



COMING CLEAN

From Denial to Detox

Real Tools to Build Hope in the Gulf

Compiled by Jeff Rense www.rense.com

ALTERNATIVE CANCER INFORMATION

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Background cover image courtesy of Teddy Meeks,
<http://pcbeachdailyphoto.wordpress.com>

Dedication

This is dedicated to each and every one of our fellow Americans who are living in the entire Gulf region...and who are suffering as a result of the 2010 BP Gulf oil disaster.

Never forget, no matter how hopeless and discouraged you may become, that you are NOT alone. There are countless millions of Americans who care and are profoundly concerned about what has been done to you, your families and our once beautiful and bountiful Gulf. The tragic effects this catastrophe has had on your lives, health, and homes shall never be forgotten nor efforts to lessen the damage abandoned. The purpose of this book is to underscore that concern and to inform and engage you in taking responsibility for your own health and the health of your loved ones. The longest journey begins with a single first step... We most sincerely hope this book might be that first step for many who are in true need of help and guidance.

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Preface

Ever since John D. Rockefeller sent his henchmen out to threaten the medical colleges in America in the early 1900s to stop teaching natural or ‘alternative’ medicine and focus only on pharmacidal allopathic medicine...*or else*...we have been in serious trouble. The medical establishment simply cannot (and will not) be allowed to truly cure most diseases and conditions of poor health...especially cancer. The big money is all being made by treating symptoms and putting people on short- and long-term pharmaceutical ‘maintenance’ programs.

In recent years, countless people around the world have awakened to the fact that their lives have been subjugated and that they are truly hostage to the medical-pharmaceutical monolith. They have also begun to rediscover their stolen birthright—the ability to pursue any sort of natural or alternative approach to wellness they choose. To counter this burgeoning awareness, the ‘hidden hands’ have unleashed Codex Alimentarius and other draconian engines of control to force humanity back into their agenda-driven hands.

Because of food-borne and environmental toxins, one out of two people in the Western world will now develop cancer in their lifetimes. The average cancer patient generates nearly \$500,000 in revenue for the medical-pharmaceutical machine. Do the math.

The choices for ‘treatment’ are not pleasant for the uninformed, fearful, and obedient: mutilating surgery, cancer-causing radiation and/or deadly chemical poisoning. So

horrible and absurd are these Gothic tortures that a recent US survey showed over 75% of ALL doctors would refuse chemo ‘therapy’ if they develop cancer. You might want to think about that very carefully.

This book contains a list of some of the most interesting, new breakthrough approaches to addressing and managing cancer. These therapies and approaches are now being talked about and utilized literally around the world.

The single most important thing for any cancer patient to do is to try to understand why he or she developed the disease in the first place. For those who don’t know, the answer is: Food (meat, dairy, and processed food), Lifestyle (stress, anxiety, and poor exercise) and Environmental Toxins such as chemical dispersants and crude oil (and ‘sick homes and buildings’ and the endless number of toxic chemicals we are exposed to every day.)

What to do? There are many cases of the body ridding itself of cancer when a person simply stops consuming meat, dairy, and processed foods. The bottom line is clear—unless one stops the behaviors and exposures that led to the cancer, no matter which curative road people take, their cancer is likely to return.

The overall messages within these pages are those of reality and hope. We CAN heal ourselves. We can decide to exercise and defend our God-given right to health.

—Jeff Rense

Acknowledgments

When journalist, Deborah Dupré, asked me about an interview regarding the Gulf tragedy and the growing numbers of severely sick and ailing people there, I mentioned to her that I had been compiling a lengthy list of some of the most current and contemporary alternative approaches to manage cancer and other health issues...and offered to send it to her to share with anyone and everyone she wanted.

Upon receiving the material in its rather 'homemade' format, Deborah immediately saw my (unspoken) hope for the material—to turn it into a small but vital book for people in the Gulf Coast region—and for all people seeking to exercise their God-given right to take the path of THEIR choosing in managing issues of personal health. She asked if I would mind if some formatting work was done to my 'list' and I certainly gave her the green light on the spot.

Only a few weeks later, I sat, dumbfounded, looking at this little BIG book you are now reading. To say I was stunned and humbled is an understatement. This information desperately needed the widest circulation possible and Deborah stepped right in as *de facto* Editor and brought together an extraordinary volunteer group of people who have selflessly and tirelessly donated their time and superior talents to make this project happen. It is just incredible what has been done and accomplished in such a short time.

Thanking and acknowledging such wonderful human beings is not easily done but we shall try. First, there is a husband and wife team in Colorado who wish to remain anonymous...a wish I must honor. I do want to say to

them both, THANK YOU so much for all you have contributed. Next to be thanked, this time by name, are various, heroic Gulf Coast ‘Barefoot Doctors’ including Valerie Murphy Green, Michelle Brouse and Delia LaBarre. Thank you, all. Without each person playing their part, this book could not have been produced.

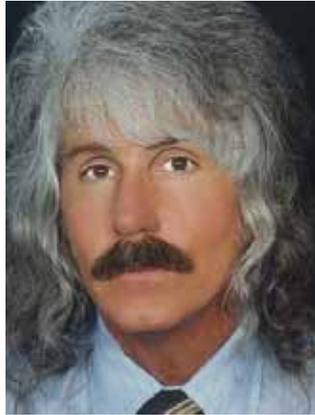
As you’ll see, from the front cover right on through the book, there is abundant and gorgeous artwork and artistic input that makes the book even stronger. Thanks to the absolutely brilliant political artist, David Dees, whose world-famous work is featured in many places throughout the text. David’s art has impacted the lives of countless millions around the world and adds a special impact to the material. My own webmaster, James Neff, and photographer, Teddy Meeks, round out the people who have truly made the book ‘come alive’ with their special talents. I also gladly mention my YouTube Video Editor, the gifted Morris Herman, for his superb video contributions.

In the midst of the ongoing virtual blackout of vital and essential medical data for the victims of the Gulf tragedy on the part of organized medicine, one brave and courageous physician in particular has stepped forward to bring truth to the people of the Gulf—Dr. Rodney Soto. No book on the Gulf disaster could be considered complete without substantial mention of Dr. Soto who is featured, and rightly so, throughout much of the book. A no-nonsense humanitarian and medical inspiration, Dr. Soto minces no words nor cuts any corners in telling the whole truth about the trouble Gulf residents are now facing, in addition to personally treating as many patient victims as his practice can possibly hold.

There are many others who have made major and pioneering contributions to the field of alternative health—and to this book and the planet. They all deserve our utmost respect and appreciation. This list includes: Dr. Mark Sircus, Dr. David James Howenstine, Dr. Tullio Simoncini, Ty Bollinger, Dr. Fereydoon Batmanghelidj, and Rev. Monika Sambell.

There are others and I hope you will honor each in your own way as you read through these pages.

INTRODUCTION



Cancer doesn't just happen. It is caused by meat, dairy, processed (poisoned) food, environmental toxins, stress, etc. Each day, the average person encounters over 15,000 different chemicals in his or her direct environment. As far as microbes (bacteria, viruses, molds, yeast, fungi, etc.) and cancer are concerned, Dr. Royal Rife proved beyond a doubt that breast cancer can be caused by a microbe...a virus. Rife went on to cure nearly every single case of breast cancer—and all cancers—in laboratory and clinical settings before the FDA went after him. Rife's discoveries are the greatest story in the history of medical science.

The average American diet must be discarded and rejected immediately if someone with cancer makes the choice to return to full health. The poisons and toxins in most processed and factory-farmed 'food' MUST be removed from the diet and replaced with only vegan, organic, natural foods, juices, and pure, clean water. Often, this kind of change, in and of itself, can allow the body to throw off cancer. Essential reading and information is at: www.NotMilk.com, www.NoMilk.com, www.madcowboy.com, www.meatstinks.com. These sites have life-saving data all over them.

There are thousands of books on 'alternative cancer' treatments and protocols. The best is *Cancer Truth* by Ty Bollinger available for review here: <http://ty-bollinger.info/?d=cancerbox&fip=65-100-6-232&src=/Scam/Cancertruth&f=1&gf=&gb=0>



http://www.youtube.com/watch?v=iEGn_6Qiemc

Here, now, are some of the most common and effective approaches to consider.

—Jeff Rense

Chapter One

THE GULF STORY

Cancer is Going to Surge

There is a big story unfolding continually, day after day, but most of the world doesn't hear about it. In fact, most of America doesn't hear about it, unfortunately, because the so-called mainstream media doesn't care to report it.

This is going to be something that you the people will have to do. You cannot rely on the news media to do it....Don't sit back and wait for the nightly news.



This is a tragedy of truly monumental proportions, is it not?

The following includes additional transcript excerpts from the Nov. 15, 2010 Rense Radio Network program with Dr. Rodney Soto as my guest.

Jeff Rense: ...the lack of symptoms does not mean that they don't have any issues at all. On the contrary, they are the ones who we have to be aware of and look for in the future that we won't have any syndrome, then manifestation of these toxins will be any others of the ones we have seen so

"Under No Circumstance Underestimate the Danger"



"People, including pregnant women, can be exposed to these chemicals by breathing them (air), by swallowing them (water, food), or by touching them (skin). If possible, everyone, including pregnant women, should avoid the oil and spill-affected areas," writes the CDC (Center for Disease Control). They suggest that people stay indoors and turn their air conditioners to internal venting to avoid exposure when they can smell it.

The President's Cancer Panel issued a landmark report last month suggesting that public health officials have "grossly underestimated" the extent of environmentally-induced cancer among the 1.5 million Americans diagnosed with the disease annually. So don't believe a word more you read on the CDC site for surrounding their clear statement of warning and danger—everything else they say detracts and makes light of the threat.

—Dr. Mark Sircus

Acute inhalation exposure to high levels of methylene chloride in humans has resulted in effects on the central nervous system (CNS) including decreased visual, auditory, and psychomotor functions.

—EPA

far in the history of mankind, from heart disease to cancer and Alzheimer's.

Dr. Soto: It is a very large tragedy, I should say, because the media, of course, is not covering it, and now we have to deal with the consequences that most of the public is unaware of.



Dr. Rodney Soto

There is no question that the most obvious of what we're seeing is what has been described in the medical literature, from respiratory symptoms to headaches and flu-like symptoms and... pneumonia. Those are very common.

The most concerning issue will be cases in which we see acute toxic reaction, but rather have overcome in a way the initial insult or toxic levels and are harboring all these toxins in their body without any symptoms. In other words, the lack of symptoms does not mean that they don't have any issues at all.

Jeff Rense: When you have upper respiratory issues, sinus, all the way, bronchial, down into the lungs, that is not viral, not bacterial, but being caused by toxicity—poison. You can't prescribe an antibiotic for that, except as a back-up to hope and prevent secondary bacterial infections.

Well, the great American diet is probably not particularly encouraging to you, and people go to the fast food outlets to cram their bodies with toxins then and there, and then have to deal with the horror of the BP Syndrome, which

is compounding everything. The average American diet, as you probably well know, results in the immune system actually attacking much of the components and toxins in the food people eat in order to sustain their immune system in the first place.



Dr. Soto: That's very right, because...and that's the reason why I think the oil spill is going to be of tremendous harm to individuals down here, is that they're already depressed or impairing their systems from these toxins from the nutrition. Adding more to that will compromise significantly the subtle function of the system, and cancer is going to surge.

Poisoned Air, Water, Land and Seafood

We have quite a variety of these products that we are testing here and people are becoming positive that I think it

is related to the contamination of the environment. Even on individuals who have not been directly exposed in the cleanup efforts or who are fishermen or who live by the coast, even inland, because the major danger that we have now is that seafood is cleared for consumption, which is very concerning 'cause I don't think in my particular opinion that we should just let people consume the seafood from the Gulf at all. And all of the seafood, it's not just for this area, but for the entire country.



Jeff Rense: It's criminal to clear that Gulf seafood production for human consumption. Absolutely criminal! The testing, honest testing, done of everything that is harvested from the Gulf has shown sooner or later, and usually sooner, levels of toxicity which are absolutely unfit for consumption. Now, this is another area of the complicit nature of the involvement of the so-called United States government and big international business, like British Petroleum.



Benzene media cover-up:

No such thing as a 'safe level of benzene

Jeff Rense: Now, we'll just talk about benzene. Benzene, of course, is one of the most highly carcinogenic compounds that we come into contact with in our lives. Period, end of story. It's unbelievably dangerous.

I remember early, Doctor, one—and I think it was a Louisiana television station—did a report where they actually had a good early read on the air quality along the Gulf coast, and the supposed safe levels of benzene are one to three parts per million. Although, I would disagree. I don't think there are any safe levels of benzene.

Dr. Soto: That's correct.

“Gulf Coast Toxicity: Flu like Symptoms”
by Mark Sircus, July 1, 2010

“Lethal and toxic levels of hydrogen sulfide, benzene, and methalene chloride are floating in the air over the oil spill. There’s a very high probability that residents exposed to the air surrounding the spill will suffer a direct hit to their health status such as debilitating diseases or various birth deformities and cancer as a long-term result. But first what these people will see is flu-like symptoms, which, like in the flu, are symptoms of intolerable amounts of foreign toxins, chemicals and heavy metals in the tissues dumping into the bloodstream.

Even a small amount of benzene exposure can cause temporary nervous system disorders, immune system depression and anemia. Short-term affects include skin, eye, and respiratory tract irritation, headache, stomach irritation, drowsiness and dizziness. High levels of exposure can result in a rapid heart rate, excessive bleeding, tremors, vomiting, unconsciousness and death. Benzene can cause harmful effects on bone marrow and a decrease in red blood cells leading to myelofibrosis and myelodysplastic syndrome.

That’s how it starts. Chemical exposure symptoms feel like a flu.

...At the time, the Valdez disaster was the worst oil spill the United States had ever seen. It was 1989 and Merle Savage, then a healthy 50-year-old, had heard the news about Exxon Valdez. Compelled to help, she spent four months cleaning up Alaska’s oil-contaminated waters and shores. She has never been the same since. Now 71, Savage still feels the toll that her work that summer took on her health, but as she watches the reports coming out of the Gulf today, she’s feeling something else: *déjà vu*. After all, the symptoms seem to line up. A flu-like illness. Dizziness. Nausea. Nosebleeds.

Vomiting. Headaches. Coughing. Difficulty breathing. Many of the same things she experienced two decades ago. Some of the same things she still experiences today. "I had an upset stomach all the time. I was throwing up, fainting, I was having trouble with my lungs," Savage said.

It's been 21 years since the Valdez. She said her health has improved over the past two decades, but still, "everything is not back to normal. It's still difficult to breathe." Asked if there's any doubt in her mind that the workers' health problems in the Gulf are due to chemical exposure, she was certain. "No. There's none," Savage said. "Let's face it, crude oil is toxic. There's no question about it. Anybody who says it isn't has to have some type of interest otherwise. The fact that you're out there in it, and the heat and humidity and the fumes, you breathe it and it's going into your lungs. I can't imagine anybody thinking different."

... If you can smell raw crude, and if the rain and ocean mists are oily, rest assured you are being exposed to dangerous cancer-causing levels of benzene molecules. Studies have linked benzene exposure in the mere parts per billion (ppb) ranges to terminal leukemia, Hodgkins lymphoma, and other blood and immune system diseases within 5-15 years of exposure. The U.S. Occupational Safety and Health Administration (OSHA) have set a permissible exposure limit of 1 part benzene per million parts air (1 ppm) in the workplace during an 8-hour workday, 40-hour workweek. The short-term exposure limit for airborne benzene is a mere 5 ppm for 15 minutes. Typically, if one can smell raw crude oil that has evaporated into the air from a massive oil spill, the OSHA safe limits for "short term exposure" has been exceeded."

(Read full article here) <http://coyoteprime-runningcauseicant-fly.blogspot.com/2010/07/gulf-coast-toxicity-flu-like-symptoms.html>



COREXIT

Up to 95% of gulf oil sunk to bottom by toxic Corexit, where it remains today. Corexit makes crude oil 11 times more lethal.

A military operation, sprayed by unmarked aircraft, Corexit is stored at military bases.

Sudden surge in gulf cancers, people are bleeding from every orifice. Dolphins, turtles, and sea life internally bleeding, 40 million people poisoned.

Corexit is a cruel, slow-kill genocidal depopulation Agenda 21 tool, aimed at people, their water supply, food, and land.

DDWeb.com

Corexit is a registered trademark of Nalco.

Jeff Rense: Yeah, well, that's the feds for you. The test results in the air that were coming back, if I remember correctly, were somewhere between 50 and a 100 parts per million. They were way up there. And I said to myself right then and there, "That's the *last* time we're gonna hear about the air quality in the Gulf." And I have to this day not seen any adequate follow-up to that report.

Dr. Soto: That's true. We have heard those reports, and there was also another one from Pensacola, and then New Orleans—not just benzene, but also hydrogen sulfide in the *thousands* of parts per billion.

Jeff Rense: Thousands.

Dr. Soto: Thousands. So we're talking about *huge* levels. In Louisiana reported as well as benzene that you're describing there. You know, at any levels...if you talk to environmental doctors, *any levels of any toxins are not acceptable*, whether it's a tiny amount or one part per billion, or .5 – it's *toxic*. We're talking about several full higher levels, *thousands of thousands of parts per billion there in the Gulf coast*.

Combined crude oil and Corexit[†] penetrate cells and every organ system in body: Internal bleeding, kidney and other internal organ damage...“goes right through skin”



<http://www.youtube.com/watch?v=X1mI-DJII1U&playnext=1&list=PLEA217DC492F05BE6&index=5>

Children most at risk

Dr. Soto: Children are very susceptible, or I would say more susceptible, to the effects of the petroleum derivatives, because their liver detox capability is less than an adult. Their brain is also developing, and their immune system is developing. So they're going to be affected several-fold more than an adult who is being exposed to the same amount of toxin.

[†]Corexit is a registered trademark of Nalco.

Jeff Rense: It always amused me in California, in the Central Valley—San Joaquin Valley and Sacramento Valley—they talked about “safe amounts of herbicides and pesticides” in the produce that is grown there for children to consume. I just... it’s insanity! There are no safe levels of herbicides for children, or pesticides. Or what we’re talking about for children in the Gulf. This is nuts!

How would you describe the vectors for these poisons to get into children, for example? Obviously, the air; OK, there’s one. What other vectors are you working on and identifying?

Dr. Soto: Well, the skin is another very common one, if they’ve been to the beach, or just playing in the sand.

Jeff Rense: Just playing in the sand.

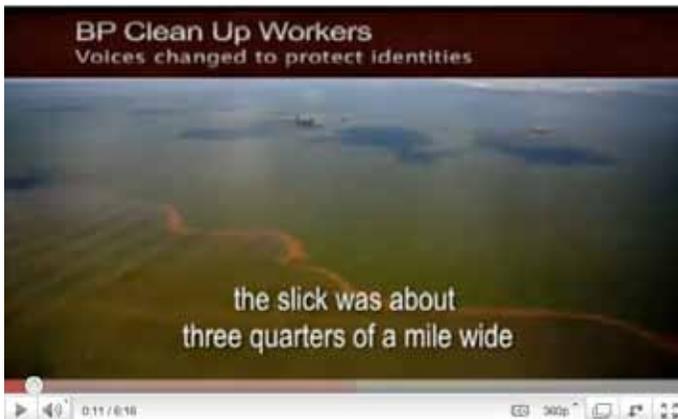


Dr. Soto: Just playing in the sand.

(See the Addendum for the complete Jeff Rense interview with Dr. Rodney Soto.)



Rense & Dr. Soto—Gulf Region Residents Ill And Dying
<http://www.youtube.com/watch?v=CJtKyqPIpGQ>

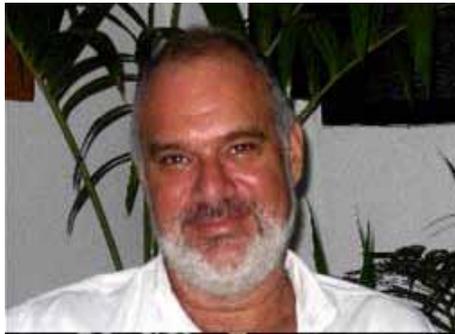


Rense & Dr. Soto—Ongoing Gulf Health Catastrophe
<http://www.youtube.com/watch?v=waoateQoYsY>

Chapter Two

THE AIR WE BREATHE

Poisons in the Gulf: Emergency Alert



Dr. Mark Sircus

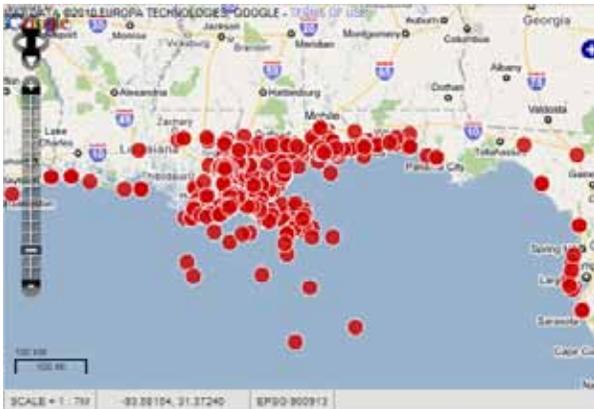
The IMVA is doing what no other medical or health organization is doing – sending out an emergency alert to doctors to prepare for a serious public health threat from aerosolized oil and associated gases. This report and treatment recommendations are meant to maximize survival and health under adverse environmental conditions. *The key to avoiding long-term harm is to help the body deal with the chemical assault from the very first moments when one notices foul smell, taste or flu-like symptoms.*

When exposure to toxins is dramatically increased, as is the case for people in the Gulf area, the body rapidly becomes overwhelmed and the detoxification pathways normally used to excrete toxins cannot keep up with the exposure. It is well known that airborne toxins documented to be present in

a number of Gulf communities are at levels that are many times the maximum allowed by the EPA.

These toxins are coming from both the oil leak and from the chemical dispersants being used to mitigate the accumulation of oil on the water surface. When the body becomes overwhelmed by this level of exposure, it will then “scramble” to store these excess fat soluble toxins in fat cells throughout the body. As these toxins accumulate, the increasing toxic burden can trigger a multitude of health problems.

This document suggests emergency medical treatments with safe non-toxic substances for anyone feeling the signs and symptoms being reported in the Gulf region. The offered protocol outlines basic treatments to capitalize on the body’s own ability to excrete toxic oil substances. By assisting the body in eliminating these toxins before they build up to critical levels, we can protect ourselves from developing the health challenges associated with exposure to these toxins. The process of detoxification is just that – a process. It is imperative to assist the body in eliminating these toxins.



See map of recent complaints to see what geographic areas are most threatened. <http://oilspill.labucketbrigade.org/>

Today we smelled for about the tenth time in a couple of months a chemical smell. It smells a bit like paint thinner—not an oil smell. We seem to smell this on less windy days here in NOLA. Usually the smell lasts a few hours, but today it was most of the day. Today is June 27.

Emergency medical treatments should be initiated immediately if you want to neutralize the hazardous toxicity from the beginning *before too much damage is done*. Don't listen to any doctor or health care official who says negative effects are temporary. ***If you can smell it you are in danger.*** When you are poisoned with oil compounds, some of which are the nastiest chemicals on earth, like benzene, the damage is deep enough to break up your DNA. Dr. Blanca Laffon at the University of A Coruna in Spain tested several hundred cleanup workers, both professionals and volunteers, for evidence of DNA damage in the nuclei of their cells. Laffon says exposure to oil did induce DNA damage that was greater in those with more exposure. So again do not listen to anyone who suggests exposure is not dangerous to your long-term health.

Dan Rather, reporting in the *Huffington Post*, says (incorrectly), "What will be the long-term effects of those large oil plumes, now called clouds, far below the surface? We don't know. What is the toxicity of all that chemical dispersant being used at the site of the gusher and in the open waters of the Gulf? We don't know." We do know and the medical community has to know with precision what is going on or our ignorance is going to hurt a lot of people. We can look at worse-case scenarios and see situations that exceed anything medicine has ever faced. It is

ill-prepared for this emergency that will gather itself up with each million gallons more leaked into the Gulf.

The United States government should organize a world-wide effort to provide to the citizens of the affected area large tonnages of sodium bicarbonate and magnesium salts of different types. Clay also should be provided for both internal and external cleansing. Glutathione suppositories need to be taken instantly upon symptom onset. For intense exposure, glutathione IVs are required; selenium IVs should be high on the list as well, though oral dosing will do for mild cases. Highly concentrated medicinal baths with baking soda and magnesium are also an excellent emergency procedure that can be done at home. The government needs to be called in or perhaps some rich family will have a heart and organize relief efforts for the exposed. Some organized help is necessary for if even only a small percent of the people in affected areas try to order necessary supplies, stocks will be overwhelmed quite quickly.

There are several ways to increase your glutathione levels. It is a good idea to proceed slowly at first if your glutathione has been depleted for an extended period of time (months to years), because toxins and infections may have been allowed to build up in the absence of sufficient glutathione to keep them under control. If glutathione is then brought up rapidly, the mobilization of toxins can produce a Jarisch Herxheimer reaction, which is an exacerbation of symptoms that can make a person feel very unpleasant.

Intravenous glutathione is best for emergency application but our recommendation for treating Gulf Toxicity Syndrome is to use suppositories, which are about 60 percent as effective as IVs. Transdermal application would

probably come in at around 40 percent with oral glutathione supplements being of questionable use. The highly vascular intestines provide a perfect way for beneficial substances to be absorbed into the bloodstream without being broken down by the stomach's acids or deactivated by the enzymes in the liver. My recommendation is to start doses at one suppository a day of 500 mg to monitor for reactions, then work up to 3-4 a day if exposure levels are high, and do this for an extended period of time.

The foundation of our protocol is based in nutritional not pharmaceutical medicine. Using toxic drugs on top of the toxic exposure does not make any sense. People new to this type of medicine might be comforted to know that some of the best emergency room and intensive care medicines are, in reality, nutritional medicines. Sodium bicarbonate and magnesium chloride are both used to save lives every day but the medical industrial complex does not like to brag about this because there is no money in these common substances. We have a real problem though for doctors can't hold an intelligent conversation about nutrition.

“For every molecule of pesticide that your body detoxifies, you throw away or use up forever a molecule of glutathione, magnesium and more,” says Dr. Sherry Rogers, who goes on to say that, “Your body uses nutrients to make this glutathione and it uses up energy as well. Every time we detoxify a chemical, we use up, lose, throw away forever a certain amount of nutrients.”

Protocol

This document outlines a basic core protocol using, in order of priority: sodium bicarbonate, magnesium chloride,

selenium, glutathione, clay, concentrated superfoods like spirulina and chlorella, and formulations like Rejuvenate. The entire cadre of essential nutrients is needed for detoxification to work properly (e.g. vitamins, minerals, essential fats, antioxidants such as vitamin C and bioflavonoids). Most of these are in the spirulina and chlorella, but many more are in the Rejuvenate, which tastes a whole lot better.

Sodium bicarbonate is a vitally important part of the detoxification process because of its ability to modulate body pH. But that is only one of the many reasons everyone needs to turn their attention to the single most helpful substance in an environmental disaster. That good old Arm and Hammer baking soda can save the day. It is very important for doctors to know that even a slightly over acidity in the body can impede detoxification.

Activated charcoal and distilled (or other very pure water) are other super essential substances to have on hand to maximize the body's ability to excrete highly toxic oil gases. Instructions on teaching people how to make homemade gas masks is on the list of poison gas threats so one will really need that charcoal for anyone downwind of the Gulf disaster. A testimony in John Dinsley's book *Charcoal Remedies* tells an important story about severe benzene exposure. "After taking the charcoal capsules, I made an appointment with my family doctor. I told him about the benzene and asked for another blood test. When the test came back a week later, it showed that I had no benzene in my system." There is also the coffee enema (organic), which detoxifies the liver, our most important toxin filter.

According to Parris Kidd, PhD and nutritional researcher, "Detoxification capacity varies widely from person to

person and what one person can effectively detoxify may cause liver damage or cancer in another. The liver relies heavily on antioxidants and antioxidant cofactors for its detoxification work, so supplementation with vitamins B (complex), C, E, and glutathione precursors have top priority.”[1] Dr. Kidd recommends glutathione precursors alpha-lipoic acid (100 mg/day) and N-acetylcysteine (600 mg/day) along with B, E and C vitamins, phosphatidylcholine and taurine.

The Rejuvenate formulas cover all of this nutritional territory in a most superb way. Spirulina and chlorella cover most but they do not contain any C. Full hydration with pure fluids is absolutely essential in any detoxification protocol thus organic juice fasts or eating very lightly as one flushes and nourishes the system with fluids with these superfoods dissolved is central to an effective protocol. Dr. Leonard Mehlmauer, a naturopath says that, “Each case would be different but diet would be a primary medical tool with the use of pure and raw liquids playing a large part in recovery. The more severe cases would very likely go on all pure raw liquids, especially green smoothies laced with superfoods.”

One needs to know how vitally important magnesium and selenium are for increasing glutathione, the cornerstone enzyme that we need to detoxify chemicals and heavy metals from our body’s tissues. Order a supply of glutathione suppositories as well as supplies for IVs if you are a doctor that uses them. Activated charcoal should also be brought into the area in large quantities for it holds the potential to help a lot of people in the Gulf Region.



It is crucially important that in our diagnostic model of Gulf Toxicity Syndrome, the *local populations of the southern states are already exposed to the highest airborne mercury levels; so these people's toxic levels are unusually high and their immune and detoxification systems are unusually low.* Glutathione levels have been diminished and then crashed down even further due to inhaled VOCs. Thus, replenishing glutathione levels quickly is an essential foundation for appropriate emergency and long-term treatment.

Dr. Garry Gordon agrees, suggesting, “IV Glutathione is at the top of the list for effective detoxification for virtually every toxic exposure. Those who are already showing serious symptoms need IV glutathione and vitamin C and extra magnesium—often called a Myer’s Cocktail. The doses of C we like are from 8 to 16 grams a day and there are specialized products that most people can tolerate in those higher levels without upsetting the intestine too much. When we give vitamin C IVs, we use from 25 to 100

grams in a slow drip and do this 2–4 times a week for as long as needed; but always use high dosages of oral C too. I am very impressed with NAC (N-acetyl cysteine); take 500-600 mg capsules at least twice a day for a few months.

A great part of the idea is to increase cell adaptability and resistance to chemical stress, open detoxification pathways, increase cell wall permeability to allow more nutrients to enter and toxic wastes to exit, increase available glutathione, and provide a large influx of minerals that will increase enzyme activity and help neutralize heavy metals and noxious chemicals from the system. We concentrate on high oral intake of medicinals with high ORAC values. The idea is to increase Oxygen Radical Absorption Capacity (ORAC), an assay that measures the degree of inhibition of peroxy-radical-induced oxidation by the compounds of interest in a chemical milieu. One of the Rejuvenate formulas has an ORAC reading of 14,300 for a 41-gram serving. An equal amount of spirulina measures around 3,600. For reference, approximately 5 servings of fruits and vegetables would typically have an ORAC value in the range of 3,000-5000 units.

There are many ways that spirulina and chlorella helps us and both have always been known to facilitate detoxification during fasting and thus they are also very useful during chelation. One of their functions, through their high concentration of amino acids and carotenes, is to raise glutathione levels, thus reducing kidney and liver toxicity caused by the heavy metals, pharmaceutical drugs and other toxins. One of the reasons that spirulina and chlorella are so effective in cases of radioactivity is the discovery that they do in fact increase glutathione levels.[2]

A large adult man would probably want to take as many as fifty tablets of 500 mgs of spirulina or chlorella (25 grams) but would have to work up to that and be taking lots of fluids. With a Rejuvenate I would easily double or triple the serving, which would then add up to 90 grams. This gets expensive and British Petroleum should be paying for all of this but they won't, of course.

The influence of spirulina extracts significantly increased GSH (glutathione) levels compared with untreated cells according to Dr. H. Hana *et. al.* at the National Research Center in Cairo, Egypt. The GSH level of untreated cells was $6.1\mu\text{g}/10\text{G}$ cells while those treated with *S. plantensis* and *S. maxima* increased the GSH level to $70.32\mu\text{g}/10\text{G}$ and even higher. Mike Adams recommends taking chlorella powder in a jar of strong unsweetened lime or lemon water creating a mix that bypasses the unpleasant taste.

Detoxification through the skin is also a very important pathway for healing oneself from chemical overexposure. Besides the bicarbonate and magnesium salt baths, the two most useful methods of transdermal elimination are clay baths or clay packs and saunas. Taking a clay bath is one of the most effective methods in existence to help assist the body in the elimination of toxic substances which have accumulated in the body. Applied over one's organs, such as the liver, clay poultices and packs aid in detoxification and are not quite as messy as a bath. Once you have used the clay, it will be full of toxins, so please dispose of it and wash your skin off with a good natural soap.

Clay is very important to have on hand for medical, environmental and nuclear emergencies. Clay baths are a very strong way of removing heavy metals from the body and

would increase our chances of survival if exposed to nuclear fallout. In addition, clay can be ingested and is very effective in removing toxins through the process of elimination. For ingestion, I recommend the daily use of a product called Edible Clay from LL's Magnetic Clay. The use of clay for both internal and external use puts in our hands the healing power of mother earth and there is little that can compare or compete in the world of medicine. I explain this fully in my recent essay "Edible Clay; Healing with Mother Earth." For general health, one heaping teaspoon of Edible Earth in an 8 oz. glass of water daily is sufficient. And study your iodine, you will need that on hand as well.

Far Infrared saunas (FIR), in particular, stimulate multiple pathways in the body including the liver detoxification metabolic pathways. They also supports kidney filtration and elimination. Most importantly far infrared sauna triggers subcutaneous toxin release via perspiration – thereby bringing "online" this additional detoxification pathway. Families and organizations can share the cost of a FIR sauna, which can be used round the clock by many when situations call for such use.

First Steps

One can be overwhelmed when first introduced to nutritional medicine, detoxification principles, and chelation of heavy metals. There is a lot to learn and a lot of people say different things about it. Orthodox medicine has taken a strong stand against any of these processes so it will be impotent in its response to this expanding health nightmare. Almost forty thousand people are working in or around the Gulf and a few million on shore are in harm's way.



http://www.youtube.com/watch?v=eRrbqBEGxiw&feature=player_embedded

The average life span of a person who did cleanup on the Exxon Valdez is 51 years meaning almost all of them are already dead, yet British Petroleum is not informing doctors nor making communications that help the public.

It's important to always remember that the first rule is to avoid exposure for even the very best protocol cannot save you if you have been hit by a toxic truck. When told by the CDC not to touch the oil, it is good to remember one of the greatest lessons in the field of toxicology. There once was a scientist, Karen Wetterhahn, who was an internationally respected Professor of Chemistry, an expert researcher in the field of the effects of heavy metals upon living systems, especially in their role in causing cancer. Wetterhahn spilled a drop or two of Dimethylmercury ((CH₃)₂Hg) on her gloved hand. Less than a year later, she was dead from the effects of mercury poisoning.

Dimethylmercury, a colorless liquid, is one of the strongest known neurotoxins. It is described as having a slightly sweet smell, although inhaling enough vapors to detect its odor would be extremely hazardous. Tests showed, subsequently, that Dimethylmercury would have penetrated the glove and started entering her skin within 15 seconds.

Shortly after the accident, she began to notice definite symptoms that worried her—tingly fingers and toes, slurred speech. She began to have problems with her balance and her field of vision started to shrink. When one is exposed to oil smell and its accompanying chemicals or even oil on the beach or in puddles from rainfall, beware and take great care. Though oil toxicity might not be as dangerous as Dimethylmercury, one should remember the lessons of Karen Wetterhahn, who was wearing protective gear. It was a great lesson because no one dreamed it was as dangerous as it is and they are repeating the same mistake in the Gulf.

A new chemical dispersant is being used in the cleanup effort—it's toxic, it's largely experimental, and it's being sprayed in abundance into the ocean. It's unclear at this point what exactly its long term impact on life is. The active ingredient of the toxic chemical dispersant is a neurotoxin pesticide that is acutely toxic to both human and aquatic life, causes cancer, causes damage to internal organs such as the liver and kidneys simply by absorbing it through the skin, and may cause reproductive side effects. The main ingredient of Corexit[†] is 2-Butoxyethanol which is known to cause cancer and birth defects, has been found to cause genetic mutations, and is a delayed chronic health hazard as well as an environmentally hazardous material.

[†]Corexit is a registered trademark of Nalco.

Corexit[†] also contains Arsenic, Cadmium, Chromium, Mercury, and Cyanide.

My suggestion for first steps is to read our site on sodium bicarbonate and then on magnesium chloride. Purchase and immediately get familiar with what is called magnesium oil and learn about transdermal medicine, for that's how these medicinals are best applied. If you're anywhere near where the wind could blow the poisons that are gathering in and above the Gulf, go to Costco or the supermarket and buy fifty pounds of bicarbonate, you just might need it. The affected area will eventually include much of the southern and southeastern United States—probably an area that includes upwards of 50 million people, so expect supplies to sell out from all possible domestic sources very quickly for most of the substances if this information gets out and the oil flow is not stopped, which no one at this point is indicating or promising.

[1] www.dockkidd.com/articals/freedom.htm

[2] Spirulina Species as a Source of Carotenoids and “-Tocopherol and its Anticarcinoma Factors. Hanaa H. Abd El-Baky, Farouk K. El Baz and Gamal S. El-Baroty National Research Center, Dokki, Cairo, Egypt Department of Biochemistry, Faculty of Agriculture, Cairo University, Egypt. Biotechnology, Volume 2 Number 3: 222-240, 2003 ISSN 1682-2978 www.ansinet.org/fulltext/biotech/biotech23222-240.pdf

[†]Corexit is a registered trademark of Nalco.

Chapter Three

GENERAL GUIDELINES

In a 2004 article, *Use of Cesium Chloride to Cure Malignancies*, Dr. James Howenstine, discussed cancer causes, including environmental toxins, such as those released in the Gulf.



Whether people know they are injured by Gulf poisons or not, whether they are ill now or not, their immune systems have been compromised by crude oil and Corexit[†]. Without repairing these injuries, sooner or later, the Gulf people will pay the price with their lives.

Dr. Howenstine presents general guidelines to help prevent malignancies. Here are Dr. Howenstine's thoughts.

[†]Corexit is a registered trademark of Nalco.



Factors Influencing the Development of Malignant Diseases

All persons are normally killing millions of cancer cells unless their immune system becomes injured. There are at least 6 things that can injure the immune system:

- **Nutrition Deficiencies:** Inadequate reserves of vitamin C and E can increase the morbidity experienced in surgical ICUs after massive trauma. Lack of selenium increases the risk of developing malignancies, infections and heart disease.
- **Infection:** Serious infections can deplete phagocytes, cause coagulation problems, nutritional deficiencies, impaired circulation, etc.
- **Radiation:** Injury to DNA and bone marrow may follow radiation leading to malignant changes in cells and greater opportunity for infections to occur.

- **Toxins:** Exposure to unhealthy dietary trans fats, heavy metals, pesticides, herbicides, chemicals, fluoride etc. injures the immune system's ability to mobilize a prompt effective response. The lack of dietary essential omega 3 fatty acids is an important cause for immune injury for 90% of U.S. citizens.
- **Stress:** When prolonged stress occurs, the body steadily releases cortisone that causes suppression of the immune system, death of nerve cells, failure to kill abnormal cells, and risk of infection may increase...
- **Aging:** There is diminished ability to activate the immune system as we age. This contributes to the occurrence of malignancies and infections in the elderly.

Dr. Howenstine then offers some general principles for alleviating these conditions.

Specific Measures To Increase Survival From Malignancies

- Avoid chemotherapy and radiation as these therapies injure the immune system and impair your chances of recovery.
- Eat only organic produce. Initially subsist on fruit and vegetables until it is clear you are improving (better appetite and strength with weight gain). These can be juiced or raw but should not be cooked because cooking destroys the food enzymes. Have 3 glasses of carrot juice daily. Cold salads with flax oil and Bragg's raw apple cider vinegar are delicious. When you add cooked food (fish, grazed beef without hormones, chicken free of hormones), be sure to cook with virgin olive oil, unrefined coconut oil or butter. Eat no white bread, white rice,

or white sugar which are foods from which most nutrients have been removed (vitamins, fiber, minerals). Our immune phagocytic cells are unable to kill tumor cells or bacteria for 8 hours after sugar is eaten. Avoid all sugar containing processed food from supermarkets by eating only organic food that will spoil. Eating only vegetables and fruit initially contributes to alkalinizing the body and gives the immune system a boost in defeating cancer.

- Drink only filtered water so you do not have the problems of petrochemical residue, pesticides, herbicides, chlorine, fluoride, and heavy metals in drinking water hindering your effort to recover.
- Exercise regularly as this improves oxygenation of the body. Walking is fine (1½ miles daily) at least 6 days weekly.
- Eliminate stress from your life. Many authorities think that stress plays a major role in initiating cancer. When we are stressed, our adrenal glands steadily secrete large amounts of cortisone. Persons who endure prolonged stress develop a state of immuno-suppression where the body's immune system becomes less able to kill tumor cells. Prolonged damage to the immune system actually leads to death of nerve cells. Vietnam veterans have been found to have 8 to 15 % atrophy of their hippocampus the part of the brain involved in memory.
- Be sure you are taking a good multivitamin, mineral and nutrient supplement. You need 200 mcg. of selenium, at least 2 grams of vitamin C with bioflavonoids, vitamin D—800 or more units daily, zinc, copper, B complex, vitamin E—400 units, lycopene, carotene, magnesium, boron, manganese, etc. Selenium intake on a daily long-

term basis (200 mcg.) prevents nearly 50 % of cancer from appearing. All patients on chelation therapy need mineral supplements to prevent trace mineral depletion from chelation.

- Take Vitalzym. This potent enzyme product can dissolve the fibrin coating protecting cancer cells from destruction. Vitalzym is available from Natural Health Team, 1-800-416-2806. The dose starts with three tablets three times daily on an empty stomach.
- Give your immune system a break. You must terminate alcohol, cigarettes, and recreational drugs as all three of these damage the immune system, making recovery less likely.
- All persons in developed nations are exposed to toxic substances on a daily basis (heavy metals, fluoride, mercury from amalgams, aluminum, cadmium from cigarette smoke, excess estrogen from hydrocarbons in the air, plastics, pesticides, herbicides, dioxins, and hormones used in animals to increase growth rate, trans fats from processed food, margarine, salad oils, cooking oils, etc).

These toxic substances can be decreased by oral chelation with Essential Daily Defense EDD. The removal of metals[4] by chelation from sites where they are stored underneath the endothelium (lining) of the arterioles greatly improves oxygenation and general health. Enzyme function improves as toxic metals leave the body and the anticlotting effect of the Red Algae (carrageenan) in EDD is a valuable protection against strokes and heart attacks. Persons taking oral chelation with EDD will become depleted of trace minerals if they are

not taking broad mineral supplements. Essential Daily Defense and a vitamin, mineral supplement (Advanced Mega Multi) are available from naturalhealthteam.com 1-800-416-2806.

- Try to get 30 minutes of sunlight daily without sun-screens or sun glasses. This will help restore ultraviolet light, a critical nutrient, to the body and thus raise vitamin D levels. Vitamin D is a powerful antioxidant that prevents cancer. Seventy percent of U.S. citizens are deficient in vitamin D.
- Be sure you are taking ground flaxseed or flax oil, fish oil or perilla oil as 90 % of U. S. citizens are seriously depleted of omega 3 fatty acids which are absent from processed foods. When we lack omega 3 fatty acids, our bodies are forced to use synthetic transfats to build the membranes that surround each cell. This forced use of these poor quality oils creates flawed cell membranes leading to Type 2 diabetes, arteriosclerosis, obesity and malignancies. Persons depleted of omega 3 fatty acids become immune suppressed which enables cancers to start growing and spreading.

By Dr. James Howenstine, MD.

June 29, 2004

NewsWithViews.com

In the following chapters, responses to these guidelines will be presented with other information on cancer.

Chapter Four

BAKING SODA



Good ol' fashioned baking soda—sodium bicarbonate—can do much more than just help you bake cookies and bread. Nothing compares with it for better health. Baking soda is like cyanide to cancer cells.

Baking soda helps put oxygen into our bodies. The more oxygen we have, the more difficult it is for us to get or stay sick.

Scientists use something called the pH scale to measure how acidic or alkaline our body liquids are. Understanding a little about pH is important because, when blood pH is

alkaline—above 7.4—more oxygen gets into all the bodies' cells, even cancerous tumor cells, so tumors and *candida* (fungus) that cause cancer cannot live.

Baking soda in or on the body, as described in the following sections, balances pH body fluids. A pH level of 8.5 kills cancer cells within days or weeks.

Six things that injure the immune system and invite cancer:

1. Poor nutrition
2. Infections
3. Radiation
4. Toxic exposure
5. Stress
6. Aging

Testing your own pH level is easy and not expensive. It only requires pH strips from a drug store or even eBay. Information below explains how to use pH strips to simply monitor urine pH first thing in the morning and how to use baking soda to create alkaline body environment so that all other detoxing works better.

Baking Soda

- Instant tumor killer
- Cancer can only live in acid environment, baking soda is opposite, an alkaline
- Cancer responds immediately to baking soda
- Take orally, in baths, aerosol or IV

Remember:

1. Avoid chemotherapy
2. Follow standard healthy living guide
3. Eliminate stress

4. Get 30 minutes sunlight daily with no sunscreen or sunglasses
5. No alcohol, cigarettes or other drugs
6. Take Vitalzym
7. Take ground flaxseed, flaxseed oil, fish oil or perilla oil
8. Baking soda is safe, quick, effective, precise and inexpensive
9. When bathed locally (directly), only takes days to treat
10. Baking soda helps put more oxygen in blood to help rid wastes
11. Get pH to 8.5 to kill cancer.
12. Drop your pH to, and keep at, 7.4 after well again.
13. Drink ½ oz. water for each pound body weight.

Below are several reports about the miraculous cure for cancer using plain old kitchen baking soda.

Sodium Bicarbonate —A Natural Way To Treat Cancer,
Dr. Simoncini Cancer Cure.

This is new.

<http://www.curenaturalcancer.com>

(PS: You can find pH testing paper and strips on Ebay for very good prices!)

NATURAL CANCER CURE – Report #1

Please pass this report along to your friends or have them visit <http://TheNaturalCancerCure.com> to order these reports.

“There is a principle, which is a bar against all information, which is proof against all argument, and which cannot fail to keep man in everlasting ignorance. That principle is condemnation without investigation.”

—Herbert Spencer

BAKING SODA KILLS CANCER

I was surprised to learn about an oncologist in Rome Italy, Dr. Tullio Simoncini who is destroying cancer tumors with Baking Soda. According to Dr. Simoncini, Baking Soda is safe, extremely inexpensive and unstoppably effective when it comes to cancer tissues.

It's an irresistible chemical—like cyanide to cancer cells for it hits the cancer cells with a shock wave of alkalinity, which allows much more oxygen into the cancer cells than they can tolerate. Cancer cells cannot survive in the presence of high levels of oxygen. Baking Soda is, for all intents and purposes, an instant killer of tumors.

Tumors that can be reached and irrigated directly with a Baking Soda solution can be fully treated in a matter of days. I have seen videos of tumors taken by Dr. Simoncini before and after treatment. In many cases, the tumor is virtually gone in 1–5 days.

Dr. Simoncini says that cancer is caused by fungus or *Candida*. Fungus can only live in an acid environment and it dies instantly when it comes into contact with Baking Soda which is highly alkaline.

A cancer that is bathed locally and directly, responds immediately to treatment. Treatment consists of Baking

Soda administered orally, by aerosol, and IV. After the first treatment, a reduction in the fungus and size of the tumor is evident.

If cancer strikes a particular organ or area that can't be reached, Baking Soda is administered by catheter into an artery that feeds that organ or tissue.

Since it is perhaps impossible in this country to find a doctor that administers Baking Soda, you will have to develop your own program. If the tumor is internal rather than external, you will not be able to irrigate it directly, therefore you will have to depend upon getting the entire body pH high enough to kill the cancer.

At a pH of 8.5, cancer cells will die while healthy cells will live. This has given rise to a variety of treatments based upon increasing the alkalinity of the tissues such as vegetarian diet, the drinking of fresh fruit and vegetable juices, and dietary supplementation with alkaline minerals such as calcium, potassium, magnesium, cesium and rubidium. But no other mineral can compare to the instant alkalizing power of Baking Soda for safe and effective treatment of cancer.

The pH scale goes from 0 to 14, with 7 being neutral. Below 7 is acid and above 7 is alkaline. The blood, lymph and cerebral spinal fluid in the human body are designed to be slightly alkaline at a pH of 7.4.

Cancer patients typically have a pH ranging between 4.5 and 5.5. This is a full 2–3 points below what is considered normal. Even when pH is this low it generally takes a few years for the body to develop cancer.

There is also danger in getting the body too alkaline, but just like the body can survive for years after being too low, people have lived for years with their pH being too high. Personally I consider the danger of getting the pH high enough to kill the cancer to be small in comparison with the end result of the cancer or the treatment you may have to suffer through.

What is too high? When the pH drops below 4.0, the body will start producing ammonia, which is extremely alkaline to offset the acid. Older people often have a pH of 8.0 to 8.5 as a result of the ammonia for a number of years before they finally die. The acrid smell that you experience when walking into an old folks home is the ammonia I am talking about.

Based upon these facts, it seems safe enough to use Baking Soda to get the pH as high as 8.5 long enough to kill the cancer and shrink the tumor. Taking the body pH up to 8.5 is only 1 full point above normal. Keeping it at that level for a short time while the tumors shrink should not pose a big threat.

Being too alkaline for a few days or a few weeks could be a good thing and could serve to neutralize latent acids that have been stored in your body for decades.

The IMVA recommends Baking Soda so that the pH of the blood remains high, which in turn means that the blood is capable of carrying more oxygen. This in turn keeps every cell in the body at peak efficiency and helps the cell eliminate waste products.

Detoxification and chelation will proceed more easily and safely under slightly alkaline conditions. Increased urinary

pH reduces oxidative injury in the kidney so it behooves us to work clinically with Baking Soda. Patients receiving Baking Soda achieved urine pHs of 6.5 as opposed to 5.6 with those receiving sodium chloride. This alkalization is theorized to have a protective effect against the formation of free radicals that may cause nephropathy.

—Dr. Michael Metro

Cancer seems to grow slowly in a highly acid environment (because the acids cause it to partially destroy itself) and may actually grow more quickly as your body becomes more alkaline prior to reaching the healthy pH slightly above 7.4 where the cancer becomes dormant. The objective here appears to be getting the pH to 8.5 sufficiently long enough to kill the cancer rather than keeping it dormant. It may take a few weeks to accomplish this, but could happen in as little as 3-5 days. It is dependent upon getting enough Baking Soda throughout the system that the cancer cells are eventually bathed in it.

After the cancer is dead, the ideal pH is 7.4. It is useful to monitor urine pH daily to ensure that the body remains sufficiently alkaline.

We always knew how quickly Baking Soda could neutralize acid, but we wondered about its safety. We have now learned that not only is it effective, but it is safe, quick, precise and inexpensive. Just a few pennies a day will keep cancer at arms length from us.

Baking Soda can be used to treat your drinking water also. It is a good idea to find the best source of drinking water possible. Do not drink water from soft plastic jugs you find on the grocery shelf. These jugs leach harmful chemicals into the

water and the water source may not be pure to begin with. I once found a grasshopper in a gallon of distilled water.

If you use distilled or reverse osmosis water, it is necessary to add Baking Soda. Occasionally I drink distilled water at which time I use a rounded tsp. per gallon. You should also add some Magnesium and perhaps some ionic minerals. Drink at least 1/2 ounce of water for each pound of body weight daily. This is required in addition to any juices or other liquids you may consume.

In addition to adding some Baking Soda to your drinking water, you will probably need to take an additional 1–4 tsp. of Baking Soda daily. A large person may need to take more. Preferably, take it on an empty stomach or wait at least two hours after eating so as not to neutralize the stomach acid that is designed to digest your food.

I weigh about 170 pounds and I personally used 4–6 tsp. daily while I was detoxifying. For maintenance, I regularly use 1–2 tsp. of Baking Soda daily to maintain a proper pH of 7.4.

Test your urine pH first thing in the morning. Normal pH should run 7.4, however you need a pH of 8.5 for several days or perhaps longer if you want the cancer to die. So until your cancer becomes dormant and starts to shrink, you may want to keep your pH between 8.0 and 8.5 in the beginning.

Once your tumors are gone, reduce your intake of Baking Soda to keep your pH about 7.4 at first morning void.

Chapter Five

ALLICIN C

Strongest, safest, natural antibiotic known



When I see lesions on Gulf victims, I become so frustrated because I know Allicin C and AlliDerm can knock out those infections. Allicin C is death to staph, strep lesions, and scores of internal issues.

Scientist Peter Josling's Allicin C – Early Days



Video: News about Allicin C

<http://www.youtube.com/watch?v=LX2nk89Y7V0>

It is the only thing that will kill MRSA EVERY TIME. When a bacteria, virus, mold yeast or fungus is involved with cancer, as usually the case, scientist Peter Josling says results with Allicin C are very encouraging.

Allicin C is perhaps the most significant advancement in the history of natural medicine. The stabilized Allicin in 'Alli-C' is the strongest, safest, natural antibiotic known.

For the first time in history, Josling recently developed this way to stabilize the anti-viral, anti-bacterial, anti-fungal, and anti-parasitic substance in garlic called 'Allicin' and incorporated it into his flagship product, Allicin C (Alli-C).



Above is a MRSA infection before Allicin C. Below is the same fellow's hand after using Allicin C and AlliDerm.



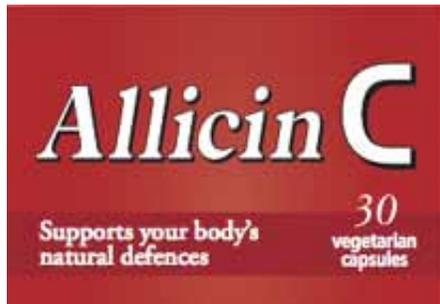
Allicin C: Perhaps most significant advancement in history of natural medicine

Wherever there is a compromised immune system, there will be secondary or even primary bacterial, and sometimes viral, infections.

Allicin C and its gel-lotion form, AlliDerm have been scientifically proven in double-blind studies to reduce number, severity, and duration of common colds and fight all types of diseases caused by harmful microbes.

Allicin C kills all types of disease-causing bacteria in you, your family and your pets without harming any friendly bacteria or causing negative side-effects.

Allicin C – internal use



Allicin C should be used:

1. Daily to build the immune system
2. To treat ANY disease process
3. With baking soda, as detailed in the following chapter, simultaneously (same day).

You, your family, and your pets now have available the microbe-destroying and healing power of Garlic multiplied many times over. One tiny capsule of Allicin gives

equivalent health benefits of eating 36 CLOVES of fresh raw Garlic. That is correct: the equal of 36 cloves of the anti-microbial killing power of garlic in one veg cap!

- Allicin C causes no odor...your breath stays clean and fresh.
- Each batch of Allicin C and AlliDerm are actually tested on MRSA before it is shipped to the US.
- There is no conflict with Allicin C and anything.

Each Allicin C capsule provides 270 mg of pure, stabilized Allicin from Garlic along with 60 mg Vitamin C and 40 mg citrus bioflavonoids. This revolutionary combination has been scientifically proven to be lethal to MRSA and other bacteria that are resistant to scores of antibiotics.

Allicin C discussed on Australia's *This Morning* show



<http://www.youtube.com/watch?v=-Qyim49Wdug>

News about AllicinMAX

- Allicin C can help lower high blood pressure and high cholesterol.
- Allicin C can help ease arthritic pain and swelling.
- Allicin C can be harmful to cancer cells.
- People and animals taking Allicin C are less apt to be bitten by mosquitoes, fleas and ticks.
- Allicin C is not Garlic...in fact, it actually makes all Garlic supplements obsolete.

“When I see staph lesions on Gulf victims, I become so frustrated because I know Allicin C and AlliDerm can knock out those infections.”

—Jeff Rense

Allicin C may be taken by children ages 3 and up as well as pets. Allicin C is safe in virtually any quantity. Only ones who should not take Alli-C are children under three years of age and those allergic to Garlic.

Allicin C normal maintenance dose for an adult is one capsule per day, but higher amounts may be safely taken for therapeutic purposes. (Each bottle of Alli-C contains 30 capsules for a normal one-month supply.)

Allicin C is made and packaged with pharmaceutical grade materials and grown to GRAS (Generally Recognized As Safe) agricultural standards. There is no real need to spray Garlic with pesticides since nothing attacks it, so the Garlic used to make Alli-C is pesticide-free.

In the following Youtube video, Biochemist Peter Josling, author of *Allicin, the Heart of Garlic*, speaks with Campaign for Truth in Medicine founder, Phillip Day, about the many health benefits of garlic and its active ingredient, allicin.

Peter Josling interview part I



<http://www.youtube.com/watch?v=lv3m9Zg9ihc>

On my November 11, 2010, I was privileged to interview biochemist Peter Josling and an MRSA patient who owes his healing to Allicin C after antibiotics repeatedly failed. This young man's hand is pictured above, before and after Allicin C. After a painful battle with the condition of his hand and then arm worsening, he was due for invasive medical treatment. He decided to learn all he could on the internet and there he discovered Allicin C. He used it to heal and save his hand.

The thing that sets Allicin C apart from other so-called "miracle" cures is that Allicin C has been clinically tested. There is an abundance of data evidencing its extraordinary capacity to heal and prevent ill-health. To hear these accounts, click below.

Rense Radio Network:Allicin C Interviews



Rense Radio Network: http://rense.gsradio.net:8080/rense/special/rense_Josling_111110.mp3

On August 24, 2010, I was again fortunate to interview Peter Josling. We discussed one of many testimonies about Allicin C, that of a man diagnosed with cancer.

This gentleman was due for surgery for cancer. Instead, he surprised his doctors by completely ridding his body of cancer with Allicin C. To hear this program, click below.

Rense Radio Network: http://rense.gsradio.net:8080/rense/special/rense_Josling_082410.mp3

For more information, download: www.rense.com/products/AlliCandAlliderm.pdf and see: <http://rense.com/products/ac1.htm>

Chapter Six

SUPPLEMENTS AND HERBS



Dispersion of chlorine WW I:

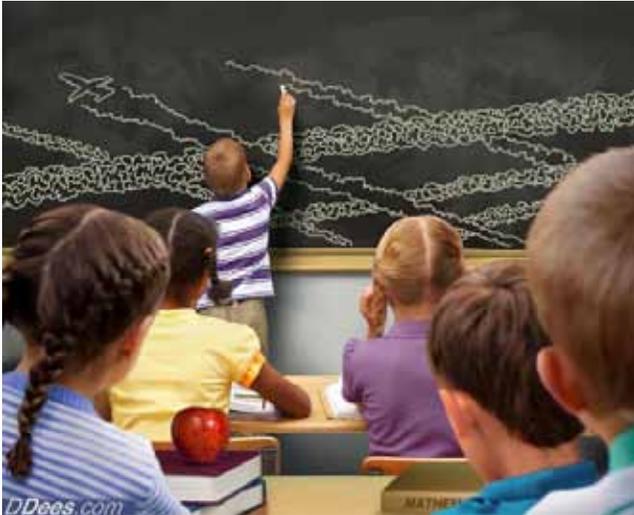
http://en.wikipedia.org/wiki/Chemical_warfare

Every person in Gulf states must recognize that, to survive, detoxing is required. What does not belong in the body must be cleaned out of the body. Three supplements: D, C, CoQ10, and detox teas are essential.

Detox or Die

Herbal Teas: Two teas that detoxify poisons in our bodies while strengthening overworked immune systems are Flor•Essence tea and Essiac teas. They combine detoxifying herbs: burdock root, Indian Rhubarb root, Sheep sorrel and slippery elm, watercress, blessed thistle, red clover, and kelp. They also help control diabetes and treat AIDS. Russians use Flor•Essence to treat gastrointestinal disorder and cirrhosis of the liver.

Vitamin D: Alternative doctors worldwide report Vitamin D is a major player in cancer prevention plus the primary factor for good health. Especially in these times of aerial spraying, as Gulf states residents have experienced with an unprecedented volume of Corexit[†] sprayed on them and their environment, we are not enjoying benefits of Vitamin D from our sun. We, therefore, need extra D. Doctors suggest that adults take 6,000 IU of Vitamin D₃ daily.



Normalizing at school the chemical spraying of humans, land, water, and food.

Vitamin C: Since days of Linus Pauling, benefits of Vitamin C are well known and documented—from staving off or short-circuiting the common cold to helping to prevent cancer. Because it is difficult, if not impossible, to get the amount of Vitamin C we need from food we eat, adults

[†]Corexit is a registered trademark of Nalco.

need to take at least 500 mg. of Vitamin C daily, and “up” that amount if we feel like we are getting sick.

CoQ10: CoQ10 is odd sounding to people new to it, but this life-changing enzyme is needed for preventing cancer and for muscle functioning, especially the most important muscle in our human body, the heart. CoQ10 is especially important for folks taking any type of statin because statin drugs deplete CoQ10 levels in the body.



Corexit[†]: an acute health hazard according to EPA.

The most important supplements and herbs to prevent and/or rid cancer caused by crude oil and Corexit[†] are:

- Vitamin D
- Vitamin C
- CoQ10
- Flor•Essence tea and Essiac teas.

[†]Corexit is a registered trademark of Nalco.

How Vitamin D Reduces The Incidence Of Cancer



<http://www.youtube.com/watch?v=3GM0CnO6-ds>

Dr. John Cannell, MD On Vitamin D Preventing The Flu



<http://www.youtube.com/watch?v=-NqqB2nhBE>

Vitamin C

Vitamin C Cures Three 'Terminal' Patients

<http://www.ncbi.nlm.nih.gov/pubmed/16567755>

Co-Q10

1. Coenzyme Q10 / Co Q10 / Stockholm Protocol — Alternative Cancer ...
Alternative Cancer Treatments: This article is on the Coenzyme Q10, Co Q10, ... These might include Essiac Tea and/or grape cure, to kill cancer cells ...
www.cancertutor.com/Cancer/Q10.html
2. CoQ10 —Benefits of Coenzyme Q10 for Cancer Treatment.
coq10 cancer CoQ10 Key Message: Very limited human data so far shows definite ... and are not intended to diagnose, treat, cure, or prevent any disease. ...
www.healthcastle.com/benefits-coq10-cancer.shtml
3. CoQ10 Benefits | Can This Supplement Cure Cancer?
Research reveals new CoQ10 benefits like its ability to fight cancer. Learn more about this amazing CoQ10 discovery and the best sources of CoQ10.
www.alsearsmd.com/coq10-benefits.html
4. Coenzyme Q10
Granted, such “cure all” statements leave people wondering whether CoQ10 is just the ...Folkers described 10 cancer patients given CoQ10 for heart failure. ...
www.thenutritionreporter.com/CoenzymeQ10.html
5. Can This Supplement Cure Cancer? | Natural Health
How can COQ10 intake for cancer cure? How much to take for her case. Eagerly awaiting for your reply. CB. Entered: November 2nd, 2009 at 5:08 am. Permalink ...
www.totalhealthbreakthroughs.com/.../can-this-supplement-cure-cancer/

6. CoEnzyme Q10 and Cancer, cancer studies, chemotherapy, Adriamycin ...
CoEnzyme Q10 and Cancer, cancer studies, chemotherapy, Adriamycin, cancer survivor, cancer self help.
curezone.com/foods/coenzymeq10.html
7. Coenzyme Q10 - National Cancer Institute
Sep 29, 2008 ... In 3 small studies of coenzyme Q10 in breast cancer patients,approaches are finding a place in cancer treatment—not as cures, ...
www.cancer.gov/cancertopics/pdq/cam/coenzymeQ10/.../print
8. Can This Supplement Cure Cancer? - Wellsphere
CoQ10 is the one supplement I take every day, without fail. New evidence of an even greater... Can This Supplement Cure Cancer? Posted Aug 21 2009 12:02pm ..
stanford.wellsphere.com/complementary...cure-cancer/776181
9. Research Links Coenzyme Q10 and Cancer
Therapy Benefits
Jun 7, 2009 ... CoQ10 is a naturally occurring compound found in every cell in the body ...One of the reasons chemotherapy doesn't cure more cancer is ...
www.naturalnews.com/026399_cancer_CoQ10_health.html
10. CoQ10 Benefits - Potential Cancer Treatment?
Apr 6, 2009 ... Interest in CoQ10 as a possible cancer treatment began in 1961, ... The Real Causes of Cancer and How to Prevent Or Cure it For Life ...
ezinearticles.com/?CoQ10-Benefits---Potential-Cancer...

Flor•Essence

‘Flor•Essence’ (made by Flora, Inc and in health food stores) is a 7 herb formula which cleanses and detoxifies the body so thoroughly and so well, the body’s immune system can stop fighting the poisons and toxins in the food we eat and toxins we drink, and begin to concentrate on disease issues. It was so effective at stopping and eradicating cancer, the Canadian Parliament came within one vote of certifying its use for cancer patients nationwide. Unfortunately for Canadians, big pharma bought off that one deciding vote. It is available in all good health food stores (brown glass bottle). To learn more about the background of this remarkable product, Google ‘Rene Caisse Essiac Tea’.

Essiac/Flor•Essence —National Cancer Institute

<http://www.cancer.gov/cancertopics/pdq/cam/essiac/HealthProfessional/Page3>

General Information

Essiac and Flor•Essence are proprietary herbal tea mixtures produced by different manufacturers.

Essiac contains four herbs: burdock root (*Arctium lappa* L.), Indian rhubarb root (*Rheum palmatum* L., sometimes known as Turkish rhubarb), sheep sorrel (*Rumex acetosella* L.), and the inner bark of slippery elm (*Ulmus fulva* Michx. [synonym *Ulmus rubra*]).[1]

Flor•Essence contains the same four herbs as Essiac, plus four potentiating herbs: watercress (*Nasturtium officinale* R.Br.), blessed thistle (*Cnicus benedictus* L.), red clover (*Trifolium pratense* L.), and kelp (*Laminaria digitata* [Hudson] Lamx.).[11]



http://www.youtube.com/watch?v=iEGn_6Qiemc

The manufacturers of Essiac and Flor•Essence both claim they market the original herbal mixture promoted by the developer.[1,11] Although only one company manufactures Flor•Essence,[11] several companies produce and market Essiac-like products. This summary contains information about the trademarked mixtures only and differentiates between the two products wherever possible. Essiac and Flor•Essence may vary in their mixture content and effects.[12]

Essiac and Flor•Essence are said to detoxify the body and strengthen the immune system.[1,11] Proponents of Essiac claim further that it helps relieve pain, improves overall quality of life, may reduce tumor size, and may prolong the survival of patients with various types of cancer.

The individual herbs in the Essiac and Flor•Essence formulas have been shown to contain molecules that have anti-cancer, anti-inflammatory, antioxidant, or immunostimulatory activity (refer to the Laboratory/Animal/Preclinical

Studies section of this summary for more information). It is said that the benefits of Essiac and Flor•Essence are dependent on the presence of the constituent herbs in the correct proportions. In 2004, a mixture of the Essiac herbs showed a decreased proliferation of a prostate cancer cell line.[17] (Refer to the Laboratory/Animal/Preclinical Studies section of this summary for more information.)

Although the use of Essiac and Flor•Essence is generally associated with cancer treatment, both products have been used to treat other health conditions. Essiac has reportedly been used to control diabetes and to treat acquired immunodeficiency syndrome.

Flor•Essence has reportedly been studied in Russia as a treatment for chronic gastrointestinal diseases (i.e., esophagitis, gastritis, duodenitis, and colitis) and as a treatment for cirrhosis of the liver.

No controlled data have been published in the peer-reviewed scientific literature, however, to show the safety or the efficacy of Essiac or Flor•Essence in patients with cancer or these other health conditions (refer to the Human/Clinical Studies section of this summary for more information).

Finally, it must be noted that relocating is also needed:

The most important starting point of any detoxification program is to stop exposure to the toxin or toxins. This means avoiding even small amounts, since once sensitized to the toxin, even minute amounts can produce full-blown toxicity. —Neurosurgeon Russell Blaylock, MD, Rense.com, online: <http://www.rense.com/general81/aassp.htm>

“The cancer industry is so powerful that television, newspapers, and medical journals subsidized by revenue from pharmaceutical advertisements are generally unwilling to admit that these cures have ever existed. Often fabricated articles are published disparaging the safety and effectiveness of the cure thus frightening the general public away from some natural therapy that could make them well. It is quite difficult for lay people to realize who is giving them the truth.”

—Dr. Jim Howenstine

Chapter Seven

WATER AND NUTRITION

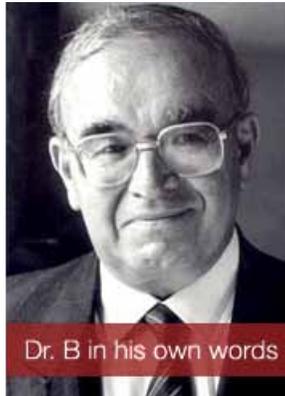


The water we drink and the food we eat can be the medicine we need or the poison that kills us.

Information included in this protocol makes the case for: 1) clean water, 2) eggplant cream, 3) broccoli and 4) asparagus.

Clean Water

Clean water and organic food are the best medicine money can buy. “You are not just what you eat; you are what you drink,” says Dr. Batamanghelidj.



“Water is the basis of all life and that includes your body. Your muscles that move your body are 75% water; your blood that transport nutrients is 82% water; your lungs that provide your oxygen are 90% water; your brain that is the control center of your body is 76% water; even your bones are 25% water.”

“Water is a medicine,” says Dr. Batamanghelidj. Dehydration is a serious problem most people are unaware of experiencing. It is often the root cause of many ailments.



Ideal water sources are drilled wells (tested), clean spring water, and public water supplies filtered in the home to extract fluoride—and in some places in the country—lithium and uranium being added to water.

Coffee, tea, and soda we drink in quantity dehydrate us. Like an unwatered plant, we wither and go undernourished with inadequate water intake.

Eggplant

Eggplant, in the proper form Curaderm BEC5 topical cream, is a skin cancer remedy.

There are two common cancers, basal cell carcinoma and squamous cell carcinoma, both with a better than 95% five-year cure rate if detected and treated early. Skin cancer is now so prevalent—it is more common worldwide than all other cancers combined—that it is the most common cancer in the U.S. One in five Americans and one in three Caucasians will develop some type of skin cancer during their lifetime.

Curaderm BEC5 is a mixture of solasodine glycosides, active phytochemicals extracted from eggplant that selectively kill cancer cells without harming normal cells.

Broccoli

Broccoli is a valuable arsenal food in cancer protection. It contains anti-viral, anti-bacterial, and anti-cancer properties. Men who consume large quantities of broccoli reduce their risk of prostate cancer.

Asparagus

Many studies evidence that cancer-protection properties of asparagus makes it the one vegetable you want to put often on your dining table! Or, puree canned asparagus, store in the refrigerator, and take 4 full tablespoons twice daily, morning and evening.

Read below to learn more about four keys to prevent cancer and/or kill it:

- Water
- Broccoli
- Asparagus
- Eggplant: Curaderm BEC5 topical cream

I. The Water Cure of Dr. Batmanghelidj

See this fascinating story at: <http://www.watercure2.org>,
The Water Cure of Dr. Batamanghelidj



URL: <http://www.youtube.com/watch?v=slzjceQI2c4>

2. Eggplant Derivative

<http://webcache.googleusercontent.com/search?q=cache:ZGBRuJSkurwJ:www.knowthecause.com/Newsletter/NewsletterArticles/tabid/57/articleType/ArticleView/articleId/22/Eggplant-Cures-Cancer.aspx+know+the+cause+eggplant+cures+cancer&cd=1&hl=en&ct=clnk&gl=us&client=safari>

Also see:

<http://www.smart-publications.com/articles/view/the-eggplant-cancer-cure-by-bill-e-cham-phd-a-book-review/>

Learn about the fungal link to cancer. See: *The Germ That Causes Cancer* by Doug Kaufmann.

<http://www.amazon.com/Germ-that-Causes-Cancer-Handbook/dp/0970341881>

Learn about BEC for skin cancer. See: *The Eggplant Cancer Cure* by Bill E. Cham Ph.D.

http://www.hfn-usa.com/product/Eggplant_Cancer_Cure/Books_Newsletters_Special_Reports

3. Broccoli

Even Scientists Say Broccoli Can Cure Cancer

<http://www.newstarget.com/000684.html>

4. Asparagus & Cancer

By Rev. Monika Sambell

Several years ago, I had a man seeking asparagus for a friend who had cancer. He gave me a photocopied copy of an article, entitled, '*Asparagus for cancer*' printed in *Cancer News Journal*, December 1979.

I will share it here, just as it was shared with me: 'I am a biochemist, and have specialized in the relation of diet to health for over 50 years. Several years ago, I learned of the discovery of Richard R. Vensal, D.D.S. that asparagus might cure cancer.

Since then, I have worked with him on his project. We have accumulated a number of favorable case histories.

Here are a few examples:

Case No. 1, A man with an almost hopeless case of Hodgkin's disease (cancer of the lymph glands) who was completely incapacitated. Within 1 year of starting the asparagus therapy, his doctors were unable to detect any signs of cancer, and he was back on a schedule of strenuous exercise.

Case No. 2, a successful businessman 68 years old who suffered from cancer of the bladder for 16 years. After years of medical treatments, including radiation without improvement, he went on asparagus. Within 3 months, examinations revealed that his bladder tumor had disappeared and that his kidneys were normal.

Case No. 3, a man who had lung cancer. On March 5th 1971, he was put on the operating table where they found lung cancer so widely spread that it was inoperable. The surgeon sewed him up and declared his case hopeless. On

April 5th he heard about the asparagus therapy and immediately started taking it. By August, x-ray pictures revealed that all signs of the cancer had disappeared. He is back at his regular business routine.

Case No. 4, a woman who was troubled for a number of years with skin cancer. She finally developed different skin cancers which were diagnosed by asking specialist as advanced.. Within 3 months after starting on asparagus, her skin specialist said that her skin looked fine and no more skin lesions. This woman reported that the asparagus therapy also cure her kidney disease, which started in 1949. She had over 10 operations for kidney stones, and was receiving government disability payments for an inoperable, terminal, kidney condition. She attributes the cure of this kidney trouble entirely to the asparagus.

I was not surprised at this result, as 'The elements of material medica', edited in 1854 by a Professor at the University of Pennsylvania, stated that asparagus was used as a popular remedy for kidney stones. He even referred to experiments, in 1739, on the power of asparagus in dissolving stones.

We would have other case histories but the medical establishment has interfered with our obtaining some of the records. I am therefore appealing to readers to spread this good news and help us to gather a large number of case histories that will overwhelm the medical skeptics about this unbelievably simple and natural remedy.

For the treatment, asparagus should be cooked before using, and therefore canned asparagus is just as good as fresh.

I have corresponded with the two leading canners of asparagus, Giant and Stokely, and I am satisfied that

these brands contain no pesticides or preservatives. Place the cooked asparagus in a blender and liquefy to make a puree, and store in the refrigerator. Give the patient 4 full tablespoons twice daily, morning and evening.

Patients usually show some improvement in from 2-4 weeks. It can be diluted with water and used as a cold or hot drink. This suggested dosage is based on present experience, but certainly larger amounts can do no harm and may be needed in some cases.

As a biochemist I am convinced of the old saying that 'what cures can prevent'. Based on this theory, my wife and I have been using asparagus puree as a beverage with our meals.

We take 2 tablespoons diluted in water to suit our taste with breakfast and with dinner. I take mine hot and my wife prefers hers cold. For years we have made it a practice to have blood surveys taken as part of our regular checkups.

The last blood survey, taken by a medical doctor who specializes in the nutritional approach to health, showed substantial improvements in all categories over the last one, and we can attribute these improvements to nothing but the asparagus drink...

As a biochemist, I have made an extensive study of all aspects of cancer, and all of the proposed cures. As a result, I am convinced that asparagus fits in better with the latest theories about cancer. Asparagus contains a good supply of protein called histones, which are believed to be active in controlling cell growth. For that reason, I believe asparagus can be said to contain a substance that I call cell growth normalizer. That accounts for its action on cancer and act-

ing as a general body tonic.

In any event, regardless of theory, asparagus used as we suggest, is a harmless substance.

The FDA cannot prevent you from using it and it may do you much good.. It has been reported by the US National Cancer Institute, that asparagus is the highest tested food containing glutathione, which is considered one of the body's most potent anticarcinogens and antioxidants.

Please spread the news...

Love and Blessings

Rev. Monika Sambell

Sacred Transformational Breath-Work

www.healbreath.org

954-741-0134



Also see:

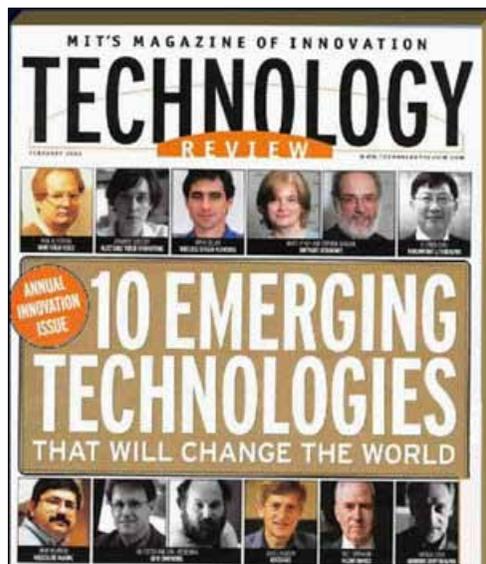
We Are What We Eat, Rense Radio Network,
Rense & Celente



<http://www.youtube.com/watch?v=pTkCqtRCZ78>

Chapter Eight

GLYCONUTRIENTS



With the implosion of the general health of the American public, and the economic destruction of most of the middle and lower classes, millions are angry, confused and seeking help and guidance.

A new technology that will change the world is called Glycobiology. It has been said, "If you don't have glycosylation, you don't have life."

This little-known field of biological with enormous health-improving implications is the study of eight essential sugars.



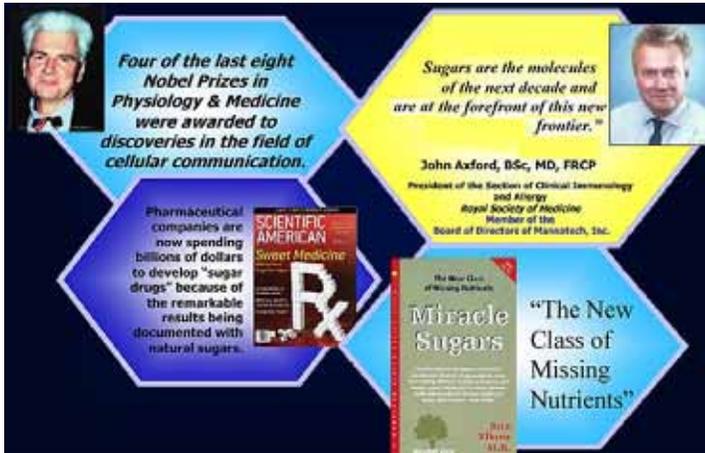
Video: <http://video.google.com/videoplay?docid=-6505688800287912918#>

The following material is extraordinary, and represents a scientifically and clinically proven platform which is leading vast numbers of Americans to better health and a recovery of their economic viability as well.

Glycoconjugates include glycoproteins, glycolipids, proteoglycans, and free radical complex saccharides.

A substantial part of my research, news reporting and study is focused on the field of health and wellness...and the tragic factory-farm system of feeding Americans unwholesome, toxic food. So, it came as no great surprise when high-level

medical researchers verified that “sub-optimal nutrient intake is a widespread problem.” And the results are visible, predictable...and fortunately, quite reversible.



When the recent report came out that America had plummeted from 11th to 42nd in the WORLD in overall health and longevity in just the last twenty years, our main stream news media cited only the rise in obesity and lack of health insurance as the probable cause of this huge decline. They somehow forgot to mention two glaring facts: 1) America spends almost DOUBLE what any other country in the world spends on health care, and 2) The National Center for Health Statistics, the nation’s premier health statistics agency (www.cdc.gov/nchs), reported “only nine percent all American adults consume enough healthy foods to reach their minimum recommended daily intake of nutrients to assure proper health.”

Further validation comes from Harvard University professor Walter Willet who collected dietary data on more than 250,000 men and women for a period of 25 years. Sum-

ming up his research findings, he said good health is “not so much about genetic factors—as so many people believe and use as an excuse—but about diet and lifestyle.” He added bluntly that unhealthy diet and lifestyle accounts for 70 to 90% of poor health.

Why does the media not discuss the fact that 90% of average America’s diet is virtually nutritionally empty? Our ‘food’ is a nightmare...it is factory-farmed on depleted, dead soils and grown for size, yield and appearance rather than high nutritional content.

It is then further stripped of what few nutrients it has by being green-harvested, shipped long distances, chemically-processed and refined, and finished off by high-heat cooking, frying and microwaving. If that isn’t bad enough, thousands of poisonous chemicals, preservatives and flavor-enhancing excitotoxin additives like MSG (under all its ubiquitous names) are then added.



Whether it's called 'fast food' or packaged and canned commercial foods in general, it's dead, empty of any healthful benefits. In fact, it is downright TOXIC. And then there is the mind-boggling fact that 75% of ALL food now contains genetically-modified (GM) ingredients—which have been proven anything BUT safe in scores of documented studies.



How do we get the nutrients we must have if they are no longer in the foods we eat? The answer is really simple. In order to maintain the health and wellness we desire (and deserve) we **MUST** take the highest quality nutritional supplements available... every single day. Please reread that. It is no exaggeration.

Simply put, highest quality, complete nutrient supplementation is no longer an option for those who care about their health.

The breakthrough new scientific discovery of Glycobiology has been brought to full effect in this daily mega immune system support formula.

In the scientific journal *Nature* in 1995, it was announced that “cell surface sugars (monosacharides) are mandatory for cell-to-cell communication and immune function.” *New Scientist*, in October 2002, in the article Sugar Rush, emphasized how glycobiology lies at the very bedrock of understanding immunology, neurology, and developmental biology.

In fact, medical textbooks now teach doctors about glyco-biology and how the average American is only receiving 1 to 2 of the 8 known monosaccarides in their daily diet.



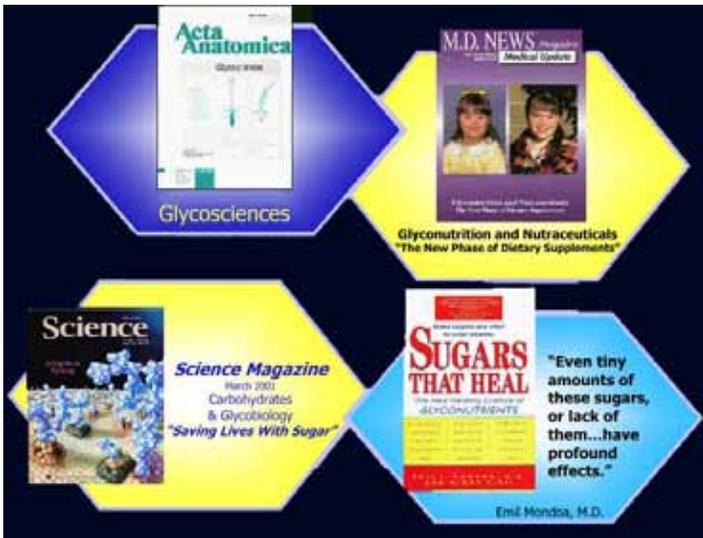
Learning about Glycobiology is essential for researchers in biomedicine, basic science, and the biotechnical industry

This protocol includes:

- 8 necessary saccharides (sugars)
- N-acetylglucosamine (GlcNAc) and autoimmune disease

- GlycoScience.org
- Validation sources of Mannetech's Ambrotose Patented Glyconutrients
- "Secrets of glycoscience...are accessible to a closed circle of aficionados"
- cells are "sugarcoated"
- NIC studies glycan-based biomarkers for cancers

One of the better-known glyconutrient products is 'Ambrotose' and sold by the Multi-Level Marketing company Mannetech. It is patented in 17 countries and is being used successfully to deal with many major issues of poor health. Do a net search for 'glyconutrients' for similar products.



Glycobiology

The Royal Society of Medicine (the British version of the AMA), the Nobel Prize Committee, the United Nations

and MIT—The Massachusetts Institute of Technology—are all aware that Glycobiology may be the most important medical discovery of our time.

In fact, MIT stated in its annual magazine, 'Technology Review' that Glycobiology is one of "the 10 Emerging Technologies that WILL Change the World..." That is quite a statement.

Please take a few minutes to view these amazing, short television NEWS STORIES reporting on the miracles Glyconutrients provide when they are added to the diet...

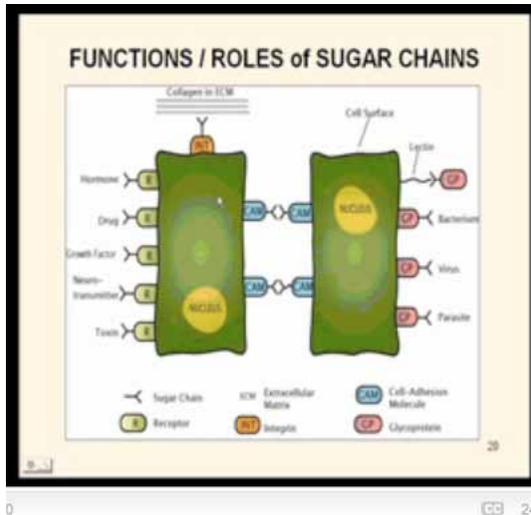
The body has unsurpassed healing capability when given the nutrients it needs for the repair and building of new cells. Glycobiology represents a vital and powerful new discovery into the basic communication system of the body.

Scientists have discovered that all of our body cell receptors and transmitters are made of eight necessary saccharides (sugars), only two of which are commonly found on the grocery store shelves today and therefore in the average American's diet. While a perfectly healthy body can make the other six, it is a complex process and a deficiency in any of the enzymatic reactions needed to formulate the other 6, can cause a deficiency. Does such a deficiency matter?

"Knowledge of sugars' functions could affect medicine far beyond drugs doses and fighting cancer. Researchers are looking into how [certain biological] sugars influence the development of Parkinson's, Alzheimer's and infections diseases like AIDS and herpes, to name a few. If you don't have glycosylation, you don't have life. The medical potential is absolutely enormous."

—MIT Technology Review, 2003

It certainly appears researchers from MIT believe a deficiency matters. And top medical researchers have learned that supplementing the body with Glyconutrients found in nature IS building and supporting the immune system like nothing ever seen before in medicine! The American Naturopathic Medical Association, after experiencing and seeing the health benefits of this nutritional supplement on themselves and their patients, awarded the developers of a glyconutritional complex the “Top Biochemistry Discovery” of the year.



<http://www.youtube.com/watch?v=sMuyd28W0Qc>

“Introduction to Glycobiology with Dr. Robert Murray sample” Dr. Murry discusses why this science is important to cancer and other diseases threatening Gulf Coast residents. 90% of all cancer is due to cells breaking away. We can help the body prevent cells from breaking away, metastasizing, by understanding Glycobiology and taking supplements.

Sugar Supplement May Treat Immune Disease

One Missing Glyconutrient Saccharide Molecule Can Turn Defender Cells Into Attacker Cells

By Aria Pearson

NewScientist.com—The World's No.1 Science & Technology News Service

7-7-07

A sugar supplement may sweeten the overactive immune cells responsible for autoimmune diseases such as multiple sclerosis (MS) and type 1 diabetes and stop them attacking the body's tissues.

Autoimmune diseases are triggered when receptors on the outside of immune cells called T-helper 1 (Th1) cells start binding "self" antigens rather than pieces of foreign invaders. Anything that decreases the amount of binding should suppress the autoimmune response.

Previous studies suggested that glucosamine, a dietary supplement commonly taken by people with osteoarthritis, has some immunosuppressive effects. This led Michael Demetriou and colleagues at the University of California, Irvine, to investigate a similar but more potent compound called N-acetylglucosamine (GlcNAc).

A large number of proteins in the body are modified by the attachment of sugar molecules to their surface through a process called glycosylation, and altered glycosylation has been implicated in some autoimmune diseases.

Demetriou's team found that naturally occurring GlcNAc molecules attach to T-cell receptors and these GlcNAc "branches" form a lattice on the cell surface that prevents

the receptors from clustering near where the antigens are located (see Diagram). Less clustering means less antigen binding, and less activation of Th1 cells, reducing the autoimmune reaction.

Mice given oral GlcNAc supplements had twice as much GlcNAc branching on their T-cell receptors as untreated mice. The researchers also found that T-cells engineered to cause the mouse equivalent of MS failed to do so if they had been incubated in GlcNAc first. A daily oral dose of GlcNAc also prevented type 1 diabetes in mice genetically engineered to develop the disease (*The Journal of Biological Chemistry*, DOI: 10.1074/jbc.M701890200).

“T-cells engineered to cause the mouse equivalent of multiple sclerosis failed to do so if they had been incubated in GlcNAc”

“I’m astounded by their outcomes,” says Nick Giannoukakis, a pathologist at the University of Pittsburgh School of Medicine in Pennsylvania. In 2002, he showed that glucosamine worked as well as standard immunosuppressants in increasing the amount of time transplanted hearts lasted in mice.

However, he warns that evidence is still needed that glucosamine or GlcNAc can reverse symptoms in animals with autoimmune diseases, rather than just preventing them from occurring in the first place.

There is some preliminary evidence to support this. In 2005, Abdolmohamad Rostami’s team at Thomas Jefferson University in Philadelphia, Pennsylvania, showed that glucosamine can suppress MS symptoms in mice that had

recently developed the disease. Meanwhile, a small study of 12 children with autoimmune inflammatory bowel disease, suggested that GlcNAc lessened symptoms in eight of them.

Rostami also cautions that, as they are immunosuppressive, more research is needed to prove the safety of glucosamine and GlcNAc supplements in humans with autoimmune disease. Also, the blood-brain barrier is open in MS patients and little is known about what these compounds do in the brain, he says.

http://www.newscientist.com/article.ns?id=mg19426074.500&feedId=health_rss20

The National Institutes of Health (NIH) — The Nation's Medical Research Agency — includes 27 Institutes and Centers and is a component of the U.S. Department of Health and Human Services. It is the primary federal agency for conducting and supporting basic, clinical and translational medical research, and it investigates the causes, treatments, and cures for both common and rare diseases. For more information about NIH and its programs, visit www.nih.gov.

The reader is invited to view another short video which will explain how to begin to create the WELLNESS you deserve—at no cost—and the wealth you need to better protect you and your loved ones during these turbulent times. See:



[http://www.glycostory.com/presentation.
asp?s=463&u=230](http://www.glycostory.com/presentation.asp?s=463&u=230)

With all of this in mind, I hope you'll read the following material carefully. (See: <http://www.rense.com/products/newprodx.htm>)

To speak to a Rense representative, visit:

<http://www.glyco.com/LifeByDesign>

And finally, if you would like more detailed information on some of the fascinating journal and magazine articles pictured on this page, see: <http://www.goldenkeys.net/pre-viewms.php?p=validation#harpers>

Chapter Nine

OZONE



It's being done with great deliberation. The government knows precisely what it's doing. They're not stupid. They're lying. And they are actually killing American citizens by their negligence.

We cannot live without enough oxygen. Lack of enough oxygen in the air causes people to have low energy, cancer and other life-threatening diseases.

Before trees and other greenery were removed from much of the Earth, oxygen in air was as high as 38%. Now it has dropped to 18%, making it more difficult to stay healthy.

Every cell needs oxygen to survive

Dr. Otto Warburg won the Nobel Prize twice. In 1921, he discovered that the prime precondition for cancer is oxygen deficiency.

The Sixth World Ozone Conference in Washington, D.C. in 1983 revealed astounding papers about therapeutic uses of ozone.

Ozone therapy floods cells with high levels of oxygen that kill viruses and bacteria. In most cases, cancer is believed to be caused by viral and bacterial factors.

The following is from the Jeff Rense interview with Dr. Rodney Soto. See Addendum for complete transcript.

Jeff Rense: “We’ve come into contact with something like 15,000 different chemicals a day. It’s huge. Huge! In our food and everything we do: touch, in the air, It’s an enormous amount of chemicals.

...I have been a proponent of using the properly configured ozone air cleaners for many years, and I’ve been suggesting to those who live along the Gulf and inland from the Gulf, in fact anywhere, to get a good home air purification system, whether it be ozone or another form. I’m a very big fan of ozone. But it will break down these compounds, and mold and yeast and fungus and everything else.

There is a product made by the T-R-A-N-E—Trane air home heating and air conditioner company—Clean Air Effects. I think it’s about \$1200. You can put it in your system, right in your ducting and it will clean the air in your home 98.9999%, totally, of all toxins. It’s quite a remark...and what is it? It’s an ozone generator. They don’t

call it that, but it's a corona discharge ozone generator. Anyway, that's all I wanted to say about air. I'm sure you concur with that, and if you'd like....

Rodney Soto: Absolutely. You're right on the money.

Ozone therapy...a powerhouse anti-viral, anti-bacterial and anti-fungal tool...is heavily referenced in Google.

Cancer is believed to be caused by viral and bacterial factors in most cases. Ozone is a hyperactive form of oxygen (O₃).

Legendary Dr. Otto Warburg said cancer cannot exist in an oxygen rich environment.

Here's one good page of ozone data compiled by Tom Harrelson: http://healingtools.tripod.com/OT_pages.html

'Toxic Home' Cancer Survivor

Rense Radio Network Interview: Jeff Rense and Rick Hill:
Hour 3, 'Toxic Home' Cancer Survivor April 8 2010



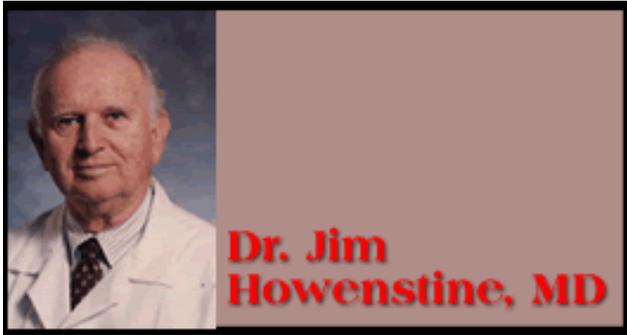
http://rense.gsradio.net:8080/rense/http/MP3Download/Apr2010/8d7iw1/rense_040810_hr3.mp3



Photo: New Earth Solutions
<http://www.rense.com/products/oxy-c1.htm>

Chapter Ten

CESIUM



“Both chemotherapy and radiation injure the immune system which is vital for surviving cancer.”

—Dr. Jim Howenstine

In his article, “Use of Cesium Chloride To Cure Malignancies,” Dr. Howenstine states the following:

“Tests on mice fed cesium and rubidium showed marked shrinkage in tumor masses within 2 weeks. In addition, the mice showed no side effects of cancer. Tests have been carried out on over 30 humans. In each case, the tumor masses disappeared. Also all pains and effects associated with cancer disappeared within 12 to 36 hr; the more chemotherapy and morphine the patient had taken, the longer the withdrawal period.”



“More information that The Powers That Be prefer the people not know.” (Photo: Dees.com)

Howenstine then says, “Studies of the food intake in areas where the incidences of cancer are very low showed that it met the requirements for the high pH therapy.”

In this NewsWithViews.com article, Dr. Howenstine then goes on to discuss the work of Dr. Otto Warburg.



Dr. Otto Warburg
(Photo: NobelPrize.org)

Nobel Prize Laureate, Dr. Otto Warburg, (http://nobelprize.org/nobel_prizes/medicine/laureates/1931/warburg-bio.htm) discovered that when he lowered the oxygen levels of tissues by 35 % for 48

hours normal cells were converted into irreversible cancer cells. Cancer patients have low levels of oxygen in their blood usually around 60 compared to normal values of about 100 by pulse oximetry. The common therapies used to treat cancer (chemotherapy and radiation) both cause drastic falls in the body's oxygen levels. Tissues that are acidotic contain low levels of oxygen whereas tissues that are alkalotic have high levels of oxygen.

In a normal cell, glucose and oxygen easily enter the cell and waste products are promptly eliminated from the cell. The cell pH remains in the normal range of 7.35. When the outer lining membranes of the cell are chronically irritated by toxic substances (exposure to carcinogens) this membrane functions abnormally by failing to permit oxygen to enter the cell while glucose is still able to enter the cell.

Potassium ions are responsible for the ability of glucose to enter the cell. Potassium enters cancer cells in a normal manner so glucose still enters the cancer cell. Cancer cells have only 1%^[1] of the calcium content found in normal healthy cells. The calcium, magnesium and sodium ions, which are responsible for the intake of oxygen into the cell, can not enter the cancer cell but the potassium ion still enters these cells. Thus we have cancer cells containing glucose but no oxygen.

When oxygen fails to enter the cell the cell's ability to control its pH is lost and the cell becomes quite acidic. This is caused by the appearance of abnormal metabolism (anaerobic glycolysis) in which glucose is converted (fermentation) into two particles of lactic acid. This production of lactic acid promptly lowers the pH within the cell to 6.5 or lower. The lactic acid damages the template for proper

DNA formation. Messenger RNA is also changed so the ability of the cell to control its growth is lacking. Rapid and uncontrolled cancer cell growth and division occurs. Vitamin C and zinc are able to enhance the uptake of cesium, rubidium, and potassium into cancer cells.

Why the Current Cancer Surveillance and Therapy Programs Have Failed

During our lives we all kill millions of cancer cells unless our immune systems become injured. When a clinician is able to diagnose a cancer of the lung by chest x-ray, breast cancer by mammogram, or colon cancer by colonoscopy etc., it has already been in the body for 6 to 8 years and has had ample time to spread to other parts of the body. This is the reason that the massive program to get annual mammograms in women is a complete failure. The survival rate from breast cancer is the same for women who have never had a mammogram as for those who obtain annual mammograms (large population studies from Canada and Denmark discovered this).

Cancer treatment programs are based on the false concept that chemotherapy will kill more tumor cells than healthy cells and thus lead to recovery. The very cells (bone marrow) that enable a human to recover from cancer are damaged by chemotherapy. How could a therapy known to cause cancer (radiation) be able to improve long term survival for very many cancer victims? The statistics show that no more people are surviving now than 25 years ago. Both chemotherapy and radiation injure the immune system which is vital for surviving cancer.

The cancer cartel has no interest in curing cancer because chemotherapy drugs are an enormously profitable product for the pharmaceutical industry. An important clue proving that there is no sincere interest in curing cancer is provided by the fact that only .5% (one half of one percent) of the dollars spent on cancer research is spent on research directed at stopping the spread[2] of cancer (metastases). When a cancer fails to spread the patient can live many comfortable years in an uneventful manner.

Factors Influencing the Development of Malignant Diseases

All persons are normally killing millions of cancer cells unless their immune system becomes injured. There are at least six things that can injure the immune system:

- **Nutrition Deficiencies:** Inadequate reserves of vitamin C and E can increase the morbidity experienced in surgical ICUs after massive trauma. Lack of selenium increases the risk of developing malignancies, infections and heart disease.
- **Infection:** Serious infections can deplete phagocytes, cause coagulation problems, nutritional deficiencies, impaired circulation, etc.
- **Radiation:** Injury to DNA and bone marrow may follow radiation leading to malignant changes in cells and greater opportunity for infections to occur.
- **Toxins:** Exposure to unhealthy dietary trans fats, heavy metals, pesticides, herbicides, chemicals, fluoride etc. injures the immune system's ability to mobilize a prompt effective response. The lack of dietary essential omega 3

fatty acids is an important cause for immune injury for 90% of U.S. citizens.

- **Stress:** When prolonged stress occurs, the body steadily releases cortisone that causes suppression of the immune system, death of nerve cells, failure to kill abnormal cells, and risk of infection may increase...
- **Aging:** There is diminished ability to activate the immune system as we age. This contributes to the occurrence of malignancies and infections in the elderly.

Have There Been Any Cures For Cancer?

All health care practitioners who have developed a cure for cancer from Dr. Coley's toxins in 1900 through Dr. Stanislaw Burzinsky's antineoplaston currently have been greeted with vicious opposition, lies in the media if the media even admits the product exists, inability to get information published in mainline journals where physicians could read it, and frequently there is continuing harassment from lawsuits threatening loss of medical licensure. There have been at least a dozen safe cures for cancer down through the past century of health care that have come and gone without the general public's awareness that they even existed. The cancer industry is so powerful that television, newspapers, and medical journals subsidized by revenue from pharmaceutical advertisements are generally unwilling to admit that these cures have ever existed. Often fabricated articles are published disparaging the safety and effectiveness of the cure thus frightening the general public away from some natural therapy that could make them well. It is quite difficult for lay people to realize who is giving them the truth..

Using Alkali Therapy To Cure Cancer

Parts of the world that have high levels of strong alkaline minerals in their water have a very low incidence of cancer. The Hopi Indians have water that contains rubidium and potassium while the Hunzas of Northern Pakistan have water high in cesium and potassium. The Hopis and Hunzas do not develop cancer unless they move away from their homeland. Of considerable interest, both the Hopis and Hunzas eat apricot kernels on a regular basis (laetrile).

Effective therapies that cure cancer have come and gone frequently since 1900. Alkali therapy for cancer was developed in that era. It worked quite well for cancer but was forgotten when only a few practitioners heard about it and were willing to face the opposition that the medical establishment directs toward anyone not using conventional methods of therapy. The use of strong alkali provided a permanent cure^[3] for many patients.

The most alkaline minerals (cesium, rubidium, potassium) are able to enter cancer cells. Their strong alkalinity, particularly that of cesium, causes the pH within the cell to rise to values of 8 or higher because they affect pH more than the weak acid (lactic acid) within the cancer cell. In the very alkaline state cancer cells can survive for only a few days or less depending on the degree of alkalinity present in the cancer cell. If many cancer cells die simultaneously the body's ability to process and eliminate the breakdown products of massive cellular death may be overwhelmed causing a "detoxification reaction." The primary organ involved in detoxification by the body is the liver. Symptoms might include flu like symptoms, headache, nausea, and skin rash. The liver can increase its ability to

eliminate toxins by the use of the herb milk thistle which is a good idea during cancer therapy.

Sometimes there is so much malignant tissue dying sinus tracts will appear on the skin. This enables the body to get more of the toxic substances released from dead cells out of the body faster. Healthy normal cells have normal electrical potential in their cell membranes which allows them to keep cesium out of the cells.

Cesium capsules can on rare occasions be a cause for perforation of the stomach or small intestine if they become positioned against the wall of either organ. For this reason cesium must always be taken with food and the liquid form of cesium would appear to be safer than a capsule.

One of the conditions observed after cesium therapy was a striking rise in blood uric acid levels. This is caused by massive release of DNA from dead cancer cells. DNA is metabolized into uric acid. Typically the values went from 3.5 mg. to 20 mg. This has the potential to cause decreased kidney function because large amounts of uric acid appearing in kidney tubules can form crystals that block the tubules. If a large number of kidney tubules become blocked kidney function fails and uremia appears. This is easy to prevent by using the pharmaceutical drug Xyloprim (allopurinol) before and concomitantly with cesium so that excessively high values of uric acid do not develop. This might only be needed when 20 or more grams of cesium (high dosage) are being taken daily. Xyloprim lowers the blood level of uric acid by shifting the metabolism of proteins so that the body produces less uric acid, thus decreasing the blood levels of uric acid and the amount of uric acid the kidney needs to excrete.

Cancer cells contain a fibrin meshwork 13 to 15 times thicker than the fibrin meshwork surrounding normal cells. This fibrin mesh surrounding cancer cells is believed to play a key role in the ability of cancer cells to escape destruction by making it quite difficult for the killer lymphocytes, phagocytes and cytokines of the immune system to contact and destroy cancer cells. As we age our ability to manufacture enzymes steadily diminishes. The key enzyme component in an effective enzyme preparation is chymotrypsin or serrapeptase both of which increase the body's ability to produce more enzymes. We like Vitalzyme for malignancies because of the widespread reports of good results using the enzyme serrapeptase which is found in Vitalzyme. The dose can begin with 3 tablets three times daily on an empty stomach. This dose should be steadily raised at regular intervals if no improvement is seen. Enzymatic digestion of this fibrin mesh is an important part of cancer therapy. The processing of dead cancer cells is also expedited by the digestion of tissue fragments caused by enzyme therapy.

Clinical Results With Cesium Therapy

Dr. H. E. Sartori began his cesium cancer therapy program in April 1981 at Life Sciences Universal Medical Clinics in Rockville, Maryland. Fifty patients with widespread metastatic tumor deposits were treated. Forty-seven of these 50 patients had already completed maximal modalities of treatment, i.e. surgery, radiation, multiple courses of chemotherapy before cesium was tried. Their condition was hopeless.

Cesium chloride was given in 3 equal divided doses of 6–9 grams daily. Supplemental vitamin A emulsion (100,000 to 300,000 U), vitamin C (4 to 30 grams), zinc (80 to 100 mg.),

selenium (600 to 1200 mg.), and amygdalin (1500 mg.) were given plus other supplements. The diet consisted primarily of whole grains, vegetables, linolenic acid rich foods (flaxseed, walnut, soy, wheat germ) and other supplemented food. EDTA (chelation, dimethylsulfoxide (DMSO) and a combination of vitamins K, and magnesium salts were also given. The types of malignancies treated included 10 patients with breast cancer, 9 with colon cancer, 6 with prostate cancer, 4 had pancreatic cancer, 5 had lung cancer, 3 had liver cancer (hepatoma), 3 had lymphoma, 1 had Ewing's sarcoma of the pelvis, 1 had an adenocarcinoma and 8 had cancer from an unknown site of origin.

Approximately 50% of patients with breast, colon, prostate, pancreas and lung cancer survived. Three patients were comatose when the therapy was initiated. Thirteen patients died in the first 2 weeks of therapy. Autopsy results in each of these 13 disclosed reduction in tumor mass size caused by cesium therapy. Also pain disappeared in all patients within 1 to 3 days after initiation of cesium therapy. This may have reflected decreased production of lactic acid by dying cancer cells.

One breast cancer patient was of considerable interest. She was comatose when cesium therapy was initiated using a feeding tube. She received 10 grams of cesium chloride three times daily. She walked out of the hospital 5 days later. Unfortunately it was not appreciated that a hip had been completely replaced by tumor tissue which disappeared with therapy. Having no bony tissue to support her weight she fell at home fracturing her neck resulting in death. The autopsy revealed no hip bone and only very small amounts of cancer tissue. This is a spectacular therapeutic result despite the tragic death.

In a group of 8 patients where the site of origin of the malignancy was unknown, 2 patients died in the first 14 days and 2 more died in the first year. Four of the patients were still alive when last heard from more than a year later. Conventional cancer therapy has never produced any results like these as similar cases without a clear site of origin for cancer usually die rapidly.

A patient with lymphoma had a huge hard abdomen. He weighed 250 pounds. 120 pounds of weight was lost in the first 3 months of cesium therapy. His spleen was initially in his pelvis. This shrank to nearly normal size. The liver was enlarged to the umbilicus before therapy. This returned to normal size in 3 months. He was alive 3 years later at which time he was again taking chemotherapy.

Dr. Sartori believes that doses of cesium should not exceed 20 to 40 grams daily because of side effects of nausea and diarrhea. He felt that these results confirmed earlier results by Messiha which had suggested that large doses of cesium seemed to be more effective than low doses.

Dr. Sartori took 40 grams of cesium himself which caused only nausea and unusual sensations around the mouth believed to be related to potassium depletion. The usual dosage used in his clinic was 2 or 3 grams three times daily. When there is no remaining sign of cancer he thinks the dose can be safely reduced to .5 or 1 gram daily. Some patients on cesium develop evidence of potassium depletion so serum potassium needs to be monitored along with uric acid blood levels. Any alkali therapy changes the pH of the body toward a more alkalotic state. This causes movement of potassium into cells which may result in low serum potassium values. This movement of potassium into

cells means that a person can become seriously depleted of potassium even if there is no diarrhea or vomiting.

A case of primary liver cancer (hepatoma) was treated later. She was a 39 year old school teacher who was terminal on arrival on April 25, 1984. Her liver was enlarged 1 inch below the umbilicus. She walked out of the hospital on May 10, 1984. Her liver had shrunk to 2 inches above the umbilicus. The alpha fetoprotein tumor marker for hepatoma had decreased from 39,000 units to 5000 units.

On one occasion Dr. Sartori noticed the disappearance of metastatic tumor masses within one hour of cesium therapy. Two days later wrinkles appeared in the skin where the tumor masses had been located.

Physicist A. Keith Brewer became very interested in cancer in the 1930s. He performed fundamental research on the membranes surrounding normal cells, rapidly growing cells (embryonal and cancerous) and dead tissue. The methods used by him included spectrographic, fluorescence decay patterns, and phosphorescence decay patterns of radioisotopes of potassium in nature. He felt that he was one of only a few persons who had actually studied ion transport across membranes.

His research enabled him to devise a protocol to treat cancer patients using cesium. Dr. Brewer then treated 30 patients with various cancers using cesium with all subjects surviving. The patients he treated were obviously not as sick as those in Dr. Sartori's group but his results provide further very encouraging evidence about cesium's value.

Rescuing 25 cancer victims from certain death is a remarkable accomplishment for cesium therapy. Conventional

therapy for malignancies using chemotherapy and radiation has never been able to cure patients whose initial tumor has spread to another site i.e. liver, lung, brain, etc. The nearly deceased patients treated by Dr. Sartori had tumor deposits scattered all over their bodies. A sizeable number (50%) of these patients recovered. Additionally, it is unheard of for a patient whose site of origin of a tumor remains unknown to recover. In Dr. Sartori's series, 4 out of 8 such patients were alive one year later.

I am sorry that the results of Sartori and Brewer's studies using cesium have not received the wide publication they deserve but this is not surprising. If you know a person with "hopeless" or any other cancer, cesium seems like a promising direction to pursue.

In my opinion, an ideal therapy for malignancies needs to meet several criteria:

- **Safety:** There have been only a few serious complications of cesium noted (perforations, severe nausea) which may be avoided with liquid cesium.
- **Simplicity:** The therapy needs to be simple enough that an ordinary practitioner can manage it. The patients not requiring hospital care should be able to be cared for in an office practice where any needed lab studies can be obtained.
- **Reasonable Expense:** While not cheap at \$80 to \$200 for a months supply of cesium this is a pittance compared to the cost of chemotherapy and the certainty of unpleasant side effects from chemotherapy agents.

- **Easy Dissemination Of Information About Therapy:**
The public needs to become aware that the pharmaceutical industry and their friends in the FDA and other regulatory agencies will do everything they can to block the spread of information that could decrease the sale of chemotherapy drugs. Cancer has been cured at least twelve times since 1900 but the public never hears about it. Lay people armed with a little understanding of how cesium works and where it can be purchased can save a lot of lives.

There are not many medical practitioners trained in some of the effective sophisticated natural therapies used to treat malignancies. With cancer now ready to supplant heart attacks as the leading cause for death in the U.S. Medical practitioners will need to become teachers and enlist lay people to spread good news if the cancer epidemic is to be defeated. Expect no assistance from government bureaucrats because their allegiance is clearly to the pharmaceutical firms who take good care of them. Of course, this does not mean that there are not many government employees sincerely interested in public health measures. Unfortunately, these dedicated persons are not the ones making the decisions.

Specific Measures To Increase Survival From Malignancies

- Avoid chemotherapy and radiation as these therapies injure the immune system and impair your chances of recovery.
- Eat only organic produce. Initially subsist on fruit and vegetables until it is clear you are improving (better appetite and strength with weight gain). These can

be juiced or raw but should not be cooked because cooking destroys the food enzymes. Have 3 glasses of carrot juice daily. Cold salads with flax oil and Bragg's raw apple cider vinegar are delicious. When you add cooked food (fish, grazed beef without hormones, chicken free of hormones), be sure to cook with virgin olive oil, unrefined coconut oil or butter. Eat no white bread, white rice, or white sugar which are foods from which most nutrients have been removed (vitamins, fiber, minerals). Our immune phagocytic cells are unable to kill tumor cells or bacteria for 8 hours after sugar is eaten. Avoid all sugar containing processed food from supermarkets by eating only organic food that will spoil. Eating only vegetables and fruit initially contributes to alkalinizing the body and gives the immune system a boost in defeating cancer.

- Drink only filtered water so you do not have the problems of petrochemical residue, pesticides, herbicides, chlorine, fluoride, and heavy metals in drinking water hindering your effort to recover.
- Exercise regularly as this improves oxygenation of the body. Walking is fine (1½ miles daily) at least 6 days weekly.
- Eliminate stress from your life. Many authorities think that stress plays a major role in initiating cancer. When we are stressed our adrenal glands steadily secrete large amounts of cortisone. Persons who endure prolonged stress develop a state of immuno-suppression where the body's immune system becomes less able to kill tumor cells. Prolonged damage to the immune system actu-

ally leads to death of nerve cells. Vietnam veterans have been found to have 8 to 15 % atrophy of their hippocampus the part of the brain involved in memory.

- Be sure you are taking a good multivitamin, mineral and nutrient supplement. You need 200 mcg. of selenium, at least 2 grams of vitamin C with bioflavonoids, vitamin D 800 or more units daily, zinc, copper, B complex, vitamin E 400 units, lycopene, carotene, magnesium, boron, manganese, etc. Selenium intake on a daily long term basis (200 mcg.) prevents nearly 50 % of cancer from appearing. All patients on chelation therapy need mineral supplements to prevent trace mineral depletion from chelation.
- Take Vitalzym. This potent enzyme product can dissolve the fibrin coating protecting cancer cells from destruction. Vitalzym is available from Natural Health Team 1-800-416-2806. The dose starts with three tablets three times daily on an empty stomach.
- Give your immune system a break. You must terminate alcohol, cigarettes, and recreational drugs as all three of these damage the immune system making recovery less likely.
- All persons in developed nations are exposed to toxic substances on a daily basis (heavy metals, fluoride, mercury from amalgams, aluminum, cadmium from cigarette smoke, excess estrogen from hydrocarbons in the air, plastics, pesticides, herbicides, dioxins, and hormones used in animals to increase growth rate, trans fats from processed food, margarine, salad oils, cooking oils, etc).

- These toxic substances can be decreased by oral chelation with Essential Daily Defense EDD. The removal of metals[4] by chelation from sites where they are stored underneath the endothelium (lining) of the arterioles greatly improves oxygenation and general health. Enzyme function improves as toxic metals leave the body and the anticlotting effect of the Red Algae (carrageenan) in EDD is a valuable protection against strokes and heart attacks. Persons taking oral chelation with EDD will become depleted of trace minerals if they are not taking broad mineral supplements. Essential Daily Defense and a vitamin, mineral supplement (Advanced Mega Multi) are available from naturalhealthteam.com 1-800-416-2806.
- Try to get 30 minutes of sunlight daily without sunscreens or sun glasses. This will help restore ultraviolet light, a critical nutrient, to the body and thus raise vitamin D levels. Vitamin D is a powerful anti-oxidant that prevents cancer. Seventy percent of U.S. citizens are deficient in vitamin D.
- Be sure you are taking ground flaxseed or flax oil, fish oil or perilla oil as 90 % of U. S. citizens are seriously depleted of omega 3 fatty acids which are absent from processed foods. When we lack omega 3 fatty acids our bodies are forced to use synthetic transfats to build the membranes that surround each cell. This forced use of these poor quality oils creates flawed cell membranes leading to Type 2 diabetes, arteriosclerosis, obesity and malignancies. Persons depleted of omega 3 fatty acids become immune suppressed which enables cancers to start growing and spreading.

Who Should Be Considered For Cesium Therapy?

This is an ideal therapy for anyone with terminal malignancy. If you know someone who has been told, "Get your affairs in order, you only have 3 to 6 months to live," that person has a reasonable chance of recovery with cesium therapy. They may need 3 to 6 grams of cesium three times daily to recover. The person who is emaciated and unable to eat anything or is in a terminal coma she get 9 grams of cesium three times daily.

Other cancer patients who have not lost their appetites and are eating normally might be tried on one gram of cesium three times daily with observation for signs of recovery (receding tumor masses). The dose should be raised if there is no obvious improvement in 4 to 6 weeks.

The ability of cesium to heal metastatic cancer and cancers that have started and spread without their site of origin being known makes cesium quite important in treating malignancies. Cesium works in lymphomas so there is a possibility it could cure leukemia and polycythemia vera as well because the cells of origin in both are derived from bone marrow (lymphocytes, white blood cells, red blood cells).

Cesium can be obtained in liquid form from essenseoflife.com Phone 1-417-546-8220 and from Rainbow Minerals Phone 1-800-642-9670.

Footnotes:

1. Brewer, A. Keith PH.D *The High pH Therapy for Cancer, Tests on Mice and Humans* Pharmacology Biochemistry & Behavior v. 21, supp 1 pg. 15, 1984

2. Moss, Ralph W. *Losing the War on Cancer* Townsend Letter for Doctors & Patients pg. 33 June 2004
3. Richardson, Joseph G. *Health and Longevity* University of Pennsylvania. Pg. 378 1909
4. Aenold J *Clean out your arteries—at home, without a needle, and at a fraction of the cost.* Health Sciences Institute Members Alert August 2003 pg 1-4

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Dr. James A. Howenstine is a board certified specialist in internal medicine who spent 34 years caring for office and hospital patients. After 4 years of personal study he became convinced that natural products are safer, more effective, and less expensive than pharmaceutical drugs. This research led to the publication of his book *A Physician's Guide To Natural Health Products That Work*. Information about these products and his book can be obtained from amazon.com and at www.naturalhealthteam.com and phone 1-800-416-2806 U.S. Dr. Howenstine can be reached at jimhow@racsacsa.com and by mail at Dr. James Howenstine, C/O Remarsa USA SB 37, P.O. Box 25292, Miami, Fl. 33102-5292.

The Cs-treatment was given in conjunction of other supportive compounds under diet control in addition to the utilization of specific compounds to produce adequate circulation and oxygenation. According to individual cases. CsCl was given at daily dosages of 6 to 9 grams in 3 equally divided doses, with vitamin A-emulsion (100,000 to 300,000 U), vitamin C (4 to 30 grams), zinc (80 to 100 mg) selenium (600 to 1,200 mcg) and amygdalin (1,500

mg) in addition to other supplementations according to the specific needs of the patient. The diet consisted mainly of whole grains, vegetables, linolenic acid rich oils (linseed, walnut, soy, wheat germ) and other supplemental food. To increase efficiency of the treatment and improve the circulation and oxygenation, the patients received the chelating agent EDTA, dimethylsulfoxide (DMSO) and also a combination of vitamins, K and Mg salts.

Chapter Eleven

FUNGUS



Is The Cause of Cancer A Common Fungus?

The Italian doctor, Dr. Tullio Simoncini (above) is the premier proponent that the cause of cancer is a fungus—*candida albicans*. He is a strong advocate of baking soda.

From his site:

<http://www.curenaturalicancro.com/>

“The fundamental reason and the motives that suggest a therapy with sodium bicarbonate against tumours is that, although with the concurrence of a myriad of variable concausal factors—the development and the local and

remote proliferation of these tumours has a cause that is exclusively fungin”.

—Dr. Tullio Simoncini

Fungus

Dr. T. Simoncini, an oncologist in Rome, Italy has pioneered sodium bicarbonate (NaHCO_3) therapy as a means to treat cancer. The fundamental theory behind this treatment lies in the fact that, despite a number of variable factors, the formation and spreading of tumors is simply the result of the presence of a fungus.

For an eye opener about how the medical mafia, embedded in the American Medical Association, works to prevent wellness and how it attacked Dr. Simicini, see the Youtube videos below.

Dr Tullio Simoncini part 1 of 3



http://www.youtube.com/watch?v=nn_nMVShU3U

Dr Tullio Simoncini part 2 of 3



<http://www.youtube.com/watch?v=sYT0zfNhbK8&feature=related>

Dr Tullio Simoncini part 3 of 3



<http://www.youtube.com/watch?v=LLXvMeMsmXs&feature=related>

Also see: CancerIsAFungus:

<http://www.nexusmagazine.com/articles/>

Chapter Twelve

RIFE TECHNOLOGY



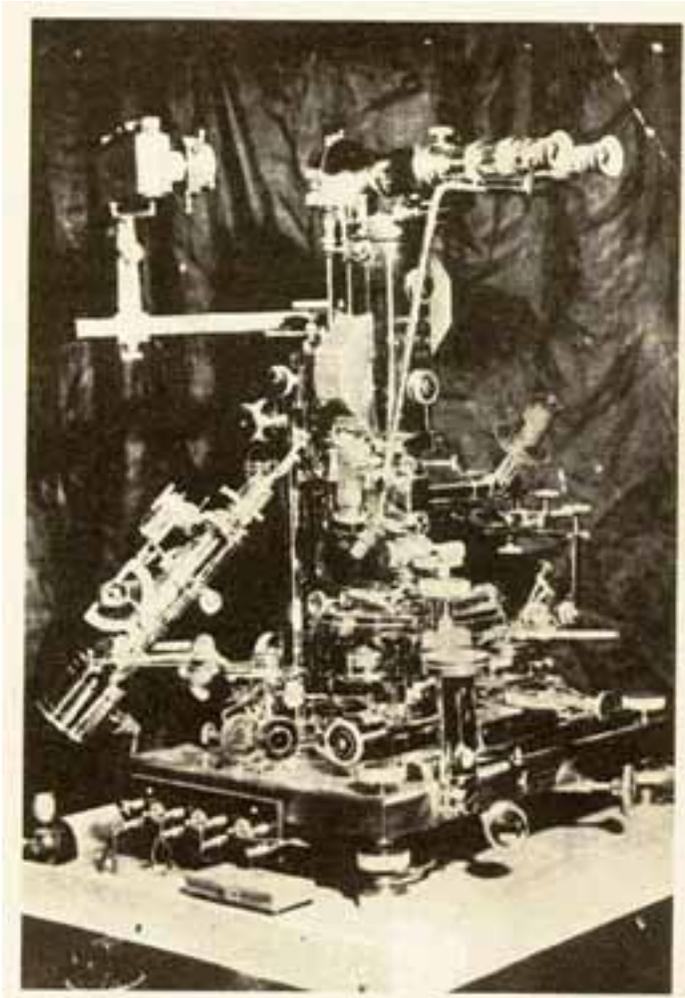
“Royal Raymond Rife - *The greatest medical scientific genius of the last century.*” — Jeff Rense

The story of Royal Raymond Rife may exemplify one of the most obvious crimes perpetrated by the American Medical Association in the last hundred years.

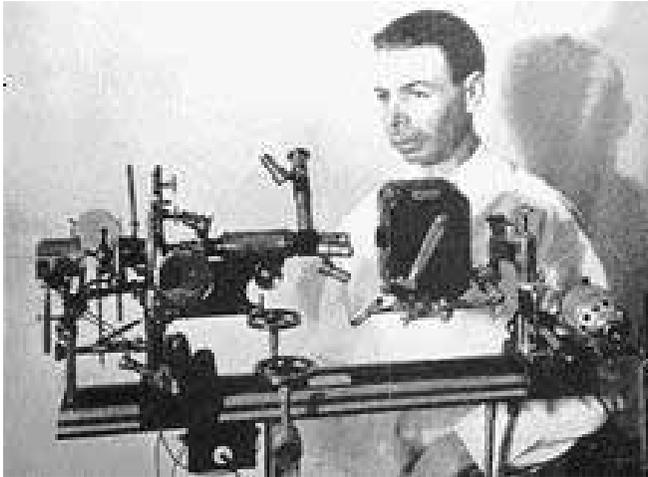
Imagine, for a moment, that you have spent more than two decades in painfully laborious research—that you have discovered an incredibly simple, electronic approach to curing literally every disease on the planet caused by viruses and bacteria . Indeed, it is a discovery that would end the pain and suffering of countless millions and change life on Earth forever. Certainly, the medical world would rush to embrace you with every imaginable accolade and financial reward imaginable. You would think so, wouldn't you?

Unfortunately, arguably the greatest medical genius in all recorded history suffered a fate literally the opposite of the foregoing logical scenario. (Royal Raymond Rife, Jeff Rense, 10-9-00 <http://www.rense.com/health/rife.htm>)

Mr. Rife was the scientist that, in 1933, developed what he called a “Universal Microscope” that could observe microbes (bacteria, viruses) without killing them. He discovered that every microbe had its own “resonant frequency” and he could effectively kill specific microbes by applying high doses of the specific frequency of the organism he targeted.

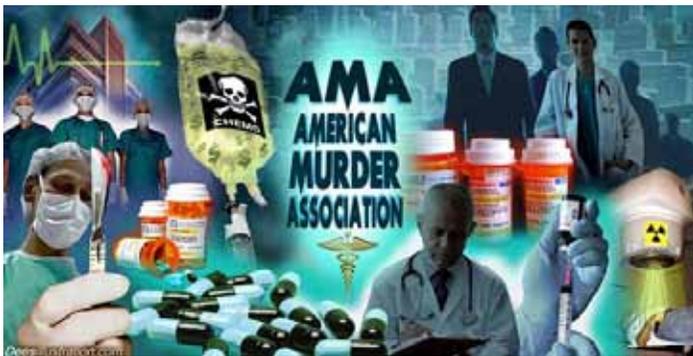


With his Beam Ray Machine, Rife conducted experiments on cancer patients to see if he could annihilate their cancer cells, as he had successfully done by killing microbes he had been studying for many years.



His results with the cancer victims was a resounding success. All his patients were cured of their cancers. For a short time, his success was praised, but it was a limited victory.

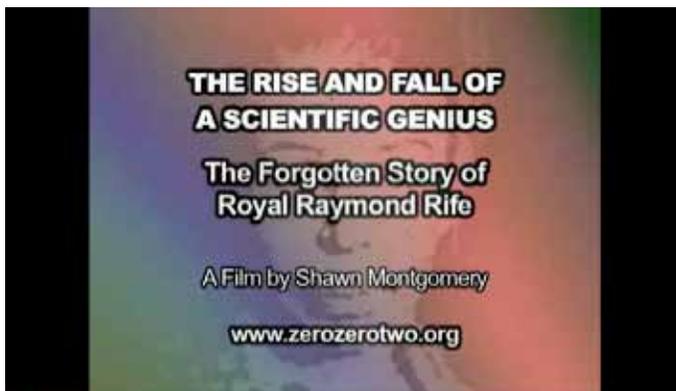
In the years to follow, Rife had his lab equipment stolen; his medical associates murdered or “bribed” to leave the country; and he was effectively discredited by the AMA journals as his discoveries threatened their profit margins, and they had to stop him and the exposure of his work.



Rife died a depressed alcoholic with much work invested in potentially saving lives of millions. To this day, most people have never heard of this unsung hero of medicine.

The conflict of interest between the needs of ill people and the lust for money and power by the mainstream medical community could not have been more clearly exemplified than by the history of this fallen hero, Royal Raymond Rife.

There is an astonishing new documentary available...here is the current trailer for it...



<http://www.youtube.com/watch?v=DIhkjS6Ln5w>

In *Cancer Doctors Lie*, a February 7, 2010 article begins:

“I first heard about Royal Rife somewhere in the mid 1990s from a radio show hosted at the time by Jeff Rense called “The End of the Line.” He was interviewing Gary Wade or perhaps Barry Lynes, I can’t remember, but the information about Rife was mind blowing to say the least. Here we had a man, Royal Rife, who PROVED beyond all doubt and speculation that cancer—any type

of cancer—was 100% CURABLE. (See: <http://www.cancerdoctorslie.com/>)

Rife Technology—The BCX Ultra Rife Frequency Instrument and Plasma Ray Tubes

<http://www.rense.com/products/rifeb.htm>

Rense Radio Network: Jeff Rense with John Bedini on Youtube, “Jeff Rense Radio - John Bedini’s Work on Royal Raymond Rife 1/13



<http://www.youtube.com/watch?v=F1TrME0547E>

More Articles about Dr. Rife

<http://www.rense.com/general31/rife.htm>

<http://www.rense.com/products/rifeb4.htm>

<http://www.examiner.com/examiner/x-11705-Holistic-Science--Spirit-Examiner~y2010m1d24-Incredible-cures-ignored-by-science-Royal-Rife-and-others>

<http://www.rense.com/general31/rife.htm>

<http://www.rense.com/products/rifeb4.htm>

<http://www.examiner.com/examiner/x-11705-Holistic-Science--Spirit-Examiner-y2010m1d24-Incredible-cures-ignored-by-science-Royal-Rife-and-othersner/x-11705-Holistic-Science--Spirit-Examiner-y2010m1d24-Incredible-cures-ignored-by-science-Royal-Rife-and-others>

One day, the name of Royal Raymond Rife may ascend to its rightful place as the giant of modern medical science. Until that time, his fabulous technology remains available only to the people who have the interest to seek it out. While perfectly legal for veterinarians to use to save the lives of animals, Rife's brilliant frequency therapy remains taboo to orthodox mainstream medicine because of the continuing threat it poses to the international pharmaceutical medical monopoly that controls the lives—and deaths—of the vast majority of the people on this planet.

Technology —The BCX Ultra Rife Frequency Instrument and Plasma Ray Tubes

<http://www.rense.com/products/rifeb.htm>

Chapter Thirteen

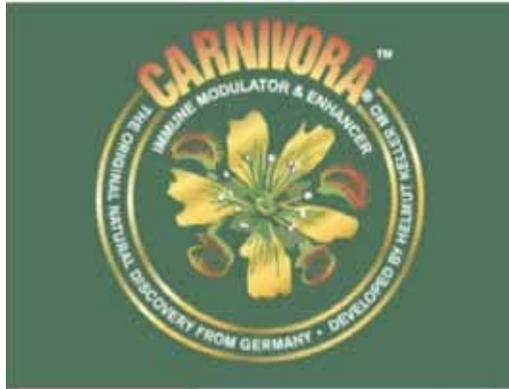
CARNIVORA



Photo: Venus Flytrap, Dionaea muscipula/ Wikipedia

Carnivora.com. Fascinating how an abstract from a variety of the Venus Fly Trap family can rid the body of many unwanted conditions.

Studies have shown that within 24 hours of using Carnivora, abnormal cells died. The following Youtube videos explore the Venus Flytrap extract, Carnivora.



http://www.youtube.com/watch?v=vRWMcqOwjfM&feature=player_embedded

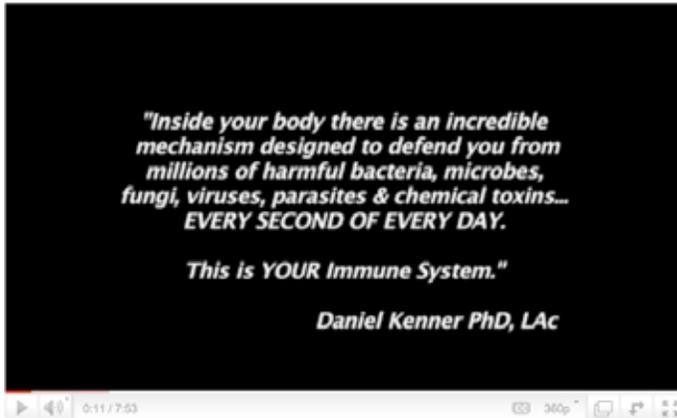
The immune system has normal “helper” cells and abnormal “suppressor” cells. The ratio between these “helper” means the difference between staying healthy or allowing abnormal cellular growth.* The trick to not having cancer and other illnesses is to balance these two kinds of cells.



http://www.youtube.com/watch?v=r-JsuPremxc&feature=player_embedded

Researchers showed in immune studies conducted by ZYTOGNOST GmbH in Munich, Germany, that “the effect of Carnivora could be characterized as ‘immuno-modulatory.’”

Immune system exposure to Carnivora causes “immune modulation.” The result is the critical balance between “helper” and “suppressor” cells in the immune system. The normalization of the homeostatic ratio between helper and suppressor cells is essential for powerful immune defense.*



Youtube: http://www.youtube.com/watch?v=6FUuvGmvSe8&feature=player_embedded

The effect on abnormal cells showed a core energy loss (ATP level) of 100 percent after exposure to Carnivora for 24 hours. Complete cell death had occurred.*

- Molecular Recognition, European Symposium, 1988 *et. al.*, B.Kreher, A. Neszmyli, K. Polos, H. Wagner
- These statements have not been evaluated by the U.S. Food and Drug Administration. Individuals should seek

advice concerning supplements and diets from physicians, health-care providers, and certified dieticians

- This product is not intended to diagnose, treat, cure or prevent any disease in the United States

For more information, see: <http://www.carnivora.com/>

Chapter Fourteen

GULF COAST BAREFOOT DOCTOR SURVIVAL DETOX KITS



The following survival detox guidelines have been approved by doctors whose words of wisdom are based on “First do no harm.”

Being a grassroots initiative, Gulf Coast Barefoot Doctors welcomes communities throughout the Gulf of Mexico region and the rest of the nation to begin detox support groups, detox supply buying co-ops, and collection and distribution centers. The Gulf Coast region needs help of all people of goodwill to band together, provide affordable, vital supply aid, and alert the rest of the nation and world about the official lies and cover-up, and corporate media blackout regarding what is actually occurring in the Gulf region.

Sodium Bicarbonate (baking soda)

Adults: Drink 1/2 teaspoon sodium bicarbonate (baking soda) dissolved in water (preferably filtered or distilled) or juice,* 3–4 times a day

Children: 1/4 teaspoon dissolved in juice* once a day
*100% juice, not “juice drinks” or other mixes which include corn syrup or other sugars.

Sodium Bicarbonate (baking soda) and Magnesium Sulfate (Epsom salts) Bath

Dissolve at least one pound each of sodium bicarbonate (baking soda) and magnesium sulfate (Epsom salts) in a tub of hot water. Soak. Adults can take 500 mg of niacin 30 minutes beforehand. Sodium bicarbonate and Epsom salts can be increased to as much as four or five pounds each for maximum benefits.

Food-Grade Bentonite Clay

Adults: Once a day, dissolve one teaspoon of bentonite clay in a large glass of water or juice. Let stand for five minutes before drinking.

Children: Dissolve 1/4 teaspoon of bentonite clay in glass of water or juice. Let stand for five minutes before drinking.

Drink lots of water, preferably filtered or distilled, during the day. If constipation occurs, add one or more (up to five) sprays of magnesium oil (see below) to a glass of water or juice and drink.

Food-Grade Activated Charcoal

500 micrograms to 1 gram per day. Can be taken in capsules or added to bentonite clay drink.

Magnesium Chloride/Magnesium Oil

Transdermal treatment for adults and children: Spray oil on the skin and rub in. Use as a massage oil.

Direct one (for children) to five sprays in mouth, or add to water or juice, for laxative if necessary.

According to Mark Sircus, Ac, OMD, almost everyone today has a magnesium deficiency, and a magnesium deficiency will not show up in a blood test. See his video on the subject:



http://www.youtube.com/watch?v=eXhUeRFE-kg&feature=player_embedded

Nascent Iodine

Apply transdermally or orally. This is especially good for children.

[Because nascent iodine is expensive, it will only be included at this time in kits in which there are special needs, particularly for children and pregnant women.]

Antioxidant Teas and Foods

The following are high in antioxidants: rooibus and green teas; blueberries; apples; fresh or dried dates, apricots, cranberries, prunes; red beans; pinto beans.

[Rooibus tea is included in the Gulf Coast Barefoot Doctors Survival Detox Kit, and, when possible, other foods listed above]

[Note from Jeff Rense: Chapter Six above covers the importance of drinking Flor-Essence tea. This is the best herbal detox tea. It came within one vote in Canadian Parliament of being approved as a front line anti-cancer weapon. The US AMA got into the fray, bribed and threatened to cause the one vote loss.]

For information on obtaining a Gulf Coast Barefoot Doctor Survival Detox Kit, see: Gulf Coast Barefoot Doctors online: <http://gcbarefootdocs.org/index.html>

About Gulf Coast Barefoot Doctors

Gulf Coast Barefoot Doctors is a grassroots response to the ongoing British Petroleum (BP) Deepwater Horizon catastrophe that, beginning on April 20, 2010, has poisoned the Gulf of Mexico region—its waters, land, wildlife, and humans—with dangerous toxins from the release of unprecedented amounts of crude oil and chemical dispersants.

Gulf Coast Barefoot Doctors' mission is to work with toxicologists, biologists, and physicians to provide, through neighborhood grassroots outreaches. It aims to provide accurate scientific information to Gulf Coast communities and beyond—about health risks of toxins they have been

and are being exposed in varying degrees, and provide vital information, supplies, and instructions to assist people in counteracting adverse effects through detoxification methods, nutritional fortification of the immune system, and, when necessary, relocation.

Gulf Coast Barefoot Doctors was conceived of by native New Orleanian Deborah Dupré, a veteran human rights defender and a Rense Program columnist and Examiner Human Rights reporter. Gulf Coast Barefoot Doctors' initiative is modeled and named after barefoot doctors of China who provided primary health care to millions of people in rural provinces, where medical doctors were scarce. Barefoot Docs were further inspired by medical writings of Mark Sircus, Ac., O.M.D., director of International Medical Veritas Association (IMVA), and by environmental health physicians and toxicologists who predicted and addressed the increasing public health crisis that, at time of this writing, public officials continue to deny exists and continue to cover up.

Dupré contacted Dr. Sircus, an American living in Brazil. Since the beginning of the Deepwater Horizon blowout and spraying of chemical dispersants, Sircus had been writing about emergency measures people in the Gulf region could take to counteract the poisoning. Dupré then contacted her sister, Delia Labarre, a New Orleans resident who formed an ad hoc committee. Within several months, LaBarre had started the website, was delivering and shipping Survival Detox Kits, and filed Articles of Incorporation for GC Barefoot Doctors with State of Louisiana Office of Secretary of the State as a nonprofit organization.

GC Barefoot Doctors continues to be clear in its mission and it presses forward, despite slander, libel, and even death threats from detractors. It continues developing as a response to the U.S. Government supported BP Deepwater Horizon's crude oil and chemical dispersant health catastrophe.

People in other parts of the nation who recognize the official lies and media blackout have come to the aid of Gulf region people, offering their unique talents and services, including those required for development of this book. Among these angels and allies are public health workers not employed by government or otherwise influenced by corporate powers plus a network of holistic wellness practitioners.

CONCLUSION

Journey to Survival is Up to You

The Gulf of Mexico is dead and/or dying. Unfortunately, there are tens, if not hundreds of thousands, and maybe millions of people who live along the Gulf who are also dying and/or will be dead sooner than they should be. (*Rense-Soto Interview, Nov. 15, 2010*)

As mentioned above, because of food-borne and environmental toxins, one out of two people in the Western world will develop cancer in their lifetimes. This is far higher in Gulf states.

The average cancer patient generates nearly \$500,000 in revenue for the medical-pharmaceutical machine. The cost of natural prevention and recovery costs the individual a miniscule amount compared to invasive medical treatment.

Since the beginning of BP Deepwater Horizon oil catastrophe on April 20, 2010, Gulf Coast region residents, clean-up workers, and volunteers have been exposed to dangerous toxins from millions of gallons of crude oil released into the Gulf waters and onto its shores. This continues. Little to nothing has been or is being done by federal and state governments to protect the public from being poisoned. In fact, for the most part, they have denied health risks from this onslaught of chemical exposure. Independent scientists,

however, tell a different story. People exposed in varying degrees to the toxins continue to have adverse reactions.

Please remember, lack of symptoms does not mean no health issues from the Gulf of Mexico. On the contrary, as Dr. Soto has said, we must be aware of and reach out to these individuals WITHOUT symptoms. This is not easy when “mainstream news” has blacked out the deadly dangers.

Up to millions of Gulf Coast residents appearing to have the syndrome now will manifest serious health problems from the “Gulf of Toxins.” These health predictions are made by people of integrity practicing the Hippocratic Oath including “Do no harm” such as Dr. Soto. This catastrophe is to become the greatest the world has seen in modern history. Cancer plus heart disease and Alzheimer’s will surge due to this crime against humanity and planet.

The rest is up to you

Those named in the Acknowledgements plus anonymous allies and angels stepped up to the plate to help me produce this book. They did so in hopes that their LOVE of people over profit may help lighten the suffering of those afflicted by the actions of the predatory elite and a dysfunctional society. Their wish is that you, “Educate and heal yourself. Then share. The poisoning of the planet must end. We can change the legacy for our children starting NOW.”

This book does not—nor is it intended to—contain ALL the popular non-allopathic, anti-cancer concepts around today. It is, however, a superb start. It presents many of the newest, most fascinating, interesting and least expensive set

of guidelines that, we hope, will encourage the individual to do further research and study on.

The internet is a treasury of health information...some good, some less so...and the overall message is one of hope. We CAN heal ourselves.

We still have the opportunity to DECIDE. We must exercise and defend that God-given right to the last.

— Jeff Rense

Addendum

DETOX OR DIE
Rense Radio Network Interview
Jeff Rense with Dr. Rodney Soto

Interview: Jeff Rense with Dr. Rodney Soto
November 15, 2010



[http://rense.gsradio.net:8080/rense/special/rense_
Soto_111510.mp3](http://rense.gsradio.net:8080/rense/special/rense_Soto_111510.mp3)

*Transcribed by Michelle Brouse and Delia LaBarre,
[Gulf Coast Barefoot Doctors](#)*

Well, there's some music, sign of the times variety. Another weekend has come and gone. We are at the middle of the month of November already.

There is a big story unfolding continually, day after day. But most of the world doesn't hear about it. In fact, most of America doesn't hear about it, unfortunately, because

the so-called mainstream media doesn't care to report it. Obviously, it's not of any interest to them, and/or they have been told to lay off. I would suggest the latter is certainly a very viable part of that equation.

There are countless unsung heroes, probably tens if not hundreds of thousands along the Gulf, who are working in one way or another to try to clean the oil, to save the coastal wetlands, certainly to save the wildlife—the animals. Not much can be done for the fishes. But the Gulf of Mexico is dead and/or dying. And, unfortunately, there are tens, if not hundreds of thousands, and maybe millions of people who live along the Gulf who are also dying and/or will be dead sooner than they should be.

There is one particular man that we're going to salute tonight, out of many, who has been doing heroic work trying to deal with the human issue of life, death, and illness along the Gulf. Unlike most Gulf coast doctors, Dr. Rodney Soto is testing, diagnosing, and treating patients for toxic exposure. He's reported that he has seen more and more and more people with toxins in their bodies in excess of the 95th percentile ranking, and what will be obviously long-term health suffering associated with having been poisoned—not exposed, poisoned.

This is an issue that is not going to go away. It's going to only get worse. And I can't even begin to thank all the doctors down there who are doing their very best. We have the great good fortune to have Dr. Soto to spend a little time with us this first hour talking about what he has found. Are you there, Doctor?

Dr. Soto: Yes I am. Thank you for having me.

Jeff Rense: Well, thank you for being here. But more than that, thank you for what you're doing for people in your area down there. This is a tragedy of truly monumental proportions, is it not?

Dr. Soto: It is a very large tragedy, I should say, because the media, of course, is not covering it. And now we have to deal with the consequences that most of the public is unaware of. And we'll still get to see [inaudible] what the future unfolds of the health issues in our community.

Jeff Rense: Right. We don't know. We do know that these toxins aren't going to go away easily, any time soon, perhaps in the next 50 or 100 years. We just don't know the long-term effects of how they are going to react in the human body, not only with the human body's immune system and its structure and its consistencies of various enzymes, proteins, nutrients, and all the rest of it. But we don't know how they're going to react with each other in the human body. We don't know what these various toxins are going to do when they get into a different environment like this.

When people come to you, are you beginning to see almost immediately a syndrome that you could say, "Ah! This person is clearly suffering from some kind of exposure?" I mean, is it that obvious to you, Doctor?

Dr. Soto: There is no question that the most obvious of what we're seeing is what has been described in the medical literature, from respiratory symptoms to headaches and flu-like symptoms and...pneumonia. Those are very common. They're relatively easy to diagnose, reactions of that sort.

The most concerning issue will be cases in which [we see] acute toxic reaction, but rather have overcome in a way the

initial insult or toxic levels and are harboring all these toxins in their body without any symptoms.

In other words, the lack of symptoms does not mean that they don't have any issues at all. On the contrary. They are the ones who we have to be aware of and look for in the future... Those that don't have any syndrome.

Then, manifestation of these toxins will be any others of the ones we have seen so far in the history of mankind, from heart disease to cancer and Alzheimer's.

Jeff Rense: And there will be, I guess we can say, plausible deniability on the part of BP because they'll say, "Well, that was five or ten years ago, you can't tie that to the oil disaster."

Dr. Soto: Absolutely. There is no historical connection to the oil spill in years to come, and how can somebody prove that that's in response to a particular cancer. That's why it's important nowadays that people who had not even have symptoms that are classically recognized, the ones I mentioned just a few minutes ago, to get tested and to be aware of things like this can affect their long-term health.

Jeff Rense: When you have upper respiratory issues, sinus, all the way, bronchial, down into the lungs, that is not viral, not bacterial, but being caused by toxicity, poison, you can't prescribe an antibiotic for that except as a backup to hope and prevent secondary bacterial infections. What do you do as a doctor when someone is testing 95th percentile for this toxin or that toxin, and you know that it's at the root cause of their problem. You can't go to a pharmacy to cure that easily.

Dr. Soto: When we're faced with acute toxification, we have to accommodate or improve the body's efficiencies to eliminate the pollutant. Fortunately, the body has some ability to do that in a certain degree, from the liver, gastrointestinal system, the kidneys, the skin, and the interventions that are aimed towards enhancing disabilities are through nutritional enhancement, through limitation of toxic overload and a way to unload the liver from overworking, and the body can slowly and gradually accelerate the excretion of these pollutants. Hydration is very important as well, and the limitation of other chemicals that many Americans eat in their nutrition as well.

Jeff Rense: Well, the great American diet is probably not particularly encouraging to you. And people go to the fast food outlets to cram their bodies with toxins then and there, and then have to deal with the horror of the BP Syndrome, which is compounding everything. The average American diet, as you probably well know, results in the immune system actually attacking much of the components and toxins in the food people eat in order to sustain their immune system in the first place.

Dr. Soto: That's very right, ...and that's the reason I think the oil spill is going to be of tremendous harm to individuals down here, is that they're already depressed or impairing their systems from these toxins from the nutrition. Adding more to that will compromise significantly the subtle function of the system, and cancer is going to surge.

Jeff Rense: Cancer is going to surge. What does the body do....Oh, let me back up....Approximately, Doctor Soto, how many different toxins are you keying on here? How

many have you isolated that are commonly being found in people? You must have a list of them, just in round numbers, what might that number be?

Dr. Soto: Yes, well, there are, in the testing we perform here, we have found at least five or seven there that are very classically defined as so called volatile organic compounds, from benzene to xylene, MP xylene, or other polycyclic aromatic hydrocarbons, which are called PAHs, to the polycarbonated compounds in heavy metals—from mercury to cadmium and aluminum. These components are also found in petroleum derivatives even in certain amounts connected to the others.

Hydrogen sulfide gas is a neurotoxin potent agent. Nacetalene is another one. We have quite a variety of these products that we are testing here and people are becoming positive that I think it is related to the contamination of the environment. Even on individuals who have not been directly exposed in the cleanup efforts or who are fishermen or who live by the coast, even inland, because the major dangers that we have now is that seafood is cleared for consumption, which is very concerning, 'cause I don't think, in my particular opinion, that we should just let people consume the seafood from the Gulf at all. And all of the seafood, it's not just for this area, but for the entire country.

Jeff Rense: It's criminal to clear that Gulf seafood production for human consumption. Absolutely criminal! The testing, honest testing done of everything that is harvested from the Gulf has shown sooner or later, and usually sooner, levels of toxicity which are absolutely unfit for consumption. Now, this is another area of the complicit nature

of the involvement of the so-called United States government and big international business, like British Petroleum.

Be right back in just a couple of minutes with the wonderful public servant and doctor Rodney Soto, who is a man, I'm sure, who has many years ahead of him, and he's going to be working for a long time to come on this terrible tragedy. Be right back.

[part 2]

Jeff Rense: OK, welcome back. Talking to Dr. Rodney Soto about working with Gulf residents who are clearly headed toward catastrophic health issues in the years to come. We're going to talk more about what can be done. I'm going back just a little bit to some of the issues he mentioned right before the break.

Some of the many toxins—benzene, he mentioned. Now, we'll just talk about benzene. Benzene, of course, is one of the most highly carcinogenic compounds that we come into contact with in our lives. Period, end of story. It's unbelievably dangerous.

I remember early, Doctor, one—and I think it was a Louisiana television station—did a report where they actually had a good early read on the air quality along the Gulf coast, and the supposed safe levels of benzene are one to three parts per million. Although, I would disagree, I don't think there are any safe levels of benzene.

Dr. Soto: That's correct.

Jeff Rense: Yeah, well, that's the feds for you. The test results in the air that were coming back, if I remember correctly,

were somewhere between 50 and a hundred parts per million. They were way up there. And I said to myself right then and there, “That’s the last time we’re going to hear about the air quality in the Gulf.” And I have to this day not seen any adequate follow-up to that report.

Dr. Soto: That’s true. We have heard those reports, and there was also another one from Pensacola, and then New Orleans—not just benzene, but also hydrogen sulfide in the thousands of parts per billion.

Jeff Rense: Thousands.

Dr. Soto: Thousands. So we’re talking about huge levels. In Louisiana reported as well as benzene that you’re describing there. You know, at any levels...if you talk to environmental doctors, any levels of any toxins are not acceptable, whether it’s a tiny amount or one part per billion, or .5 – it’s toxic. We’re talking about several full higher levels, thousands of thousands of parts per billion there in the Gulf coast.

Jeff Rense: It always amused me in California, in the Central Valley—San Joaquin Valley and Sacramento Valley—they talked about safe amounts of herbicides and pesticides in the produce that are grown there for children to consume. I just, I just...it’s insanity! There are no safe levels of herbicides for children, or pesticides. Or what we’re talking about for children in the Gulf. This is nuts!

Dr. Soto: Yeah.

Jeff Rense: But it’s being done with great deliberation. The government knows precisely what it’s doing. They’re not stupid. They’re lying. And they are actually killing American citizens by their negligence.

Dr. Soto: Children are very susceptible, or I would say more susceptible, to the effects of the petroleum derivatives, because of their liver detox capability is less than an adult. Their brain is also developing, and their immune system is developing. So they're going to be affected several-fold more than an adult who is being exposed to the same amount of toxin.

Jeff Rense: Right. How would you describe the vectors for these poisons that get into children? For example - obviously, the air. OK, there's one. What other vectors are you working on and identifying?

Dr. Soto: Well, the skin is another very common one, if they've been to the beach, or just playing in the sand.

Jeff Rense: Just playing in the sand.

Dr. Soto: Just playing in the sand. I don't know if you recall way back when we still were dealing with the Horizon tragedy and were trying to cap the oil spill, they were looking here at the sands, in the white beaches in Destin area. And they can dig a little bit under the surface, and they can see already that the darker, you know, petroleum type of color. So the skin is another frequent one.

And then of course the GI tract, because we're talking about shrimp, we're talking about fish, seafood, oysters, you name it, any food from the Gulf that is already being distributed in restaurants and nationwide.

That's going to be the most detrimental and most fearful way to get these compounds to not only children, certainly adults—the seafood.

Jeff Rense: What an astonishing crime this government! Yet another astonishing crime this government has committed by clearing the seafood, obviously tainted, to be consumed by people. They just don't care about human life. There's no other way to define it. They don't care!

It's all about cover-up, it's all about money, it's all about keeping them looking good, and keeping the people in the dark...

Now, we also talked about the human body. And I wanted to ask: Where does the human body, besides the liver and kidneys and so forth, secrete or hide away toxins that can't be eliminated? Do they go to the fat cells like many toxins do? Is this the kind of a thing? And if they do go to the fat cells, therein lie one certain vector for eventual cancer. Because these things accumulate and concentrate in the fat cells, then you have genetic damage and mutagenic cell growth.

Dr. Soto: That's a very important point. These compounds are fat soluble. And, when we're talking about fat in the body, we're not just talking about the fat in our bellies or places where we don't like them, but rather critical organs in our systems that are lipid-based or they are made of fat, which is the brain. The brain is 70% of fat, then you have the glands, like the thyroid...Then you have...

Jeff Rense: The brain is 70% fat?

Dr. Soto: The brain is 70% fat. The adrenal glands, the thyroid gland. The immune system is made of fat, even the gut cells, intestinal tract is made up of fat; the prostate, the breasts. So now you're going to see cancers in these precious organs. And of course, brain is gonna happen a lot of what

is called microcystin toxicity and destruction of brain cells. And not just cancer, of course, but Alzheimer's, Parkinsons, ALA, ALS, seizures, strokes—all form of brain dysfunction from this microcystin toxicity triggered by activating the brain cells might be microglia from these compounds.

Jeff Rense: Absolutely catastrophic. And no one, Ladies and Gentlemen, is talking about it. Thank God, Dr. Rodney Soto and others are trying to help. We'll address the issue of detoxification as we continue, and other things, in just a few minutes.

[part 3]

Jeff Rense: OK, welcome back. Half an hour to go with Dr. Rodney Soto who is doing his best to try to help countless Gulf residents. And there are other doctors down there working as well.

This is going to be an enormous tragedy over time for entire families, communities, and God knows how many ultimately millions of people will be affected. And have already been and are being affected as we speak right now, by these - continually being broadcast, emitted, transported through water vapor, moisture. They're in the sand, these compounds, these terrible toxins which go into the body, as you've heard.

One other quick question about the water and the beaches: Is anyone studying the sand—say, a pint of sand—are they doing sand samples to see what kind of compounds are in those sand samples, the beach sand that people walk on, and, as you've made quite clear, the skin is a perfect vector for these things.

Dr. Soto: Well, there were some original studies a few months ago. The ones that I know for sure are still ongoing is from researchers at the University of South Florida. In particular, a Dr. Rick Kirby is the one who's using even ultra-violet light technology in the clear waters of the Gulf of Mexico. Unfortunately, he found the beaches to be still contaminated. And this is very important, because you don't see these waters of any color—dark or anything—but rather they're still green and clear to the sight, but they're contaminated. He expressed on the local report, he said, "I'm sorry I took the local government officials' word that the beaches were not affected and so I did my testing in Destin." But he's continuing to do some more work. Some of the other water samples and sand samples he's still taking to continue to demonstrate through his research the impact that it still has in our local community that certainly you don't hear through the government information outlet.

Jeff Rense: So, the ultraviolet light shows—he's got technology that can show in the water—some of the pollutants that are there which you do not see with the naked eye.

Dr. Soto: Right.

Jeff Rense: Very interesting. Is the local media, Dr. Soto, doing anything to inform the people of these dangers?

Dr. Soto: There has been very limited coverage until probably this last couple of weeks, with myself when I went on the local paper and a local TV station in Panama City. But, except for that, I've found that there is a lot of frustration in the community among the ones who are still suffering from symptoms, that not even their own primary care doc-

tors are believing them what they're going through.

Jeff Rense: Oh, no.

Dr. Soto: And I think there's a fear, or an unfounded fear that to express their opinion or feelings about the situation will generate some sort of retaliation by BP or any of the local governments, But it's also a concern that whatever is said is going to affect economy because of the fish and the fishing industry. But we're talking about a more significant impact on not only thousands or probably millions of lives at stake that we're looking at if we don't demonstrate or educate the community on what they can do to minimize the exposure to these toxic compounds.

Jeff Rense: I have nothing but disgust and revulsion for the so-called news media, the journalism in this country, anymore. It doesn't do its job. This should be front-page news, virtually every day—somewhere on the front-page of the newspaper, somewhere in the newscast in the nightly news, somewhere on the radio. Every day the people should be being warned. There should be constant air monitoring, water testing, sand testing being done and the results made available to the public.

But we know that the cover-up is on. We know that the people are being paid off, they're being intimidated. As Doctor Soto just said, there's lot of fear down there. There's no question about that. And then, there's unfortunately ignorance by many in the medical community, who just don't know what to look for, and don't want to look necessarily at the BP catastrophe as being behind the symptoms that they are observing. It's a very hideous thing to try to even wrap your mind around.

I want to thank journalist Deborah Dupré for writing this story about Dr. Soto. It's up, connected to his name at Rense.com. And guests, she has been one who has been among others—a few—who have been trying constantly to get the word out about the tragedy that is just beginning to be understood by those of you who actually care to look at it. And, unfortunately, as you have made clear, many are looking the other way.

How would you characterize the denial amongst the people along the Gulf? Now you have fishermen going out and fishing, and I think we would both agree that most of them know that the fish, or whatever they're harvesting, is not safe.

Dr. Soto: It's definitely not safe. And, you know, denial is one of the phases that humans go through when dealing with tragedy and health impairment from whatever toxins. And it's a natural process that human nature calls us to do that. But at some point, I think people will have to demonstrate and face the reality of what we have at stake here.

And that's why it's important that the media get on board, that we as petitioners get on board, too, and educate the community and get out there and be very vocal without being afraid of any ill consequences that what we're doing is the right thing, because we're not talking about just a few interests here.

We're talking about a widespread dissemination of these compounds that are extremely toxic and dangerous for children, for adults, for the elderly, for anybody. I mean this is probably going to be the major disaster of human mankind that is not being looked at all. If you recall, that

after the oil spill was capped, everything focused into the elections, and now, you know, everything downfalls from there. So nobody is looking at the Gulf Coast anymore, it's like—it's a done deal, the oil disappeared, which it hasn't. Just a week ago, the Commission told again that 50% is still on the bottom of the ocean! It hasn't gone anywhere!

Jeff Rense: Fifty—I'll bet it's more than that.

Dr. Soto: Yeah, it's more than that, so....

Jeff Rense: I've heard that only 5% ever made it to the surface. Ninety percent, approximately, is still underneath, because it's been emulsified into a...It's kind of like a mucous. It's heavy. It doesn't want to come up. And that's the Corexit[†] and the other dispersants. They've changed it and made even new compounds that are down there. What do you make of the fact that so far no hurricanes have gone into the Gulf? Isn't that a little strange?

Dr. Soto: Well, we were crossing our fingers, for sure. But, yeah. It's a little bit odd that nothing has happened through here. I mean, I was surprised, 'cause we were looking at the weather channels, local and national, about what would unfold if something like that were to occur in this area. It would have been a... I mean, we're still exposed to any storms or... Remember that we don't even need a storms to get more toxins from the Gulf. Just the humidity and any minor system can bring the [toxins] from the waters, evaporate some of these compounds, and drop it back into the land again.

Jeff Rense: Exactly what I wanted to bring up next. We will. We're going to talk about detoxification procedures for all of you who are living anywhere near the Gulf, and

[†]Corexit is a registered trademark of Nalco.

I mean anywhere near the Gulf because of what Dr. Soto just said: evaporation, moisture moving inland and falling as rain, or even coming down as mist. It doesn't matter. Be right back in just a couple of minutes.

[part 4]

OK, we are back with Dr. Rodney Soto. I would urge you to read the story by Deborah Dupré. It is in the guest section at Rense.com under his name.

I want to ask you one more question before we get to detox. As you said, it doesn't need to be a storm. Rain is constantly formed in the Gulf. It moves north, northeast, sometimes northwest—depends on the high and low pressure systems. But this material can move hundreds and hundreds and hundreds of miles inland, can it not?

Dr. Soto: It can, and we're talking about not just through the ocean, the bays, rivers, and creeks, and everywhere else, but it can go around certainly rain back in there but it can go around the continental U.S. to other areas, too. So, because people don't live on the coast does not mean that they're not potentially affected to some degree in the years to come.

Jeff Rense: Maryland, Virginia, Pennsylvania, Tennessee, anywhere.

Dr. Soto: We're talking about a major impact, not just in the coastal community, but you could be all the way inland and thinking that you're safe, and it's not the case. It's something that should be of concern to everyone in the country. More so in the states where they consume the seafood that comes from down here as well.

Jeff Rense: Very good. Understood. Alright. Detoxification techniques that you recommend for people. And this if for all of you who don't have the good fortune of finding a doctor that you can go to who is either up on this or who wants to even go there and look at it as a real serious life and death issue. We can talk about health food stores selling liver cleanse products, kidney cleanse and detoxification, whole body detoxification issues, hydration of the body is crucial as well. What do you recommend, Doctor, and what is your protocol?

Dr. Soto: You should,... First of all, we would have to start with the basics. And like in any other health-related issue, we look at nutrition very seriously. Like we were saying earlier, the American diet is loaded with several toxins, preservatives, even pesticides and fertilizers, and some of these are also considered volatile compounds.

We need to clean up our nutrition to begin with in order to allow the liver to, in a way, take a break from the daily work of detoxifying the, let's say routine toxins from the environment. So that way, it can get in charge to get rid of environmental pollutants from oil spills. And that is the very ingredient and an initial step in the process of getting to the detoxification, is to get whole foods, ideally organic, that have a high qualigenic component, non-acidic, basically nature-made food.

Jeff Rense: Very important: non-acidic, alright? Non-acidic.

Dr. Soto: So that way it allows the body to get into a different state and optimize our detoxification system, which are the liver, the skin, the GI. That way will help if we introduce nutritional support to enhance both the phase one

and the phase two detoxification of the liver because those are the main processes through which the detoxification of chemicals go through, such as benzenes and many others.

So there's a series of compounds that enhance each of these components. And it's very key to know this and to have somebody do it right, because if you enhance phase one, you can create a major disaster. You can make these compounds even more toxic than they are if you don't have enough of the chemicals to activate phase two.

So, it's a true science we all learn in the medical school. Detoxification is not a very complicated process, but it has to be done right in order to make sure you don't impact in a negative way during the process.

Hydration is very key, another important aspect of that, because water is a very common way to get many toxins, including metals, fluoride, or other—chlorine, or several other components, so drink purified, filtered water. It's a very important part of a detoxification program.

And optimizing GI function. I cannot overemphasize the mobility of the gut how it detoxifies, or how your bowels have to move through fiber. You have to recall that the immune system, 70% of it is in the gut; intestinal bacteria—probiotics, prebiotics—help optimize the detoxification process. And these, unfortunately, are the things that most Americans are deficient of—intestinal bacteria, good quality water, good nutrition. So the system is overloaded from all of this and does not allow a good detoxification process.

So, don't think we're just gonna just go by the store and get the detox stuff over the counter, not because they're

not good, it's because it has to be done in a very comprehensive and holistic approach.

Jeff Rense: The next time you folks drive by a fast food outlet, keep going. Don't stop. The average American takes food out about 24 times a month. This food is fried. It is lacking virtually in all nutrition. It is all factory farmed. It may look good, but, believe me, it's not good.

Go to your local farmers markets. But now we have an issue about that in the South as well along the Gulf, because of the moisture, because of the issues of rain. So, you have to be careful there, too. I'm not quite sure what to do about that, but you have to do the best you can. And buying organic—maybe you need to eat a little less if you have to spend a little more. You've got to do that.

Dr. Soto mentioned probiotics—extremely important and overlooked. There are a lot of them on the market. Most are OK. There's one I discovered, and I don't have any stock in the country, or the company. And I was thinking it didn't come from this country. It's Dr. Ohhira's probiotics. O-H-H-I-R-A—Ohhira, the Japanese scientist, and he's formulated the best pro-biotic I personally have ever run into. And I've talked to people who have tried probiotics before, and they've tried this one and it really helps. But getting that system, the GI system to work properly with the proper probiotic augmentation is really crucial, no matter where it comes from—Germany, Japan, here—it doesn't matter.

You've got to get quality products. You've got to drink clean water. And there are things like florescent tea, otherwise

known as Essiac in the Old School—a wonderful detoxifier. It's a natural herbal tea. There are some very good products on the market.

This is where your whole foods market-type nutritionist can help you. A good nutritionist is worth his or her weight in gold now, because the average person when they enter, Doctor, a supermarket leave with a shopping basket, which is bagged up, and they carry the bags out to the car, of basically what I consider certainly low-grade poison, at the very least. Would you agree?

Dr. Soto: Oh, absolutely. They have been described in the medical literature about the toxic load of chemicals from the foods that we consume. But it's actually a report, believe it or not, that was sent to the President's desk from the Cancer Panel, about 249 pages on environmental pollutions, including nutrition and other ones that are going to be the significant cause of cancer in the US. And I actually happened to call the Panel. I asked the question about whether or not the President has read this report, and they told me that he has read it, but nothing has been done about it. But I think that you should get copy of it. It's widely available online, or you can call the Cancer Panel. They can send you a print copy of this document, which is very well defined to describe every single toxic compound that Americans are potentially exposed to.

Jeff Rense: We come into contact with something like 15,000 different chemicals a day. It's huge. Huge! In our food and everything we do, touch - in the air. It's an enormous amount of chemicals.

Last quick thing. I have been a proponent of using the properly configured ozone air cleaners for many years, and I've been suggesting to those who live along the Gulf and inland from the Gulf, in fact anywhere, to get a good home air purification system, whether it be ozone or another form. I'm a very big fan of ozone. But it will break down these compounds, and mold and yeast and fungus and everything else.

There is a product made by the T-R-A-N-E—Trane air home heating and air conditioner company—Clean Air Effects. I think it's about \$1200. You can put it in your system, right in your ducting and it will clean the air in your home 98.9999%, totally, of all toxins. It's quite a remark...and what is it?

It's an ozone generator. They don't call it that, but it's a corona discharge ozone generator. Anyway, that's all I wanted to say about air. I'm sure you concur with that, and if you'd like....

Dr. Soto: Absolutely. You're right on the money.

Jeff Rense: Thank you. If you'd like to make one final statement, we have about a minute left.

Dr. Soto: I think that my message tonight will be people to search for their sources of information to improve their educational level on what they could be potentially exposed to, and that to be on the look for the effects of compounds. I don't think I can overemphasize that if we pass around the information on how this can affect our health, we can educate the community and at least prevent the ongoing exposure to these toxic compounds.

Jeff Rense: This is going to be something that you the people will have to do. You cannot rely on the news media to do it.

Dr. Soto: Right.

Jeff Rense: Don't sit back and wait for the nightly news.

Dr. Soto: Right.

Jeff Rense: Not going to happen. Dr. Soto, thank you for what you are doing. You're a hero, and God only knows how many lives and make better, and thank you so much for being on the program.

Dr. Soto: My pleasure, thank you so much for having me, again.

Jeff Rense: Good night.

Dr. Soto: Take care, good night.

Jeff Rense: Dr. Rodney Soto is an utterly extraordinary man.

But again, all of YOU are going to have to make the effort to get well and stay that way. You're going to have to become proactive and stop being reactive.

You're not going to see leadership from your local officials very often, and the media has abandoned you. You already know that. So you're going to have to raise holy hell, or you will pay the price! And none of us wants to see that happen.

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