exactly how to do it. I encourage you to read them.

[Http://www.wholife.com/issues/9_4/01_article.html](http://www.wholife.com/issues/9_4/01_article.html)

<http://www.healingdaily.com/exercise/rebounding-for-detoxification-and-health.htm>

Rebounders come with and without handles. For those who are elderly or weak, I strongly recommend a model with handles to hold while bouncing.

Rebounders can be purchased online from Amazon and other online sources. You might also be able to find them at you local health food store or sporting goods store.

The Immune System and Cancer

The immune system is critically important in fighting cancer. The immune system of a healthy person destroys thousands of mutated (cancer) cells every day. When the immune system is impaired, these mutated cells multiply and cancer grows in the body.

Furthermore, chemotherapy and radiation can dramatically depress the immune system.

The mangosteen juice and rebounding we talked about earlier can improve immunity. Another supplement to boost immunity is **flower pollen**. Be sure and look for a hypoallergenic brand, as non hypoallergenic flower pollen can cause severe allergies in some people.

Vitamin D Through Natural Sunlight

Vitamin D derived from sunlight is thought to contribute to regulating cell production, thus playing a role in cancer. Studies have shown that it may reduce breast, colon and prostate cancer. It's important not to overdo this. Fifteen minutes a few times a week without wearing sunscreen is recommended.

The Importance of Our Thoughts

No cancer natural healing book would be complete without understanding the significance of this area. Our thought life can't be separated from our physical bodies. Anger, resentment, unforgiveness and bitterness cause the production of acid, which feeds cancer. Forgiveness, love and positive thoughts will truly be helpful in the body's cancer fighting process.

For Women Only

Scientists have found a potential link between aluminum in deodorants and breast cancer. The fact that most breast tumors develop in the upper outer section of the breast also gives credence to concerns about antiperspirants and deodorants.

Use a natural deodorant. These can be purchased at any health food store and actually

work quite well in controlling odor. Never use an antiperspirant as this hinders the natural elimination of toxins through sweat glands in the underarm area. In addition, use cotton rather than polyester bras so that the elimination of toxins is unhindered.

Avoid using powder in the genital area. Studies show a strong link between talc (which is the major component of dusting powder) and ovarian cancer.

A Good Online Resource

A good online resource for further information of natural or alternative cancer treatment is <http://www.cancertutor.com>

A Final Word In Summary

To summarize, we've talked about the powerful nutritional supplement of mangosteen juice in cancer, as well as dietary and exercise recommendations. At the risk of being repetitive, **I can't urge you strongly enough to begin taking mangosteen juice.** Even if you can only afford 2-3 oz per day, it would be so helpful.

The dietary strategies are very important as well. In preparing for this book I did further research into rebounding. The more I read, the more I realized that this can indeed be a valuable tool in fighting cancer.

I wish all of you the very best as you seek to regain your health. If you have any questions or comments about the material presented here I would love to hear from you. Please contact me at west158485@bellsouth.net

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I invite you to visit my new website: <http://www.alternativemedicinetruth.com>

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