

A challenge

Thank you for choosing to read this and considering this challenge.

We facing increasing division in our World as well as being confronted by single narratives that are being forced upon us with little or no debate allowed.

Taking sides only increases this division as does holding extremist views.

Remaining moderate in our thinking and our actions is also coming under attack from the extremists on both sides – they want us to take sides. Staying a moderate though is only one part of the stance we need to take in order **to overcome the divisiveness we all face**.

The other part is **to hold both sides of the divide within us**. We must look for the benefits of both sides and find a way forward for our own peace of mind. This means accepting that both sides must have some merit. When we start doing this, and then explain what we are doing to others, **we can expect more people to hold the middle ground** as well. This will then lead to the necessary informed debate that leads us closer to the truth.

It is for you to decide what is true in this challenge and to decide what actions to take, if any, afterwards.

The 'One narrative' problem

When one narrative becomes so strong that those who promote it refuse to allow any debate, then you know something is wrong.

When we are left with just one dominant voice, or an old, scientific theory with a high level money and power behind it, those people with most at stake and most to lose, will do whatever they can to keep that status quo.

If we are **unaware** of any alternative viewpoint, **we must look hard for one or more than one**. This does not mean that the existing theory is wrong, or only partially wrong, **it is necessary so there is competition between theories and the freedom of choice**.

With competition and choice, we can more easily find benefits and flaws in both theories.

Comparing and contrasting and taking directions is something that our brains are naturally hard wired to do.

To find these benefits and flaws though, we need an **unbiased, open and moderate thinking mind**. That is not easy though as many people are afraid of biting the hand that feeds them. This leads to the first of two gateway questions.

Your first two questions:-

Do you wish to be a Truthseeker or not? (Maybe you are someone who thinks that the truth should only be handled by certain people)

Are you a Moderate or an Extremist? Your answers will guide your **internal moral compass**.

What defines an extremist is someone who will not allow others their freedom to choose for themselves what to think and do and believe – whether it is factually correct or not.

The reason extremism like this is wrong is that people must be free to fail, and to find out they are wrong on their own, as **this allows them to learn and grow**.

The need to have competing views and theories, ones that require us to ask these two questions, is the same as **facing all divisive dilemmas that confront us today**.

Examples are:- Religious standpoints, Political narratives, Physics with its dominant Relativity narrative and the Electric universe theory, Economics with its dominant 'Keynesian' fiat money narrative and the Austrian school of economics with its 'hard' money, Earth weather modelling with its dominant Anthropogenic climate narrative and Space weather science which prefers raw data analysis that includes the 'total particle forcing' effect from Space, large scale pesticide farming or small scale organic farming. This list can go on and on.

We know we can never be 100% certain about anything as there is so much information out there and so much more **that we don't even know that we don't know**. So **there must always some room for doubt**.

As soon as we accept that some doubt must exist, we can begin to accept alternative, potentially better theories – **this should even be at the expense of our own personal benefit or resulting loss**.

The following challenge is about **an alternative way of looking at Cancer and its prevention**. It is by no means definitive.

Your goal at the end of this is to try and hold the benefits both theories in mind at the end and your proof that you can do this is that **you will have taken some action** that indicates you have accepted one or more new ideas. (You may also want to note how hard or easy this was for you as this will also tell you something).

- a) Some of this information you will know.
- b) Some of this information you will know a bit about but there will be related information that you may enjoy learning about.
- c) Some of this information will be new to you.

The 'Cancer cause and prevention' challenge

On the mainstream side are the pharmaceutical industry and their shareholders. If there was a magic pill that cured cancer, it would cause billions in losses with huge share price drops, dividend cuts and lost grants and charitable donations. This would amount to so much - it would probably never be allowed.

A magic pill, or procedure or treatment is **unlikely** for reasons that will be covered later.

The dilemma you are faced with in this challenge is **whether chemotherapy, radiation therapy and surgery is the best choice** for someone who realises they have cancer, **or whether there a better way to proceed**. The latter will be outlined later too.

Sources

The information that will be provided comes from a number of sources (*Many are given in the added links*). There are **links to scientific papers**, online **videos** and there is also information from two books. The first is '**The Death of Science - The Retreat from Reason in the Post-Modern World**' by Paul R Goddard and Professor Angus Dalgleish. The second is a book titled '**The truth about Cancer – A global quest**' written and produced by Ty Bollinger.

The latter book is a transcript of a documentary that included conversations with doctors and scientists who were sharing their experience of working on alternative theories and practices in the field of cancer and how to overcome it and how best to prepare against it becoming a problem. (*It has to be said that this latter book & documentary has been broadly dismissed as misinformation without being selective at all. This is unfortunate because there are many valid observations with good supporting evidence within it.*)

Some History

Back in the early 19th century three scientists were engaged in pioneering research into diseases and how people caught them. One of these pioneers was a French chemist called **Louis Pasteur** (1822 – 1895). He became well known for his discoveries of the principles of vaccination, microbial fermentation and pasteurization. This resulted in his theory that germs were what caused disease in a human body.

This biochemical way of thinking resulted in the huge pharmaceutical industry becoming what we see today. It was nice and easy, just identify the germ and then **apply a single mass produced solution** that would work for everyone. It was incredibly profitable and the industry invested vast sums of money to identify the germs and provide their pharmacological solutions.

Another pioneering scientist was **Claude Bernard** (1813 – 1878). His work was later built upon by another chemist called **Antoine Bechamp** (1816-1908). In 1854, Bechamp succeeded Pasteur as professor of Chemistry at Strasbourg University in Germany.

Unlike Pasteur, Bechamp thought that illness depended on something he described as “tiny molecular granulations” which he called microzymas. These only become ‘pathogenic’ when they encountered a **change in their environment**. A change in their balance or function was then down to a change in the bodily “terrain”. His thinking was that **this change of terrain, or environment, was what leads a body into becoming ill** - and not from any ‘invasion’ of germs.

These microzymers were actually later called "tiny enzymes"—and it was discovered later on still that they produced both enzymes and cells while still "evolving" amidst favourable conditions. With these two different routes that these chemists went down, it led to two different theories - **Germ theory and Terrain theory**.

Germ theory, based more on Biochemistry, led towards what Western medicine has practiced for over 150 years and the belief that external germs or microbes invade our body and cause illness. **Terrain theory**, linked more with Biophysics lost out as it has little or no funding from wealthy private corporations to continue its research.

Germ theory won the backing of the bankers and big pharma because they saw such huge profits to be made **by providing the same one solution to a problem for millions of people**.

Terrain theory required much more of an individual **holistic approach** and, because of that, it was almost impossible to generate the same levels of profit.

In December 1971 the USA president Richard Nixon declared a **war on Cancer**. Since then trillions have been spent and yet **Cancer has massively increased** amongst the World population. Like all wars, that the USA declares unfortunately, their aim is really to channel wealth from the many to the few. So, unfortunately there was ample motive for them to continue for as long as possible. This is likely to continue until enough of us choose an alternative path.

There is a mantra today in the cancer management industry and that is if you catch cancer earlier enough, you will have a greater chance of survival. This is true but it **is how you catch cancer early enough** that is at the crux of the dilemma and the **two ‘ways of thinking’ infringe and interfere with each other in these early stages of cancer**.

A person could argue that this path started in the early part of the 20th century when **nine Nobel prizes were awarded for research done on vitamins and minerals**. Albert Szent-Györgyi, a Hungarian biochemist, discovered **vitamin C and Rutin (Vitamin P - Flavonoids)**.

In 1934 George Whipple and George Minot won one for discovering **Vitamin B12**. Before that in 1929 Sir Frederick Gowland Hopkins was awarded one for his work on Growth stimulating vitamins.

The early 20th century was an era of discovery of natural cures and it was also a time when there were thousands of osteopathic doctors in all 50 states in the USA working very successfully in many **Osteopathic hospitals**.

Osteopathic medicine is based on the premise that the primary role of the physician is to **facilitate the body's inherent ability to heal itself**. Osteopathic medicine had four major principles – one was that the body is a unit – an integrated unit of mind, body, and Spirit.

At its heart, is the concept that **the body possesses self-regulatory mechanisms that give it capacity to defend, repair, and remodel itself**.

Structure and function are each inter-related with one another, such that it emphasises a relationship between anatomy and physiology.

Disease prevention is central to this philosophy and, with that, there is an understanding of **the need to treat the whole person**, body, mind and spirit, rather than just the presenting symptoms.

You might well ask what happened to these osteopathic hospitals and their staff. Well unfortunately a selfish, greedy, extremely wealthy, person intervened. *(In a similar way to a similar person - JP Morgan – did in Physics in order to stop any investigation into the natural background medium of the Ether – something that Nicola Tesla had long continued to research instead.)*

The person that upset the existing medical industry was John Rockefeller. Not content with making hoards of money through his oil business, he was looking to sell more of the by-products *(That came from the fractionation of oil process at his chemical plants)*. Having turned oil into petrol and diesel, he had enough chemicals left over for other applications and he saw the opportunity to use his chemicals to make medicinal drugs.

The pharmaceutical industry began to grow but his chemical laboratories were not making money fast enough for his liking so he decided to invest his huge reserves of money into **non-osteopathic hospitals** where he could have their **doctors trained to prescribe just his chemicals and drugs**.

The [General Education Board](#) was started in 1902 to help achieve this objective. The osteopathic hospitals, without competing financial support, soon started to lose business and finally many of them had to close down.

This still did not bring Rockefeller enough money and power though so, with the help of some of his friends the [Flexner report](#) was created in 1910. This established protocols and standards that required a new approach to hospitals and treating people **in the ways that the new drugs companies desired**.

The report talked about the need for revamping and centralizing medical institutions. It went on to deride Osteopathy and Homeopathy and also concluded that there were too many medical schools in the United States, and that too many doctors were being trained. This led to the forced closure of even more of the holistic osteopathic hospitals.

A new path had been set, but many people were still set in the old ways of thinking about their health and how much of this was really down to the nutritious food and water that they consumed. The pharmaceutical industry moved again to stop this by introducing the [Codex Alimentarius](#) in 1961. This was essentially a manual for how you should do things if you were in the business of food and drink production.

A commission was brought together to set supposed 'consumer standards for all principle foods, whether processed, semi processed or raw that were being distributed to the consumer.

In actuality it was a license for the large food processing companies that had grown up to do anything else that the manual did not mention.

Even though it was said to protect the consumer, food manufacturing conditions and food standards started to deteriorate rapidly. This was because of a move to make to cheaper mass produced food that could be labelled as being 'healthy', as it had been approved by the commission. This of course was also highly profitable.

Unfortunately we are now seeing standards in the food industry deteriorate even further with increasing numbers of attacks, in all their forms by the drug enforcement agencies (DEA), against organic farming and the production of nutrient rich food.

This has led us to the point when **many humans now have a seriously deprived immune system** that is incapable of fighting the **cancer and pre-cancer cells that form in the body every day** (*See statement 1 below*).

This has now become a huge problem which is unfortunately still growing in size due to the increasingly detrimental modern farming techniques. These have removed more and more nutrients from the soil and have even added in some toxicity through the addition of more and more chemicals and pesticides. The food chain has consequently been dramatically affected by this as a result.

This has all become so bad that **we now need to take vitamin and mineral supplements** in order **to try and maintain a healthy immune system**.

However taking vitamins and minerals though is **a highly complex area** as you will see. Just taking them is not enough, it is about the right timing, the right combinations and understanding the different absorption factors. If you get it wrong it can make all your actions next to useless.

This is a huge subject so I am just going to provide some of the **information that is relevant to the subject of cancer and pre-cancer**. These will help us to daily support our immune system such that it keeps any abnormal cell activity down to a level that does not adversely affect our everyday life.

This alternative path to preventing cancer is going to require us to all **reframe** how we view this problem.

It will be better to think of it as **how we can die 'with cancer' rather than dying 'from Cancer'**.

(Detection techniques 10 years ago showed that 1 in 3 people got cancer. Today they can find 1 in 2 people who have cancer. In another ten years it will be possible to find cancer in all of us. This does not mean more people will die from early detection, it actually means more people will survive with early detection – with or without any treatment as the body can still heal itself on a daily basis as long as we give it a chance and don't do anything stupid that stops it.)

Dying **'with cancer'** means you are quite likely to **never even experience any adverse symptoms** from Cancer before you pass over. Dying **'from Cancer'** means that it is likely that your immune system has become fully overwhelmed and is unable to suppress the growth of the abnormal cells.

The following 30 statements are what you must now assess. Part of this challenge is to suspend your judgement on each statement until the end. I will summarise all of them at the end and at that point you can count the number you agree with or disagree with.

The 30 statements to assess

1. **We grow pre-cancer and cancer cells in our bodies every day**. We live with cancer inside us at all times. It is our immune system that controls it and keeps it from becoming a problem with symptoms that make living life increasingly awkward. **Our immune system therefore continually cleans up our inner environment and kills off any viruses and removes any cancer cells**. When an environment stops being able to sustain a virus, the virus dies and the immune system then disposes it. Our bodies have evolved within an external environment that is filled with things that can do our bodies harm, but **we have a complex immune system that has also evolved to deal with these external threats**.
2. It is thought that **cancer starts first in stem cells**. A stem cell is one that has not yet differentiated into a cell that has a specific function. It can grow into a variety of different cells. **Stem cells serve as a repair system for the body** and they grow all the time. Cells themselves aren't all the same when it comes to how long they last. White blood cells only live for about 13 days. Red blood cells live for about 120 days.

Liver cells can live up to 18 months. Cells in the brain though can stay alive throughout a person's life. The body is continually renewing itself.

3. Cells can mutate into **Pre-Cancer cells**. Precancerous cells can then further mutate into **Cancer cells**. However most precancerous cells do not change into cancer cells as **they are killed off by our immune system**.
4. Mainstream thinking used to say that Cancer was a virus. This follows '**germ theory**' which suggests we just need to have to kill the virus to conquer the cancer. '**Terrain theory**' suggests that viruses alter the terrain around them thus creating an environment that gives rise to abnormal cell activity. This suggests that if we create the right environment, pre- cancer cells will cease to grow and will be killed off instead by our immune system. **The cell environment can also be altered and damaged by other things than just viruses.** *(See the next statement)*
5. It has been reported that 18% of all cancers are caused by infection. 23% of cancers are caused by obesity, 41% of cancers are caused by our external environment. *(You may wish to check these percentages yourself, they could be out by a few percent but the key take away is the variety of ways that exist)*
6. **Cancer itself is not genetic**. Our genes can prevent cancer but some genes cannot stop cancer. Even if there is a history of cancer in your family, [epigenetics](#) now shows us that **we can change our environment and not get cancer**. Epigenetics is the study of how your behaviours and environment can cause changes that affect the way your genes work.
7. **Cancer can take many years to grow inside** us. This represents many years when we have not kept a healthy inner environment. Breast cancer for example can take up to **12 years to grow** to a point **at which diagnosis becomes possible**. The genes most commonly affected in hereditary breast and ovarian cancer are the breast cancer 1 (BRCA1) and breast cancer 2 (BRCA2) genes. Only 3% of breast cancers and 10% of ovarian cancers result from **inherited mutations** in the [BRCA1 and BRCA2 genes](#). Epigenetics and **an unhealthy inner environment** are likely to be a factor in the remaining percentages.
8. [Mammograms cause cancer](#). A 30 year study in the US resulted in 1.3 million women begin diagnosed with early stage breast cancer that would never have gone on to have caused them any harm. Instead of doing nothing, they all wrongly received lumpectomies, mastectomies, radiation and chemotherapy and the resulting stress and change to their lives because of that. **Stress**, as you will read later, **increases the risk of cancer**.

Many doctors and consultants and pharmaceutical companies **use fear** to get you to **take quick decisions** without you having taken the time to think things through.

They wrongly think that catching cancer early, **and taking their recommended range of treatments**, is the **only solution** to overcoming cancer.

Because our genes can help to prevent cancer, it can take many, many years for Cancer to grow enough before symptoms can appear. The thinking now is that **we all have pre-cancer cells in us all the time**. As written earlier, if screening techniques get even better, we will all be found to have cancer and we will all be facing these supposedly 'urgent' decisions.

Using **fear in this way is a well-known marketing and sales technique** to influence a person into making a decision someone else wants you to make for their benefit.

*(You can reframe this fear in another way, should you wish to have a fear based decision-making strategy. As we all have cancer all of the time, **it is illogical to fear having cancer**. Instead you could **fear not having a healthy enough immune system** to keep your cancer from becoming a problem in your life. So if you are faced with a doctor or a consultant telling you that you have cancer, **there is no need to be fearful of that**. This can be reframed into thinking that **you need to take urgent action to improve your immune system**. This is now something you can control and it can also be successful at bringing your cancer back under your control)*

9. Some cancers have cleared up in shockingly quick times – far faster than the time it took for the cancer to hold to produce symptoms. The speed at which you change your inner environment to a healthy one may well dictate how long it takes for your cancer and pre cancer cells to come back under control by your immune system. The key therefore is to **protect your immune system at all costs**.
10. Unfortunately chemotherapy, radiation, some vaccines all seriously damage your immune system. It is a well-known fact that with some cancer patients, their doctors have had to stop their chemotherapy program just to keep them alive. In summary, **you are highly likely to have enough time to make a decision about what treatment path you would like to go down**. This mantra of 'catching cancer early' is just a **marketing technique** to boost the profits of the medical and the pharmaceutical industry.

Changing our inner environment and boosting our immune systems

11. There has been much written about finding a cure for cancer. **There is no one magic 'Cure all' potion, pill or treatment.** Not even one that has been suppressed or hidden. It is true that some alternative, non-mainstream, cancer treatments have been purposely stopped or hindered, but these were never going to cure all cancer patients. There is no single solution that fits everyone but **there is a bunch of holistic practices and treatments** that will suit an individual and increase a person's quality of life and survival time for longer.

We all face the death of our physical body at some point but we can try and find our own personal way of putting off that day for as long as possible. A holistic approach is likely to be the best way to achieve this but this needs to be tailored to the individual. This means **we are in the best place to judge what combination of actions is right for ourselves – with the help of health specialists – not just ill health specialists**, (*Health specialists are those people who have spent years understanding how to get someone into as high a state of health and fitness as is possible for them. Years of training and experience goes into this, just as it goes into becoming an ill-health specialist.*)

With all this in mind, we can accept that **we are all constantly in a game of cancer prevention** rather than looking to find a cancer cure and this goes even for people who have been diagnosed with cancer. This means we must think that **we are all in a lifelong fight against Cancer.** (*And indeed all diseases, infections and toxins*)

12. One of the observations that has been made is that chemotherapy has no effect on **cancer stem cells**. The following quote comes from a [paper written in 2015](#) on the subject:- *'Conventional chemotherapy or radiotherapy are the main treatments for cancer. However, due to resistance, cancer stem cells can escape cytotoxicity and survive chemotherapy and radiotherapy. Therefore, cancer stems cells can be enriched using chemotherapy or radiotherapy.'*

Chemotherapy can shrink a tumour but, **because it does not kill the cancer stem cells**, the cancer can come back more aggressively. Because **chemotherapy poisons even your healthy cells**, your immune system is much weakened and the problem here is that your weaker system cannot do anything about the cancer stem cells that float around in your blood stream.

Radiation cannot stop these cancer stem cells either and **nor can surgery**. This is why, if metastasis occurs, and cancer is found in other parts of the body (*and when chemotherapy has not worked the first time*), **it is pointless to use any, generally far**

more expensive, chemotherapy the second time if cancer has come back after remission.

The only logical way to combat this secondary cancer is to **change the microenvironment of the cancer stem cell**. **The cancer stem cells have to be re-educated to become the cell they were supposed to become.**

13. Cancer cells have **2 major fuels** – Glucose and Glutamine. Of the two, Glutamine is the more powerful stimulant for cancer cell growth. Glutamine is produced from **Glutamate**. *(Via the glutamine synthetase pathway and released into the extracellular space. The glutamine is taken into the presynaptic terminals and metabolized into glutamate.)*

Glutamate is like a fertilizer for cancer so **food with high levels of glutamate should be avoided**. The problem is that our bodies and our cells have glutamate receptors everywhere and these can trigger and stimulate cancer. So glutamate is known as an excitotoxin. We find that chemotherapy is often provided as a treatment **along with glutamate receptor blockers** so we know that **the medical industry knows they need to stop the glutamate problem**.

So we might well think that we need to avoid all sugar, all glutamate *(Including monosodium glutamate which is found in many processed foods)* and **avoid all Soy products** *(Soy has a high level of high in glutamate so this and other foods high in glutamate should be avoided)*.

Sugar is also known to **impair our immune system** and it could well be largely responsible for **out of control cancer**. However you would be right to say that our bodies need things like fruit and these contain fructose, glucose and sucrose so our bodies also need sugar.

This is where we need to manage our intake of food and take other precautionary measures. One of these is to **avoid all drinks and foods with high fructose corn syrup** in *(this rules out nearly all fruit juice drinks)*. **Eating the raw fruit includes the fibre and this helps avoid sugar spikes**. *(Fibre shields the liver from these sugars)*. We also need to consume carbohydrates as these are great energy sources. Carbohydrates are broken down into sugars by our digestive system. This is why many people who are worried about cancer, who eat so few carbohydrates, suffer from a lack of energy. *(We also know that the diagnostic industry use 'radiated sugar' with PET scans to help show up where any cancer cells are being produced in the body as this sugar is drawn to these malignant cells)*.

When we do **consume carbohydrates we get a spike in our blood sugar levels** – which is not good news if we have groups of malignant cells in our bodies. However other actions can help here if we get the timing right. **We can still have carbohydrates in our diet if we take high dosages of Vitamin C at least two hours later or before we eat.** The reason for this is that **Vitamin C is unable to get into our cells if our blood sugar levels are still elevated.** Our blood cells need 20 times more vitamin C than our other cells and when it can get inside **our white blood cells they are protected from oxidative stress.** This helps our immune system to stay strong and, as you will have read, as long as we have a strong immune system, we will be fine. Our white blood cells are particularly good at destroying abnormal cells like cancer cells. There is a long history of how high dosage Vitamin C is good at keeping cancer at bay. Two times Nobel prize winner Linus Pauling wrote a [book about this back in 1970](#)

Another way of reducing the effect of sugar consumption is to **reduce our glutamate receptor activity.** This can be done by taking more [Quercetin](#), [Resveratrol](#) and [Curcumin](#) (*Click on the links for papers on this*). So you can perhaps now see the complexity here and it is not just a case of popping any vitamin C pill at any particular time of the day.

So high dosage Vitamin C should be taken at times of low blood sugar levels however, as you will read later, desired effects can be enhanced even further if taken alongside another supplement as this lead to an even greater preventative benefit.

14. With sugar being thought of as a problem, many people have headed towards the diet alternatives that include sweeteners like with **aspartame, sucralose and splenda** but all these unfortunately **increase your levels of leptin.** Leptin is a neurotransmitter that sends a message from your cell to your brain that you are hungry. **Too much leptin signalling and it leads to inflammation** and weight gain. There is now evidence of a relationship between being [overweight or obese and cancer.](#) There is also good evidence that shows that [reducing inflammation is a way to treat cancer.](#) (*Click on the links for papers on this.*)

15. **Cancers arise** in chronic inflammatory environments. **Chronic inflammation suppresses the immune system and it prevents it doing its job. T-Cells** (*A type of white blood cell that kills cancerous cells*) **cannot work efficiently** in areas that are **inflamed.**

If you T-Cells are suppressed then the mutation of pre-cancer cells into becoming cancer cells can begin.

With inflammation white blood cells are triggered to go into action to bring down that inflammation. With chronic inflammation the immune system becomes imbalanced and the T-cells are unable to do their work amidst all the other white blood cells trying to do their work at bringing the inflammation under control.

We can now see how important it is to have a healthy immune system. Avoiding all sugary and diet sweetener alternatives is going to help keep you a strong immune system.

16. We certainly live in a toxic world but our immune system was specifically designed through its constant evolution to deal with this toxicity. Sometimes though some people have rushed through environmental changes upon us such that our naturally evolved immunities are insufficient. One of these rushed through technologies is used in creating oils for the food industry.

[Seed oil processing](#) is done by first extracting the seed by mechanic means and then using chemicals, like hexane, to extract any oil the seed contains. This is repeated until there is a raw pressed oil and dry cake with some hexane still mixed in it. *(This cake ends up as cattle feed)*. The oil is then bleached, deodourised, packaged and sold. *(These are known as RBD oils – refined bleached and deodourised)*. Vegetable oils, like rapeseed oil (Canola oil), sunflower oil, soybean oil, peanut oil, linseed oil, castor oil are all **high in omega 6 fatty acids** which are considered to be **inflammatory fats**. For reasons mentioned before they should all be avoided.

Unfortunately the vegetable oils used in food processing can also be taken through a hydrogenation process that thickens them up so the oil does not run. These have been called '**Transfats**' and they are particularly damaging to our cells signalling as they clog up the receptor sites for leptin and ghrelin signalling. It is the resulting **high Omega 6 to Omega 3 ratio** that leads to this problem.

Ghrelin is a neurotransmitter that sends a message to your brain that tells you that you **feel full up** having eaten. **Leptin** is a neurotransmitter that tells you if you are **hungry**.

With both your leptin and ghrelin not functioning well, you will not know when you should stop eating as your brain keeps telling you that you are still hungry. **This leads to weight gain and further inflammation problems** and your immune system is further compromised. If this weight gain is not stopped it leads to Obesity. **Obesity is actually chronic inflammation**. Obese people have more cells and the cells are larger so, with a suppressed immune system because of that, there is more chance for abnormal cells to appear. There is a logic here in regard to the general size of a person. Bigger taller people are more at risk than shorter people.

In summary, with seed oils leading to inflammation, the body finds it harder to get rid of your daily pre-cancer and cancer cells as well as any abnormal growths, or

tumours that may have taken hold. One key to losing weight and to stay healthier is to read the labels more on the jars and tins and, if it has any **Seed oils** in, leave it on the shelf.

17. Having touched upon **Vitamin C**, we should look at other micronutrients that we really need in order to strengthen our immune system in its constant fight against any environment inside of us that might become toxic to our health.

Macronutrients are fats, carbohydrates, and proteins. These are the main elements of nutrition.

Micronutrients though are smaller but are still essential dietary elements required by our body in varying quantities to regulate physiological functions of cells and organs. Vitamins, Micro minerals & trace element minerals like **Iron Manganese Copper Zinc Iodine Selenium, Chromium** come under the term Micronutrients.

One of the key things to first get right is how we take vitamins. **Fat soluble vitamins will only be absorbed efficiently if we have just eaten foods with fat** – like cheese.

Water soluble vitamins are absorbed better if taken with ample amounts of water. This is however just the start as there are other important rules that need to be followed to aid absorption.

The problem nearly all of us face today is that it is easy to become deficient in Micronutrients. In a [2010 paper](#) it estimates that there were around 2 billion people with deficiencies. These cause both specific diseases and chronic diseases.

A more [recent paper in 2023](#) discusses our **microbiome** and our gastrointestinal tract and the need for good micronutrient metabolism in order to avoid chronic diseases.

This is a huge subject to cover if we take each vitamin and mineral in turn but we can look at a few.

Our body has a natural cleaning up system. It can destroy old and damaged cells and it can take them away and out of our system. Substances called **collagenases** are enzymes that break down collagen. Collagen holds our cells together and is the most abundant protein in our body. It is the primary building block of our skin, muscles, bones, tendons, ligaments and other connective tissues. It is also in our organs, blood vessels and intestinal lining.

Collagenases are enzymes that are made up of a variety of bacteria, microorganisms, that live inside us. The important thing to know is that **cancer can affect our cells but not the collagen digesting enzymes** (CDE). What is also important to know is that these CDE travel throughout the body killing and cleaning up old and damaged cells but **they do not damage healthy cells as long as those cells are rich in micronutrients**.

Cancer cells can also travel throughout the body but it seems that the **CDE's also stop those cancer cells from doing damage to healthy cells**.

In other words, **if a cell is rich in micronutrients**, the CDE's protects it that cell from **developing abnormal cell activity and becoming cancerous**.

To keep our CDE's working well this way it appears they need a combination of micronutrients. Vitamin C is one that was mentioned earlier. With that it needs an amino acid called Lysine, which we can only get from food (Red meat, Poultry, Cheese, Fish, Eggs, Spirulina).

However, CDE's also needs n-acetylcysteine (NAC). **NAC** is an antioxidant which has been known for both its cancer promoting and cancer its cancer suppressing effects. In a [paper in 2021](#) is suggests that **NAC** can contribute to cell survival and that **it can stop metastasis** and that it could provide benefits for some chemotherapy patients.

The problem with trials and scientific analysis though is the step by step approach it has to take to measure the effectiveness of any drug. **It is unable to measure a holistic approach where many micronutrients are used at the same time** – all of which work in ways that are complimentary to the other for the benefit of one outcome.

One of the important aspects of this with **NAC** is its increased efficiency when taken **with Vitamin C** as it is needed to help in the production of new connective tissue like collagen. This is why Vitamin C and NAC should be taken at the same time. This might also begin to explain why NAC has seemingly has cancer promoting properties. Even if we take all the micronutrients our cells need, that will not be enough. Many other factors come into play and hydration is the next one we need to look at.

18. The cells in our body all have a protective cellular membrane that only allows certain substances to pass through into the cell. **Our cells need to be hydrated** which means that water must be able to get through the cellular membrane. The membrane does this with tiny water channels that are about one water molecule in width.

These are called **Aquaporins** and they are known as channel proteins that **facilitate water getting into a cell**. This is relevant because a cell that is not fully hydrated can multiply in an abnormal way leading it to become cancerous. Fully hydrated cells cannot multiply abnormally.

How to best hydrate cells is a vast subject as we now have to consider all the types of water we drink along with the other properties of water including the more controversial ones like its ability to hold memory and its ability to hold an electric charge. All of these things will in turn have an effect on the nature of the **Hydration** of our cells and as such an effect on how effective our immune system is in its fight against any pre-cancer and stem cancer cells from doing any permanent damage to us.

When we now look at the **abominations going on in our water industries** and how **tap water and plastic bottled water can be so toxic for us**, we must tread carefully. Many more people are now searching for good clean spring water. That too is becoming rarer because of all the toxic chemicals that are being deliberately sprayed into the air and then eventually falling into the groundwater system.

Nature though seems to find a way to push back on these problems. In April 1986 a nuclear power station reactor exploded in the Chernobyl area to the North of Kyiv in Ukraine – then in the Soviet Union. People were immediately evacuated from the area, including many of those who had received lethal doses of radiation poisoning.

The wildlife in the exclusion zone were left to survive on their own and, free from human interference many species thrived. Contrary to popular thinking, none of them grew deformed shapes or other mutations. Instead the number of wolves grew by seven times. [Click here to learn more.](#)

The humans who lived there were moved into several different resorts. They too were expected to suffer from cancers due to their radiation poisoning but one group did extremely well in this regard and it was discovered that this was because of a nearby spring that had water that had come from the nearby Caucasus mountains and this was the only water that this group of people drank.

The first key learn here is that **the type of water we drink is very important to health**.

The second is the amount we actually need to stay fully hydrated. About the only people that really truly know and practice this are top athletes as they know how much just a small amount of dehydration impairs their performance.

It is thought that 98% of people are never fully hydrated all of the time. In addition to that drinking cups of tea and coffee or juice drinks cannot be included. If you are not constantly near a large flask of water and drinking regularly throughout the day, at least 2 litres of water a day, you are likely to have many dehydrated cells that are prone to multiplication & out of control abnormal cell division and noticeable symptoms of cancer.

There is much that can be read and written about what water to drink but one of the fastest growing trends now is distillation. Home distillers are becoming more affordable and they take out everything that is in your tap water – all toxins, bacteria and even all trace elements and minerals and other good things. When you distil water, you are getting back to pure H₂O and this will easily find its way down your Aquaporins.

What you will need though is to get all your micronutrients in other healthy ways – especially your minerals. Even cell hydration though is not enough because our inner environment can be affected by external factors. In particular, electromagnetic fields. If our cells **voltage drops from around 70-160 millivolts down to 20-30 millivolts the chances of cancer increasing uncontrollably in your body massively increases.**

19. **Inflammation** in the cells causes this **cell voltage** to **drop** and we need to avoid anything that might cause chronic inflammation. More factors will be addressed later but I want to focus first on some external electromagnetic factors you might like to be aware of. Some you will know, some perhaps not.

It is known that the human body generates electrical activity in the form of nerve impulses and muscle contractions. These in turn create a subtle electromagnetic field (EMF) often known as the 'biofield'. The heart has its own magnetic field and it generates the most powerful field.

Our magnetic field though is affected by other magnetic fields and it is on these occasions when our health and our immune system can be severely impaired. The study of interacting magnetic fields with humans is called **Bioelectromagnetism**.

These fields can vary in strength, intensity, duration, frequency (high and low). This can lead to Fatigue, headache, sleep disturbance, decreased learning ability, and cognitive impairment as well as chronic inflammation, disease and cancer.

X-rays and gamma rays are high frequency EMF's whilst fields from power lines, appliances, radio waves, microwaves are low frequency produce EMF's.

The latter can be as dangerous as the former depending on intensity and duration as well as the power behind any pulses.

Avoid all of these as much as possible is going to help keep our immune system strong. Unfortunately, with the **Earth's weakening magnetic field**, we are all experiencing **much higher levels of gamma ray radiation**. This means we must take even greater precautionary steps to boost our immunity.

In my [February 2023 newsletter](#) I wrote about **exosomes and cell health** and something called **Zeta potential** and how when that was low, our health would also deteriorate. When a cell encounters a toxic environment tiny protein balls are excreted by the cell and these have a small amount of genetic material inside of them. These are called Exosomes.

Exosomes play a vital role in intercellular communication and in keeping a healthy immune system. A key part of this communication is that they also carry a net negative surface electrical charge under certain physiological conditions. This charge is what helps to establish a **Zeta potential**.

When we find negatively charged and positively charged particles in suspension in a fluid system we find both attraction and repulsion forces occurring between them. When the charge difference between all the positive and negative particles is high, (ie the gap between the + & - charge is high) the system is said to have a high zeta potential.

When the gap between the two different charges is low, it is said to have a low zeta potential. When these, high or low, charged particles are roughly equal in number, we find a stable balanced system.

When there are more positively charged particles than negative ones, or vice versa, we then have an unstable system.

When we have low **zeta potential** in a balanced system, we find that the particles begin to become more and more stationary as they are not affecting each other. This would result in **an almost non-functioning immune system**.

A highly charged system (**high zeta potential**) in a balanced system would mean a **good healthy and strong immune system**.

Exosomes with a strong negative surface charge will work efficiently when they are in an environment where there is a similarly charged positive particles.

Positive ions can come from a variety of other sources in the system including its acidity. There are therefore many factors that can, and will, affect **zeta potential**. Any external magnetic fields have the ability to upset this potential. How long we are exposed to these fields is all important.

Regularly discharging any built up electrical potential due to these external EMF's now becomes extremely important to protect our immune system which is why the importance of **Grounding** is covered in my short [March 2023 newsletter](#).

In Geobiology, we find Benker grid intersections everywhere and always in any medium sized property. Spending too much time on these will greatly impact your body's zeta potential due to the excess charge difference that the body is not used to. The intersections act like capacitors that release their excess energy. Spending time sleeping or working on these locations will eventually cause ill health.

EMF's are not all negative towards the human body though. More recently pulsed EMF treatments have been found to be beneficial. In a [2019 paper](#) it was shown that this therapy induces cerebral artery dilation that led to an increased blood flow and tissue oxygenation that lasted for three hours. It managed to increase the partial oxygen pressure in a cell and saturate the cell with oxygen.

20. Nobel prize winner Dr Otto Warburg showed that **Cancer cannot grow in an Oxygen rich environment**. He was awarded the prize in 1931 for his research into respiratory enzymes and this led to the understanding that cancer cannot grow in an oxygen rich environment. **The core of the cancer cell is hypoxic**. This 'no oxygen' environment protects the cancer cell. When oxygen is forced into the cell it stops it growing and feeding and this exposes it to **our immune system that can then kill it off** and dispose of the cell.

At the [San Diego centre of hyperbaric therapy](#) they are now prescribing chemotherapy as well as the patients spending time inside a **hyperbaric chamber**. Inside they receive 2.5 times the normal amount of oxygen pressure. This ensures that **much more oxygen gets dissolved into the blood and into the abnormal cancer cells**.

As has been written earlier though, there is no one solution, a holistic one is needed so other factors also need to be addressed. There are other ways that oxygen is also needed to find its way into our cells. One of these is the **Cordyceps** mushroom.

Cordyceps helps to improve VO2 max which helps the body transport oxygen into the cells of the body by as much as 40%.

The mushroom is used in Chinese medicine and comes from the high altitude Himalayan region where it is used to counteract the effects of altitude sickness – lack of oxygen at high altitudes. **The mushroom has the ability to transfer oxygen into hypoxic regions** – like those found in the core of a cancer cell. In a [paper in 2013](#), the study showed the natural pathways Cordyceps used to do this as well as it having **anti-inflammatory properties**.

These anti-inflammatory properties are likely to come from conjugated linoleic acid (CLA) which can also be found in **Reishi mushrooms** and **Turkey tail mushrooms**. CLA also regulates the blood sugar levels which would again **help impair the growth of cancer cells as they depend on sugar**.

The significance of oxygen as part of a holistic solution now strongly points to breathing exercises as also being beneficial as well as general exercising.

Another way that assists oxygen in getting into a cell is a certain type of heat. The next statement goes into this in more detail.

21. Dendritic cells are found in our bodies in tissue that has contact with the outside environment. Examples are lung mucosa, epithelial cells of the skin, and the linings of the nose and the gastrointestinal tract. **These dendritic cells play a key role in the initiation and regulation of the immune system.**

Dendritic cells are known to look for abnormal cells and when they find them **they send a signal to our T-cells**, our killer cells. Within 24hrs these abnormal cells can be found and then disposed of. To do their job though, the Dendritic cells and their helper cells need **vitamin D**. *(This is covered in the next statement)*

When we get ill and develop a fever, **our body temperature rises**. **This extra heat helps guide the dendritic cells to the abnormal cells**. In other words it is heat that puts our immune system on high alert. In a [2019 paper](#), scientists have already suggested that it is worth doing more research into this to help stop cancer.

Fortunately, we don't have to wait for studies to be done on this as we already have ways in which we can trigger a response that can get our immune system to target any cancer cells.

Infrared light is a type of electromagnetic radiation that is found with wavelengths between the 780 nm to 1000 µm.

Several studies have reported that it can improve healing, relieve pain and stimulate the growth of cardiac stem cells amongst several other things like stimulating signalling pathways that lead to increased oxygen intake. It may also play a role in light absorption in water.

Near infra-red lamps are readily available to buy and these appear to also help boost your immune system. In a [paper published in 2017](#) titled '**Biological effects and medical applications of infrared radiation**' it suggests that near infra-red heat can stimulate the nerves and promote a wide range of therapeutic benefits in cells or tissues.

In addition to infra-red heat, **cancer cells are known to be heat sensitive and normal cells are not**, which may be why dendritic cells can find them. What has also been discovered is that **cold can stop the blood supply to tumours but not to normal cells**. The ice – bath/cold water shock treatments that have become so popular may well also help our immune system to target the abnormal blood cells and make it easier for them to find and dispose of them. Just turning your hot shower to **a cold shower at the end for 30 secs may be all that your immune system needs to kick it into action** to killing of your early pre-cancer and cancer cells.

22. Infra-red is just a frequency of light and part of the electromagnetic spectrum. **Light from the Sun** though also appears to have a strong positive effect on our immune system and it provides us with another part to a holistic solution.

Nicola Tesla said that nature gives us both action and reaction and we see this with the light we get from the Sun. For example ultraviolet light frequencies are known to act as disinfectants in water filtration systems and they are used to kill viruses, bacteria and fungi.

Just outside our range of perceived sight we find the Infra-red and the Ultraviolet frequencies of light. **UVA** light makes up **95%** of Ultraviolet light. **UVB** light is a higher energy form of light radiation and it makes up nearly **5%**. The small remainder is made of UVC light, of which only a small amount of which manages to reach the Earth.

UVA light can lead skin cancer, whilst **UVB light helps the body to make Vitamin D**. *(A note here is that Sunlight can lead to **melanoma** and skin cancer but this is also a form of **skin inflammation**. This again highlights the importance of suppressing all forms of inflammation in our bodies due to it being a precursor to Cancer)*

What is perhaps an important bit of health knowledge is that sunscreen lotion filters out UVB light and lets UVA through. Using **sunscreen lotion therefore inhibits your body's ability** to get vital **Vitamin D** from the Sun.

UVC light doesn't harm human skin but can damage the cornea of the eye. It does though have the strongest germicidal properties and is the least dangerous for humans out of the three types of ultraviolet radiation. It is also known to provide a highly effective layer of protection from many harmful airborne microorganisms. **Spraying chemicals in the high atmosphere** though may well act to stop this UVA light from doing this.

What is relevant is the production of **vitamin D in the body and its ability to really boost the body's natural immune system**. **When it is used up though, the body needs more**. This is why **maintaining high vitamin D levels is absolutely imperative for sustaining a healthy immune system**.

It is with Vitamin D that we begin to find **information that some people in the World really do not seem to want us knowing about**. Steps also appear to have been taken to restrict some types of Vitamin D in some countries. *(We find this later on with another hormone that also helps our immune system as well).*

Vitamin D is a group of fat soluble hormones. People obtain vitamin D by making it naturally in **sun-exposed skin and by consuming it in foods** – typically oily fish like mackerel and sardines but it is also found in red meat, liver and egg yolks.

Whether from the Sun via our skin or from what we eat, **it reaches our liver** where the **form of Vitamin D** that is produced is called **Calcifediol**. This is the precursor to the active form of Vitamin D called **Calcitriol**. This activates our genes in the nucleus of our cells to go into defensive mode. **In short it stimulates the immunity of our cells**. Our immune system therefore absolutely needs vitamin D and regular supplies of it so we can stay healthy.

Vitamin D helps in the role of Macrophages *(immune system cells)* that activate our **killer T-Cells** *(Another immune system cell)* and our **Dendrite cells** *(see section 21)*. **These immune system cells stop inflammation and they can kill off cancer cells**. *(For those of you who want further detail here is a [paper published in 2023](#))*

When one molecule from the Vitamin D form of Calcitriol has been used up, the cell needs another molecule to replace it. So **when our immune system is lowered through things like cancer, infection and even some vaccinations, it reduces our level of Vitamin D**.

Replenishing our levels of Vitamin D takes time though. Tablets and Sunlight will do the trick but **it takes about 2 weeks for it to build up to a healthy level**. This is therefore something we must regularly look to do in order to protect ourselves.

This is where **three suspect things** have begun to emerge.

Firstly the **recommended levels of Vitamin D in our body seems to have been kept remarkably low** for many years and still today in the UK what is considered normal is **really far too low for a healthy immune system**. *(Figures are mentioned later)*

Secondly, there are some countries like Spain where they have done research into **giving people Calcitrol in order to immediately boost their immune systems**. By giving them this it bypasses the two week wait for the liver to assimilate that version of vitamin D and **it takes effect in only a couple of hours**. Calcitrol is available for the public in Spain and Italy and a few other countries, but it is not publically available in the UK and we have to wonder why. It has been used in the UK in hospitals and it can be prescribed for patients in dire need of it, but it seems the public cannot be trusted enough for it to be made available over the counter. *(They probably think we will take too much of it in one dose or something, or alternatively we might all become much healthier and that might mean someone's profit centre suffers)*

The reason why may also be behind the **third suspect action** that was highlighted by Dr Grimes in an interview with Dr John Campbell recently
(<https://www.youtube.com/watch?v=sp21CPCVNAw> – 1 hour 23min – 1hr 13min for the comment)

It would appear that the Wellcome foundation (*partially funded by B.Gates*) set up an 'accelerated research grant fund' for into research into Covid 19 therapies. In its stipulations it says specifically that **money was not to be made available for research into Vitamin D**.

We can perhaps see why when **we see just how effective Vitamin D has been to protect our immune systems**. On a web page managed by the National Institute of cancer we find some of its many benefits. [Vitamin D and Cancer](#) .

The benefits listed are as follows:- **Helping calcium be absorbed into the bones and preventing fractures, bone loss, etc. Managing blood sugar levels. Regulating blood pressure, cholesterol levels and inflammation**. Supporting the immune system by preventing prolonged or excessive inflammatory responses. **Facilitating brain function and preventing mood disorders, including depression and seasonal affective disorder**.

Regulating sex hormone production, including testosterone levels. Improving nerve and muscle function. Reducing the risk for many types of cancer by influencing cell differentiation and tumour growth.

Who knows what other beneficial research may show – **greater efficacy than some vaccines perhaps?**

It is perhaps now worth looking at what is the currently recommended dose is. There are two ways Vitamin D is measured. One is in nanomoles per litre (nmol/L) and the other is nanograms per milli-litre (ng/mL). A rough rule of thumb conversion rate is to multiple the ng/mL by 2.5 to get nmol/L. For example 100 nmol/L is equal to 40 ng/mL.

Currently in the UK if you test and find **less than 25 nmol/L** you are considered to be in **severe deficiency**. **Between 25 - 50 nmol/L is also insufficient**. **Above 50 nmol/L is said to be adequate**. ([2018 paper](#) industry behind still recommending much lower figures)

However new thinking suggests that **normal should be over 100 nmol/ml** and for maximum input into ones immune system it should be **up round 150**. We must wonder why the recommended levels are kept so low as, when they were set decades ago, **that level was originally just to prevent the bone problem of Rickets**.

It is certainly time to greatly increase the minimum recommended levels.

It is also a sad fact that many people around the World are extremely low in Vitamin D levels. People who are **obese**, have **dark skin colouring**, who don't eat enough **food with vitamin D** in, people who always put on **sunscreen** before going out into the sun instead of getting a safe dose of UVB rays before putting it on, **elderly people** and other **people who stay indoors** for long periods of time, are all very likely to need increased amounts of vitamin D and the sad thing is that, **before any treatment for any illness** or anything that may require their immune system to be strong.

They could easily and quickly all benefit from taking Calcitriol to rapidly boost the vitamin D levels getting into their cells. To not arrange for that to happen is just wrong.

'First do no harm' comes to mind. With that in mind it helps to know the following:- For optimum absorption of **Vitamin D in tablet form, it should be taken with food that contains fats – like cheese**. This also helps **transport it to the liver**. In addition to that for Vitamin D to be most effective **you need to have good levels of**

Magnesium, Zinc and Potassium (K2) in your body so taking these vitamins at the same time is something to consider. As with many things, too much is also not a good idea and some say this leads to Vitamin D toxicity so it would not be advisable to take too many tablets of Vitamin D at the same time. Manufacturers will have guidelines on these things **but bear in mind you may need more if you have been fighting any infections and when your immune system has been working more than usual.**

23. From the **benefits of Light** we now come to the **benefits of Darkness**. Have you ever slept anywhere so dark that you cannot see a thing? A darkness that is like turning a torch light off when deep underground in a cave. If not, it should be done just for the experience. Sleeping in the dark though brings amazing health benefits. In the dark, **your pineal gland in your brain** initiates the production of **Melatonin**. **Any slight amount of light and this slows or halts that production.** Drowsiness increases with rising melatonin levels and this is one this hormone helps you to fall asleep. This is why your body's level of melatonin rises at night and in the morning it goes back down.

Elevated levels of melatonin help to protect the body from the development of different diseases. In a [paper published in Molecules](#) in May 2021 titled '**Melatonin in Cancer Treatment: Current Knowledge and Future Opportunities**', it was shown that **Melatonin is able to inhibit different types of cancer** both in the laboratory (In vitro) and in live trials (in vivo).

The production of melatonin starts with an essential amino acid called **tryptophan**. This is converted to a neurotransmitter called **serotonin** and this is then converted into **melatonin**. Melatonin is released as it is made and **its small size allows it to easily cross through the cellular membrane and into cells. It can therefore access a variety of fluids and tissues in the body.**

Results showed the involvement of **melatonin in different anticancer mechanisms** including **killing cells** (apoptosis induction), stopping cell proliferation, **reduction in tumour growth and inhibiting metastases**. **In some countries it is being used in conjunction with chemotherapy and radiotherapy** in order to reduce the side effects associated with those therapies. *(You have to wonder just how much it can do without those therapies but instead with all the other holistic solutions already written about in this article.)*

In 1995 studies confirmed the presence of melatonin in plants where it was found to be a protective agent against multiple stress situations. Plants though can make melatonin when they need it.

Humans can only make it themselves by getting Tryptophan through their food.

Tryptophan is an essential amino acid found mostly in animal products, such as beef, lamb, pork, poultry, and dairy, as well as in nuts and seeds, whole grains, and pulses like beans and lentils, peas and chickpeas.

It seems that **melatonin** may also regulate the **activation of T and B cells**. **T Cells are our killer cells**. Melatonin is able to **inhibit inflammation in the brain** (neuro-inflammation) and **relieve depression** as well as being able to **reduce inflammation** elsewhere in the body. It has long been known that there is **a strong relationship between chronic inflammation and tumour development**. Various studies have suggested that **Melatonin has several mechanisms for anticancer activity including the stimulation of immunity, cell proliferation inhibiting, and apoptosis induction**.

The paper in '**Molecules**' concludes by saying that **numerous experimental studies have proved the anticancer effect of melatonin for many cancers**. These include colorectal, breast, gastric, prostate, ovarian, lung, prostate and oral cancer. Overall, it has a low toxicity, diverse mechanisms of action, and **high efficiency in support of cancer prevention and treatment**.

This is further supported by another [paper written in August 2018](#) titled '**Mechanisms Underlying Tumour Suppressive Properties of Melatonin**'. It concluded that '***There is a large body of evidence showing that the progression of an already established tumour can be attenuated***' and '***there is a strong argument to be made for the ability of melatonin to prevent the onset of critical steps of cancer initiation and thus block commencement of tumours***'. This may be especially true in middle-aged individuals.

It went on to say that **melatonin may be able to effect a significant reduction of overall cancer incidence** if used at the right dose and at a proper stage of human development and aging. The very low toxicity of melatonin together with its low cost and availability make it **a good candidate for widespread usage as a potential preventive measure against cancer**.

You might now be thinking that this should be widely known about and regularly taken. There are some extra things to know first though. It should probably **not be taken by children** who have not yet gone through puberty as the melatonin hormone may adversely affect that process. Alternatively, it has been shown that **as we move into old age we begin a trend of a 10 fold decrease in our melatonin production**. This makes taking extra melatonin more significant as we age.

When looking to purchase Melatonin, it is good to know that it is available as an immediate-release tablet (1, 3, 5, and 10 mg), and **a controlled/timed-release tablets** (3 and 5 mg). Controlled release tablets were shown to be far more effective than the immediate release ones. Tablets should be taken within one hour of bedtime to mimic the natural production cycle.

Now we come to **the strangeness of availability**. Melatonin is not freely available in all countries. It is in the USA but not in the UK (*Unless you can find a Doctor willing to prescribe it to you*) and in the few countries in Europe where it is available, it is also **only available in low dose form** (1mg tablets). There is clearly something not right with this. As I see it, **melatonin should absolutely form one part of the holistic approach to building and sustaining a strong immune system** and **one that will keep pre-cancer and cancer cells under control**.

24. Another addition to this holistic approach towards boosting our immune system is the use of probiotics. **Probiotics** are live micro-organisms that can be found in natural home-made yoghurt and other fermented foods. They are known to improve and strengthen the bacteria in our **microbiome**. Our microbiome refers to the community of microorganisms that exist within our bodies. We have around 1000 types of microbes or bacteria that live in our body. These help with digestion and destroying any harmful bacteria as well as helping to control our immune system. Taking probiotics helps balance our gut bacteria and this helps them become more effective.

One of the things probiotics does is to **reduce the amount of Nagalase we have in our body**. Nagalase is an enzyme that **cancer cells secrete** in the process of tumour invasion. It is also secreted from virus infected cells.

When cancerous cells produce **Nagalase, it prevents your macrophages** (*specific white blood cells that eliminate diseased and damaged cells*) **from killing the cancer cell**. **When we take probiotics this reduces the nagalase and help our macrophages kill the cancer cells**.

Since **we are always producing pre cancer and cancer cells every day**, we need to ensure our immune system is up to the task of **getting rid of them every day**. To do this these **macrophages need to also become activated** and this happens **with the help of a vitamin D**. The resulting protein is called a **Macrophage Activating Factor (GcMAF)**.

This information on the microbiome and how probiotics can help reduce Nagalase has not been known for that long.

Indeed initially this was looked on as a threat to pharmaceutical industry and even a laboratory in Cambridge UK investigating and testing this was **raided and shut down** – despite, or perhaps because of – **the success it appeared to be having**. [Regulator shuts down GcMAF production at unlicensed facility in Cambridge | MHRA press release | 3 February 2015](#)

However since then more scientists have investigated this. [In a paper written in 2017 titled 'Promising role for Gc-MAF in cancer immunotherapy: from bench to bedside'](#) has shown some **very real benefits**. Its 'Abstract' says the following:-

*"Immunotherapy has been used for years in many types of cancer therapy. Recently, cancer immunotherapy has focused on mechanisms which can enhance the development of cell-mediated immunity. **Anticancer medications are administered to inhibit** immunosuppressive factors such as **nagalase** enzyme, which is produced by neoplastic cells and which destroys macrophage activating factor (Gc-MAF). **Anti-neoplastics medications can also enhance immune-cell activity against tumours.***

Such medications show great potential in cancer immunotherapy using natural human mechanisms against neoplasms."

In its discussion at the end it reports that it confirms GCMAP actually works and that it was used successfully for immunotherapy for cancer patients. Indeed it ends by questioning why we are not using it more today. ***"The question must also be posed as to why this medication has not yet been approved by the FDA. Despite the doubts raised as results of some clinical studies, the efficacy of this drug has been endorsed in several studies. It appears that there are non-scientific reasons that prevent FDA approval."***

Probiotics, in the very least (If we cannot get GcMAF), **should now be added to our growing holistic solution**.

25. **Trans-vaccenic acid** is a naturally occurring trans fatty acid and an **omega 7 fatty acid**. In a [paper written in 2023](#) titled 'Trans-vaccenic acid reprograms CD8+ T cells and anti-tumour immunity' it reports that trans-vaccenic acid (TVA) directly promotes T cell function and **anti-tumour immunity**.

T-cells are a particular type of white blood cell that protect you by destroying harmful pathogens and by **sending signals that help control your immune system's response to threats**.

We get our TVA from **eating ruminant-derived foods** that include beef, lamb and dairy products such as milk and butter. If we are to consider the benefits of TVA to be important, it might be best to get them in as pure form as possible and this would mean **organic red meat** and **dairy produce from grass fed cattle**.

As we are beginning to see a picture emerging of actions being taken to stop us from having very strong immune systems, we may now well ask if the recent move to stop us eating red meat and organic raw milk is yet another attempt to protect the lucrative pharmaceutical industry.

26. **Turmeric** is a common spice that comes from the **Curcuma longa root**. Within the root we find **Curcumin** which is an **active component of the Turmeric spice**. It is also what gives Turmeric its **yellow colour**.

Curcumin has been shown to be **toxic (cytotoxic) to cancer stem cells** (CSCs). These are **not the same as normal stem cells**. In a [paper written in 2014](#) titled '**Targeting cancer stem cells by curcumin and clinical applications**' it reports that the anticancer effect of curcumin has been demonstrated in many cell and animal studies, and that recent research has shown that **curcumin can target cancer stem cells (CSCs)**.

CSCs are proposed to be responsible for **initiating and maintaining cancer**, and contribute to its recurrence and drug resistance. The potential impact of curcumin, alone or in combination with other anticancer agents, on CSCs was evaluated as well.

Furthermore, the safety and tolerability of curcumin have been well-established by numerous clinical studies. It goes on to say that clinical trials are underway to investigate the efficacy of this **promising agent in cancer chemoprevention and therapy**.

The paper concludes that **curcumin could be a very promising adjunct to traditional cancer treatments and that it has shown great potential to inhibit CSCs in several types of cancer**.

A year later in a [paper written in 2015](#) titled '**Curcumin and Cancer Stem Cells: Curcumin Has Asymmetrical Effects on Cancer and Normal Stem Cells**' it reports that Curcumin has been shown to have numerous cytotoxic effects on **cancer stem cells** (CSCs). This is due to its **suppression of the release of cytokines**. Cytokines are small proteins that are involved in the **signalling process between cells**.

In spite of its multiple actions targeting CSCs, **curcumin has little toxicity against normal stem cells** (NSCs). This may be due to curcumin's different effects on CSCs and NSCs.

Tumeric, the root, is readily available and this now makes it a good addition to the holistic solution for cancer prevention and cure.

27. Recent human trials in **Fasting** have shown a decrease in risk for cancer or a decrease in cancer growth rates. These studies indicate this may be due to the following effects from fasting:- **decreased blood glucose production and stem cells being triggered to regenerate the immune system.**

In a [paper written in 2021](#) titled '**Intermittent fasting in the prevention and treatment of cancer**' it reports that fasting (*Chronic caloric restriction*) has **powerful anticarcinogenic actions** in both preclinical and clinical studies but that it would be difficult to sustain. As an alternative there is growing interest in intermittent fasting.

One of the **immediate benefits** of intermittent fasting is **Autophagy**. This is a **reduction in inflammation in the body**. Fasting will also reduce the level of glucose in the blood and this can help starve the cancer cells.

In a [paper written in 2021](#) titled '**Intermittent fasting in the prevention and treatment of cancer**' it concludes that **obesity increases the risk** and worsens the prognosis of many common cancers but that more research is needed on humans. If research like this, to **just see if one thing at a time**, has any effect on cancer, it is unlikely that any cure for cancer is ever going to be found.

Indeed, the alternative, is holistic where a small beneficial effect is gained from many actions seems far more likely to deliver a positive outcome.

28. [Sono photo dynamic therapy](#) and **Meditation**. In 1954 Michael Gerber found that certain vibrations could affect cancer cells. He was among the first to list a variety of treatments and therapies that seem to show some effectiveness at healing people with cancer.

From Reiki and Qi Gong, to resonance with Gongs and Tibetan bowls, they all seem to have some positive effect. To me, vibrational energy and creating resonance strongly points to doing these treatments and therapies on Earth energy concentrations and sacred sites.

This now directs us to study those few people who are most successful at healing people.

These are **the very few healers in the World who have been scientifically tested in the laboratory and filmed live being successful**. One such healer was found to be able to **eliminating a tumour from a person's body in under 7 mins**, all from a distance of over 2 meters away. Her process has now been analysed in regard to understanding how she manages to do what she does ([Carol Everett](#)) Her method includes looking to **sustain resonance with these vibrational energies** as she enters into a **deep meditative trance**.

These methodologies can be replicated by groups of people at strong energetic sites in the World by groups of people so it is now acceptable to think that **meditating, sounding drums, humming and chanting the vowels can be beneficial in many ways**.

This now suggests that **maintaining a vibrational resonant state** can help prevent cancer from growing out of control if it is part of a holistic solution. **Singing and chanting and listening to therapeutic music will all add to a holistic approach to suppressing cancer**.

29. **Aspirin**, chemically known as acetylsalicylic acid is [3500 years old](#). It is found in myrtle & willow trees and the herb meadow sweet. It is known for its anti-inflammatory properties and pain relief. More recently it has been shown to block blood clotting and it lowers the chance of getting cancer – in particular colon cancer. It should however be taken with food to avoid stomach upset.

In a [paper written in 2021](#) titled '**Aspirin and cancer survival**: a systematic review and meta-analyses of 118 observational studies of aspirin and 18 cancers' it concludes that **there is a considerable body of evidence suggestive of about a 20% reduction in mortality in patients with cancer who take aspirin**, and the benefit appears not to be restricted to one or a few cancers.

Aspirin should therefore also join the list of holistic measures that should be taken to help your immune system fight cancer and precancer cells every day.

30. What can be finally added to the previous **suggested 'partial solutions'** that should be **brought together for a holistic approach** to regularly keeping cancer at bay are the following:- **Activities that lead to a reduction in Stress**, **Using essential oils like Frankincense**, **Exercise that helps oxygenate cells**, **Avoiding root canal work from dentists**, **Avoiding all forms of pollution**, **Avoiding anything that might lead to inflammation in the body** (*Infections, parasites, smoking, radiation*) **Having more social interaction and spending more time being creative**.

Finally, one of the common **findings** done in studies on people who have survived cancer is that **Spiritual people**, who have found a really **strong motivation in something to make them want to continue to live, actually do go on to lead a much longer life.**

There are probably more statements that can be added to this list and there are certainly more vitamins and minerals that are good for you to take.

Conclusion to this challenge.

Before you make a decision on each of these statements, there is a bit more information you might like to read.

Trust in the vaccine companies, the governments around the World and nearly all politicians, **is at an all-time low**, due to their **incessant lies**, their **cover ups** and their constant **refusal to investigate** things that are of huge concern to their populations – the **‘excess deaths’** is one such example.

The globalists are also constantly **trying to divide us** into two opposing sides and this is beginning to wear thin on an increasingly more well-informed public.

Unfortunately this has had the knock on effect of many people now having less trust in the systems these globalists put in place. For example, more and more people are doing everything they can to avoid GP’s and Hospitals – not because of the people, but because of the systems, the pathways, the call centres and the dangers they now pose.

The turning point for many people came during the time of the Covid shutdown and the PCR testing and its test results. Knowing now that the test was never designed to be diagnostic one, and knowing that the World Health Organisation (WHO) was controlling the CT cycle rates, **it was discovered how easy to was to produce false positive results any time it was desired** – just by increasing the cycle rate.

False positive testing, iatrogenic deaths ([*Deaths from medical interventions*](#)) is at all-time highs and the dangers of having blood transfusions (*receiving blood containing excessive spike proteins*), have all contributed to the actual reality, contrary to what their media are reporting, of **emptier wards** and less people being scanned.

This trend is obviously alarming those who seek to profit from the ill health of others and we can see the natural push back, story-telling, propaganda being carried out in order to re-fill the marketing funnel of potential new leads/patients. Their immediate goal now is to increase the flow of people back into the scanning departments – hence the scare stories that are being trotted out by the compliant puppet media.

We need to therefore do some fact checking for ourselves here.

Back in the 1970's we were told that 1 in 4 people were being diagnosed with Cancer. In the 1990's it was 1 in 3 people. Today we are told it is one in two people who are being diagnosed with cancer.

It is easy to be scared into thinking that more and more of us were catching cancer. However, there is also the good possibility that testing techniques are getting better and we are able to find cancer more easily.

If we look at the reality of how many people are dying '**from cancer**', and not '**with cancer**', we find an interesting trend that possibly indicates **we have less to fear**.

At this stage it is important to know the process of how deaths are recorded. When a doctor or a Coroner completes a death certificate, it contains all the possible reasons for how death occurred. As you can imagine there are a myriad of different reasons and combinations of reason and if you tried to make sense of any trends, it would be almost impossible.

So what happens is that the details on the death certificate are entered into an algorithm that records actual deaths under a more manageable limited number of categories. Trends are then much more easily established and actions can be taken if necessary to improve the future.

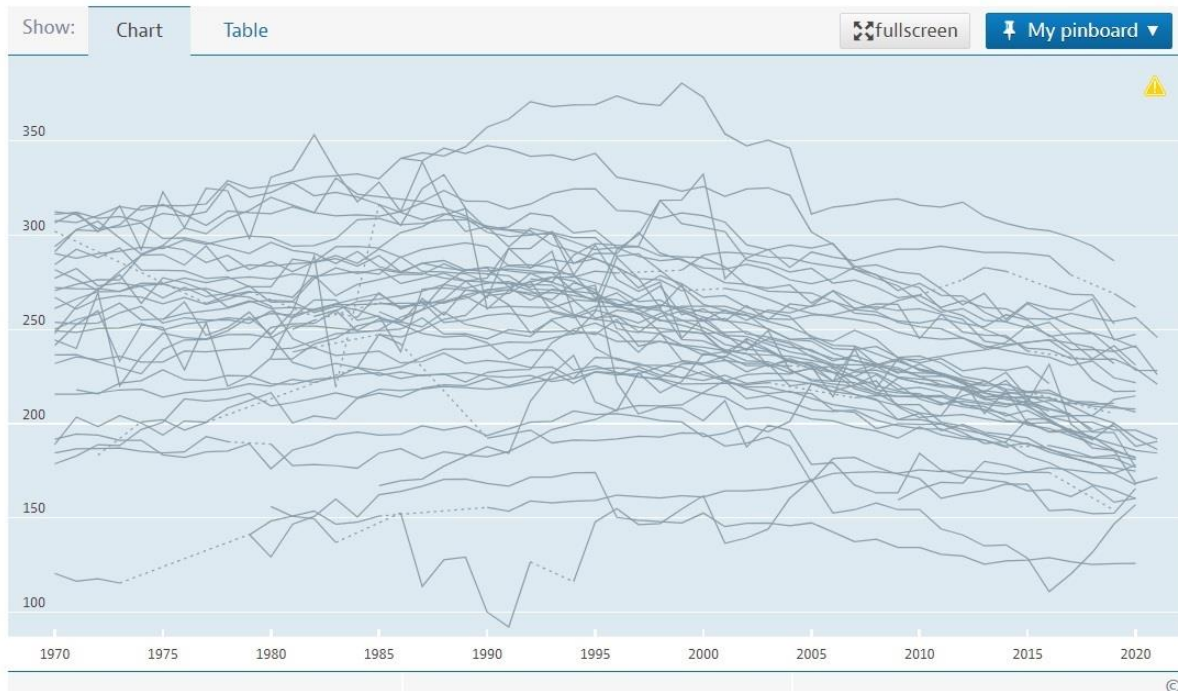
This algorithm is essentially a death coding system and the health conditions selected for classification is down by the WHO. One example of these changes are put in place is recorded [here](#) by the **Office of National statistics** (ONS)

If we now look at the cancer deaths statistics from 1970 to 2020, from **the Organisation for Economic Co-operation and Development** (OECD), we find the following:-

In **1970** there was an average of around **260 deaths** from Cancer for every 100,000 people. In **2020** there was an average of around **190 deaths** from Cancer for every 100,000 people.

This is for both male and female combined and for all age groups. If these figures seem low to you it will be because if you selected just the higher age ranges, you would find higher numbers.

The graph below is from the OECD website. Each line is for a different country around the World and you can clearly see a gradual decline in deaths per 100,000 people over the last 50 years.



This indicator presents data on deaths **from cancer**. There are more than 100 different types of cancers. For a large number of cancer types, the risk of developing the disease rises with age. Mortality rates are based on numbers of deaths registered in a country in a year divided by the size of the corresponding population.

The rates have been directly age-standardised to the 2010 OECD population to remove variations arising from differences in age structures across countries and over time. The original source of the data is the WHO Mortality Database. This indicator is presented as a total. Cancer mortality is measured per 100 000 inhabitants (total), per 100 000 people

<https://data.oecd.org/healthstat/deaths-from-cancer.htm> (You can change the year range and other parameters on the graph and see for yourself)

This data is undoubtedly showing us something positive – **It is becoming less likely that we will die from Cancer**. We may die **with cancer**, but with the cause of death being something else, **but not from it**.

This seems now to be at odds with the ‘fear-mongering’ we see at play by the pharmaceutical companies and their ‘bought and paid for’ stooges.

Detection rates of cancer would appear to show that **more people are getting cancer and yet less people are dying from cancer**.

On the positive side, this would seem to suggest that the **treatments used** to help a person get free from cancer **have improved over time**.

However **detection techniques have also improved** and the **push to get early screening** has led to more asymptomatic people (*people with no symptoms*) being tested. This has though also led to many more people being diagnosed as having cancer. This again could be thought of as a good thing – especially as mortality rates have also been improving.

On the face of it all seems well and good until you factor in **the accuracy question** in testing and the potential fact that we all get cancer every day and our body's immune system deals with these abnormal cells every day.

The accuracy question

There is an immediate potential inaccuracy in the **recorded coded deaths** as the algorithm has to make **changes in the cause of death** to fit its category system.

There are also **inaccuracies found with diagnostic testing** within the practice of **taking biopsies** and in **testing the samples** and even in related blood tests.

In regard to biopsies there is the initial potential inaccuracy when taking an internal sample. There are several ways it can be done from fine needles to needle cores to just cauterising off whole polyps. Accuracy can be lost as **sampling may miss capturing any abnormal cells**. (*These abnormal cells might just be missed and only healthy cells are captured*). This can be as low as 33% with abdominal wall sampling. Accurate tumour subtyping and grading is achieved from 45.6% to or exceeding 90%. High grade tumours can bring more accuracy. For open biopsy it can range from 71% to near 100%. In general soft tissue biopsies are less accurate than hard tissue sampling. (*These percentages came from the following link [Biopsy accuracy](#)*)

You can now see how much room there is here for **false negative results** where cancer cells are missed being found.

Aside from this initial inaccuracy in the sampling process, there is further potential for **inaccuracy in the testing** of the sample. The reported **diagnostic accuracy lies between 88% and 100%**.

The report in the above link goes on to say "*Although open biopsy is regarded as the "diagnostic standard to which all alternative biopsy techniques must be compared", it may still be non-representative and technically poor.*"

False negatives and false positives

When you look where there can be margin for error you have to ask how a positive test result is measured. Does **finding one abnormal cell** constitute a **positive test**? Is there a **minimum number of abnormal cells** that must be found before you get told you have cancer? It is here you can see that what you get told can depend on what minimum number

threshold there is. **Can the WHO change this minimum threshold like they did for the cycle rates in the PCR tests?** We just cannot know but it would be **simple enough to increase or decrease the numbers of people testing positive** who have to go on and get expensive radiation and chemotherapy treatment.

Cancer blood test

Even with the newer cheaper and more accurate non-invasive cancer test there seems to be potential room for measurement error and false results.

The blood test I am referring to is a **circulating Tumour cell blood test**. A group called [Datar Cancer Genetics](#) wrote a 'white paper' report on **Circulating Tumour Cells for Effective Cancer Detection** ([Link to the white paper pdf here](#)).

In the executive summary they write *"Circulating Tumour Cells (CTCs) are intact malignant cells which, upon release from a cancerous tumour, enter the vasculature from where they can be isolated and characterized."* There is high specificity with negligible risks of false positive findings in cancer-free individuals. Tests can detect cancers at localized and early stages.

The report goes on to say that *"Malignant tumours release various cellular and acellular components into blood and other body fluids, which may be harvested and evaluated by appropriate technology platforms to detect and characterize the malignancy. This is the principle behind non-invasive technologies ('liquid biopsies')"*

&

"CTCs can exist singly or in clusters of multiple cells. Such cell clusters may be homotypic, i.e., composed only of tumour cells, or heterotypic which include CTCs, cancer stem cells (CSC) and tumour associated cells (TACs) including tumour associated macrophages (TAM), tumour associated lymphocytes (TAL). CTCs in clusters are hypothesized to have a greater survival since they may be protected from immune surveillance also be able to evade anoikis (cell death due to loss of inter-cellular contact)".

(NB. It is important to note here that this is not about whether cancer has metastasised to other sites around the body. This test can pick up early signs of initial tumours from any, and all, of the cell types mentioned above.)

With a reported 92% accuracy, this now seems to be **a far better cheaper and more accurate process than going down the much more expensive screening and biopsy route**.

This is of course hugely industry disruptive so this cancer test, with just a blood sample, is not being mentioned by consultants or GP's. They are however CTC tests available via private clinics for around £600.

The way they test the blood is to isolate the CTC's by filtering out all the healthy cells. This is an enrichment process that makes CTC detection easier.

Unfortunately we are also left with the same measurement problem in regard to what constitutes the response of **'yes you have cancer'** or **'no you don't'**. Is it just one Circulating tumour cell or a minimum number of cells and can this minimum number threshold be changed.

Results question

So you can perhaps see now that the response a patient gets as to whether they have cancer or not is just not as simple as it is made out to be. **A more precise response in regards to actual measurements is really required.**

This is especially the case if we again consider that we create pre cancer and cancer cells every day in our body and every day our immune system deals with them.

We might now envisage cancer testing improving over the next 10 years up to the point every one of us will return a positive test. Will mortality then increase or will it look as though treatment has become even more effective?

Alternatively, **will the cat be out of the bag** by that time and we finally collectively realise the early screening and biopsy testing scaremongering is really just a marketing tool for the increasingly lucrative cancer industry – at our expense due to their lobbying of governments around the World and the resulting inflation due to their overspending.

We can make a difference though by changing what we think and do. The following is a summary of each of the above 30 points to help remind you. When we change, industry will change and we might just considerably lower the number of unnecessary deaths, including iatrogenic deaths.

The original challenge was to hold both sides of the divide in mind. One the one side we have chemotherapy, radiation therapy and surgery and if this is the best choice of action for someone who has found out they have cancer, or whether there is a better holistic way forward to overcome cancer as presented in the statements.

The problem, as some of you may well have surmised, is that it can become counter-productive to try to do both. **The elephant in the room here is chronic inflammation.**

Radiation and Chemotherapy will lead to this, whilst all alternative actions are aimed at preventing this inflammation. As many Oncologists are now admitting, chemotherapy will either kill your cancer, or it will kill you. It can be a fine line as to which occurs first.

What seems logical is to **embark on a preventative strategy immediately** in the hope that it keeps any cancer symptoms at bay **long enough to die with Cancer as opposed to die from Cancer.**

Below is a summary of the above for you to now complete your challenge.

Summary

1. **We grow pre-cancer and cancer cells in our bodies every day.**
2. **Cancer starts first in stem cells**
3. **Cells can mutate** into **Pre-Cancer cells** and these can then further mutate into **Cancer cells.**
4. **Cancer is not a virus.** '**Germ theory**' suggests we just have to kill the virus to conquer the cancer. '**Terrain theory**' suggests that viruses alter the terrain around them thus creating an environment that gives rise to abnormal cell activity.
5. Aside from viruses, **many things can lead to an environment that leads to Cancer.** 18% of all cancers are caused by infection. 23% of cancers are caused by obesity, 41% of cancers are caused by our external environment.
6. **Cancer itself is not genetic.** Our genes can prevent cancer but some genes cannot stop cancer too. Epigenetics shows us that we can change our environment and not get cancer.
7. **Breast cancer can take up to 12 years to grow** to a point at which diagnosis become possible. Having breast genes BRCA1 and BRCA2 does not mean you will get breast cancer.
8. **Catching cancer early is not the key to overcoming cancer.** Genes can help to prevent cancer, but it can take many years for Cancer to grow before symptoms appear. The new thinking now is that we all continue to develop pre-cancer cells, to a greater or lesser amount, all of the time. **Our own fear of cancer can become part of the problem.**
9. **Cancer can disappear very quickly.** The more quickly you create a healthy environment, the more quickly your immune system can get rid of your cancer and pre cancer cells. The key is to protect your immune system.
10. **Chemotherapy, radiation, some vaccines** will all damage your immune system.
11. **There is no one magic 'Cure all' potion, pill or treatment** but **there is a bunch of holistic practices and treatments** that can increase a person's quality of life and survival time.
12. **Chemotherapy** has no effect on **cancer stem cells.** It can shrink a tumour but the cancer can come back more aggressively, because your immune system has been weakened, it will not be able to stop the cancer in the stem cells from starting the process again. Radiation and surgery cannot stop these cancer stem cells either.

It is pointless to continue to use chemotherapy again if cancer has come back after remission.

13. **Glutamate and Sugar** impairs our immune system. Taking vitamin C when you have just eaten carbohydrates will not help boost your immune system because your blood sugar spike will negate its beneficial effect.
14. **Artificial sweeteners** like with **aspartame, sucralose and splenda** disrupt the neurotransmitters **Leptin and Ghrelin** that tell your brain that you are hungry and full up. This leads to weight gain and obesity and chronic inflammation.
15. **Chronic inflammation** causes an imbalance in the immune system which **suppresses the T-Cells from doing their job of killing the cancer cells**. The mutation of pre-cancer cells into cancer cells can then begin.
16. **Anything with seed oils in should be avoided**. The Hydrogenation process can make them more dangerous as it leads to trans fats which also disrupt the Leptin and Ghrelin signalling.
17. **Micronutrients** are essential for our body's cells and organs to function well. Vitamins, Micro minerals & trace element minerals like Iron Manganese Copper Zinc Iodine Selenium, Chromium come under the term Micronutrients. **Fat soluble vitamins will only be absorbed efficiently if we have just eaten foods with fat**. Our body has a natural clean up mechanism that involved **Collagen digesting enzymes (CDE)**. Cancer can affect our cells **but not the CDE's**. These CDE's kill and clean up old and damaged cells but **they do not damage healthy cells as long as those cells are rich in micronutrients**. They also **stop cancer cells from doing damage to healthy cells that are rich in micronutrients**.
18. Full **Hydration** is needed for our cells. Most people do not drink enough good clean healthy water. Dehydration impairs our immune system from fighting any pre-cancer and stem cancer cells.
19. Our electrical external environment affects our **zeta potential** and that inhibits cell to cell communication in our immune system. This leads to cancers developing.
20. Cancer cannot grow in an **oxygen rich environment**. The core of the cancer cell is hypoxic. This 'no oxygen' environment protects the cancer cell. When oxygen is forced into the cell it stops it growing. This then exposes it to our immune system that can then kill it off and dispose of the cell. **The Cordyceps mushroom helps transfer oxygen into any hypoxic regions**. They have anti-inflammatory properties. **Reishi mushrooms** and **Turkey tail mushrooms** also help impair the growth of cancer cells.
21. **Dendritic cells** look for abnormal cells and when they find them they send a signal to our T-cells, our killer cells. Within 24hrs these abnormal cells can be found and then disposed of. To do their job though, the **Dendritic cells** and their helper cells **need vitamin D**. **Heat is what guides the dendritic cells to the abnormal cells**. **Cancer cancer cells are known to be heat sensitive and normal cells are not** which is why dendritic cells can find them.

What has also been discovered is that **cold** can stop the blood supply to tumours but not to normal cells. Ice baths or cold showers only need to shock the system to be effective at boosting our immunity.

22. **Vitamin D** helps our Macrophages and our T-Cells and our Dendrite cells stop inflammation and kill off cancer cells. **Replenishing our levels of Vitamin D takes time.** Tablets and Sunlight take about 2 weeks to build to a healthy level but Calcitrol can immediately boost their immune systems. Vitamin D is shown to have a whole list of benefits as well as a role to fight cancer and yet insufficient levels are recommended and some forms are not easily available in some countries.
23. A hormone called **Melatonin** regulates the **activation of T and B cells as well as** inhibiting inflammation and tumour development. Various studies have suggested that **Melatonin has several mechanisms for anticancer activity including the stimulation of immunity, cell proliferation inhibiting, and apoptosis induction.** It is not at all easy to get Melatonin in some countries but is available over the counter in other ones.
24. **Probiotics** improve and strengthen the bacteria in our microbiome. They also reduce the amount of Nagalase we have in our body. Nagalase is an enzyme that cancer cells secrete in the process of tumour invasion. This secretion **prevents your macrophages from killing the cancer cell.** When we take probiotics this reduces the nagalase and help our macrophages kill the cancer cells. **Macrophages need to be activated and they need vitamin D to do this.** The result is a protein is called a Macrophage Activating Factor (GcMAF). GcMAF was initially suppressed but is now showing great promise in the fight against Cancer.
25. **Trans-vaccenic acid** is a naturally occurring trans fatty acid and an omega 7 fatty acid. It directly promotes T cell function and anti-tumour immunity and can only be obtained in red meat and dairy products.
26. **Curcumin** which is an active component of the Turmeric spice is toxic to cancer stem cells (CSCs). CSCs initiate and maintain cancer, and contribute to recurrence and drug resistance. It suppresses the release of cytokines which assist with cell to cell signalling. In spite of its multiple actions targeting CSCs, curcumin has little toxicity against **normal stem cells** (NSCs).
27. **Intermittent fasting** causes Autophagy which is a **reduction in inflammation in the body.** Fasting will also reduce the level of glucose in the blood and this can help starve the cancer cells. It also helps with weight reduction which improves the prognosis for suppressing cancer.
28. **Vibration, sound and meditation** have all been shown to have some effect at eliminating cancer cells.
29. The natural product **Aspirin** has been shown through many trials to be anti-inflammatory. It blocks blood clotting, provides pain relief. It is also shown to have a 20% reduction in mortality for cancer patients.

30. There are **many other precautionary actions** that can be taken to assist the immune system and to stop cancer from taking control over the body. Stress reduction, Frankincense, Exercise, avoiding pollution and anything that might lead to inflammation in the body like infections, parasites, smoking and radiation.

Final discussion

One of the things I would like you to take from this challenge is just how much an individual can make a difference. Large multinational corporations, governments and all those that would prefer a dominant single theory that supports their point of view, can be overcome if we look for the truth and if we avoid extreme thinking.

There is a need to have competing views and theories more than ever these days but even more importantly, we must look to the merits on all sides. Debate, practice, making further observations and sharing them is all something we can do.

We don't even need to be 100% right in our thinking. Our ability to admit we are wrong, allows us to get closer to the truth.

In doing this **we can hold the benefits of both alternatives within us** in a **non-attached, non- divisive way**. As moderate, non-extremist, unencumbered, thinkers we can weigh up the pro's and con's and find the best way forward for ourselves and those around us.

Of the thirty statements, how many do you now agree with to the extent that they are worth trying yourself?

How many do you not agree with?

Can you hold the benefits of both sides within you?

With this in mind please feel free to send this pdf on to anyone who might appreciate reading it. Do though bear in mind any possible emotional reactions that reading this information may evoke.

Thank you for your time

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