



Principle Number Four: Detoxify

The human body is bombarded with toxins, heavy metals, chlorine and thousands of chemicals that we breathe in, consume in our diet or absorb through our skin. These all cause free radicals in the body and contribute for the environment of cancer.

Avoiding these toxins is part of both cancer prevention and holistic cancer therapy. In particular, avoid or eliminate refined and processed foods (especially foods raised with pesticides, antibiotics or steroids), toxic cleaning products (such as laundry detergents, skin care items, fluoridated toothpaste, etc.) and chlorinated and fluoridated water. Also, avoid microwaved or irradiated food and protect yourself from electrical equipment (as electromagnetic pollution may be a major causal factor in cancer). If you have questions about how to make these changes, consult with the person who gave you this newsletter.

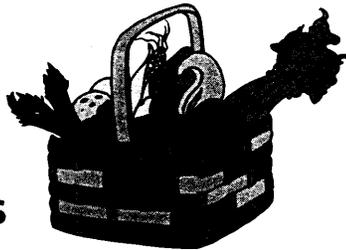
It is also helpful to assist the body in detoxifying from these substances. Several supplements can be helpful here.

For starters, **E-Tea** or Essiac Tea is a famous anticancer formula that helps the body eliminate toxins. It improves lymphatic drainage and stimulates the immune system.

All Cell Detox is another good, general cleansing formula that is based on a Native American medicine man's cancer remedy. It reduces inflammation, supports the liver and digestive system and helps neutralize acid.

Chinese Blood Build nourishes the blood and helps increase its volume. It is an excellent formula for helping the body rebuild after chemotherapy.

Principle Number Five: Use Antioxidants



Our need for oxygen exceeds the demand for any nutrient, even water, because we need oxygen for normal energy production in the cell. However, oxygen can also produce free radicals that can damage normal cells and cause cancer. Antioxidant nutrients protect the body from this free radical damage, thereby reducing cancer risk. Antioxidants can also be used in a treatment program for cancer, because they help protect the body from harmful side effects of radiation and chemotherapy.

Some antioxidants to consider here include **High Potency Grape**, an extract of grape seed that helps reduce inflammation and prevent cell damage, and **Green Tea Extract**, which contains polyphenols called catechins, powerful antioxidants that protect cells from cancer and kill cancer cells. One of these catechins is epigallocatechin gallate (EGCG), which was shown in several lab studies to kill cancer cells without harming healthy tissue.

Thai-Go contains xanthenes, powerful antioxidants that have been shown in numerous studies to inhibit cancer cells and aid

in tumor reduction. These compounds cause apoptosis (or pre-programmed cell death) in cancer cells. Xanthenes exert cytotoxic (cancer cell killing) effects against human hepatocellular carcinoma cells, and have been shown to inhibit the growth of human leukemia HL60 cells. Xanthenes have also shown effects against human breast cancer SKBR3 cells. **IF Relief** also contains xanthenes and is helpful for reducing chronic inflammation and pain.

Principle Number Six: Kill Cancer Cells

For those diagnosed with cancer, it is important to kill the cancerous cells. The problem is that chemotherapy and radiation also cause damage to healthy cells. Killing cancer cells also produces toxins that the body must eliminate.

There are some natural compounds which can help kill cancer cells, too. **Paw Paw Cell Reg** is a standardized extract of acetogenins from the Paw Paw plant. These compounds have been shown in scientific research to cause apoptosis (preprogrammed cell death) in cancer cells by inhibiting their energy production. More information on Paw Paw Cell Reg is available from the person who gave you this newsletter.

Paw Paw Cell Reg is not appropriate for all cancers and should be used as part of a comprehensive cancer program. However, even if one chooses to use chemotherapy drugs, Paw Paw may still be beneficial. It has also been shown to reduce chemotherapy drug resistance. By itself, Paw Paw doesn't have the side effects of hair loss, weight loss, extreme nausea and compromised immunity. It may cause nausea in larger doses, however.

Paw Paw is not recommended as a supplement for preventing cancer. It is only appropriate when a person has cancer.

Another supplement that can help the body destroy cancer cells is **High Potency Protease**. It breaks down the protein coat on cancer cells and also helps prevent cancer cells that are breaking down from creating a toxic load on nearby healthy cells. It is taken between meals for this purpose.

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Additional Help and Information

The information in this newsletter is not sufficient to design a nutritional/herbal program for someone who has cancer. We recommend you work with qualified professionals to help you design an appropriate program for anyone with this life-threatening illness. For starters, talk to the person who gave you this newsletter. They have additional handouts and resource materials to help you. You can also consult some of the following sources:

- How to Prevent and Treat Cancer with Natural Medicine* by Michael Murray.
- Herbal Medicine, Healing and Cancer* by Donald R. Yancey
- Treating Cancer with Herbs: An Integrative Approach* by Michael Tierra
- Definitive Guide to Cancer* by John Diamond and W. Lee Cowden with Burton Goldberg
- Unlocking the Mystery DVD* by Tree of Light Publishing featuring Kimberly Balas and Steven Horne
- The Miracle of Paw Paw DVD* by Tree of Light Publishing featuring Kimberly Balas and Steven Horne