

THE CURE FOR CANCER
WE SHOULD ALL KNOW THIS

compiled by Dee Finney

updated 7-24-08

4-22-03 - DREAM - I was in a high-rise building in a city. Out the window, it was bright and sunny and here and there I could see other high-rise buildings, but none so close or in a direction where anyone could see in the window I was looking out from.

My brother and sister were both there visiting and when I went to the kitchen, there was a pile of foods on the high butcher block table. I decided I would make a turkey vegetable salad to feed my kids.

Off to the right was a screen n which someone was talking about tired soldiers. It showed a helmeted soldier in olive green uniform who was told to go out and run, but that soldier was so tired, they dropped right in the track and fell asleep. The voice on the screen said that when a soldier sleeps, you know that's what he needs.

I was then shown a list of 15 soldiers, 8 on the left and 7 on the right. They weren't expected to sleep in their own beds, because they would be called slackers, so when they got tired, they would lay down on someone else's bed, so they wouldn't get the blame themselves.

Then the voice said, "You can't leave until you know the 15 cures for cancer."

DISCLAIMER: I am not a doctor, so my personal opinions are not on this page. All you will see are links to other links where the people are experts on this topic.

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[Indole-3-carbinol - Wikipedia, the free encyclopedia](#)

Indole-3-carbinol (C₉H₉NO) is produced by the breakdown of the glucosinolate glucobrassicin which can be found at relatively high levels in cruciferous vegetables ...

en.wikipedia.org/wiki/Indole-3-carbinol

HOW THE LORD TOLD ME TO CURE CANCER.

posted 7-13-05 at earthchanges@yahoogroups.com

(This is a reprint of the ad in The Northwest Herald.)

Please save this page as it won't be printed again by me. It may save your life or the life of a love one or a friend. Anyone may reprint this if they print it word for word.

Every week around 10,000 people die of cancer. Government figures show the death rate for cancer deaths has not changed in the last 10 years. Chemo and radiation only save around 10% of the people treated. So this shows our doctors don't have much to work with. As this article goes on, I will explain how to prepare this plant and how much to take. There is nothing to buy. For some reason, the Lord has picked me to carry these words to you. I am only the delivery boy, and none of this is my idea. I do believe every word I write here, and I'm living proof it works. The cost of printing is my thanks to God for giving me back my life and health.

A little over three years ago I was about done in with cancer. One morning as I was waking up and hoping the end would come soon, a voice came to me and said. "You have to do something about your prostate cancer. Take the root of the dandelion. Don't expect a miracle. It took you a long time to get in this condition." The voice was gone. I thought the voice was kidding to use the dandelion. When this voice tells you to do something, you do it. You must do it, like writing this article. It is the last thing I ever expected to do. Then I thought he didn't tell me how much to take or how to prepare it. As soon as you could blink an eye. I knew how much to take, how to prepare it, and it would take 4 to 6 months to cure me. I also knew I wasn't to make a penny on it.

As soon as I got around that morning, I dug some roots and started to prepare it. About a week later I started taking it. Three weeks later the pain in my back and side was gone and my bowels had improved. Five and one half months later they could find no cancer problem in me at all.

I, then wanted to find someone else to try it, and that was the biggest problem yet. Nobody seems to want to help. When I told doctors, they just smiled as if I was nuts. Finally, I was telling a friend about it and he said he had a friend that was dying of lung cancer. He had it in both lungs and was bed ridden. They were tapping his lungs. He had been given 4 to 6 weeks to live. After he had been on this powder about six weeks, he was up and around doing his chores and driving his car. He went to his doctor's office, and the doctors could not believe it. They took him to the hospital and gave him a CAT scan. They found no cancer lesions in his lungs and said it was a miracle. I then put an ad in The Northwest Herald offering it free, and four people said they would try it. Slowly one person told another and it spread. There was a fair amount of people taking it for different kinds of cancer and several for other things. For instance, a man lost the use of his immune system and was told he wouldn't be able to work again for three years, in six months he is now working ½ days and feeling better. I know this is not a cure all. It won't help everyone or all kinds of cancer. I know it is not a cure for skin cancer and it hasn't had luck with brain tumors. There is a doctor in Boston, Massachusetts that has developed a vaccine that is doing great things. This has been successful with prostate, colon, breast, liver and best of all with lung cancer. Five people have taken it for lung cancer and all five have been cured once.

The immune system controls the cancer cells in your body. As long as the immune system is healthy, you don't usually have a cancer problem. When your immune system gets run down, it loses control of the cancer cells, and they start eating live cells and this is what they call cancer. This powder made from dandelion root has something in it that builds up the blood and

the immune system.

When the immune system is built up so far, it gets back control of cancer cells, and they do an about face and start cleaning up the mess they've made. This is why you must have a fair appetite because your body must build itself up and be healthy if your immune system is going to be strong. This will not work for people that have lost their appetite or are on CHEMO. Doctors try to blast the cancer out of your body with Chemo or radiation. By doing so, it destroys your immune system and appetite. These are the most important things your body needs to beat cancer. Operations also knock the immune system haywire. This is why so many people that have operations for cancer find that a short time later it has spread somewhere else.

Many of the worst diseases that have plagued the world have been cured quite easily. When I was a boy, women dreaded the goiter more than cancer. A little iodine in the diet cured that. For hundred of years the most dreaded diseases was leprosy and lockjaw. A doctor found he could produce penicillin from moldy bread and could cure them and many more things. How long has moldy bread been around? I'm sure scientists will find many uses for the powder made from the root of the dandelions besides cancer. I have already found it builds up the blood so you heal much faster.

To make the powder from the dandelion root you must follow my directions to the letter. Any changes and it won't work. Dig a handful of dandelion roots any time of the year, it doesn't matter. Cut the leaves off just below the crown. DO NOT WASH. Then they must be dried around 100 degrees. I do it in an incubator with no water. You can also dry them under a heat light bulb if you raise or lower it so it's 100 degrees. You can also use the sun or put them in the attic if it's not too hot. It takes about 5 or 6 days in the incubator. I have not done this all the way under the heat light. When you break a root and it snaps it is ready to powder. Take an old iron frying pan and a clean hammer. Take one root at a time and place in the frying pan and start tapping. Don't hit hard or it will fly all over the place. I put my hand around the root to keep most of it in the pan. If it sticks to the hammer and pan, and doesn't crumble in your fingers, it isn't dry enough. Keep it up until you have enough to start. It takes about 20 minutes to ½ hour to prepare enough for a week. When you get used to it you can go much faster.

I have an old vessel that druggists used to pound pills, this goes much faster. DO NOT USE AN ELECTRIC GRINDER, it won't work if you do. You lose too much of the good part in dust. You must do it as I have said or don't do it at all. I've tried shortcuts, but it seems someone was looking over my shoulder, and I know when I made a mistake. I'm just an old farmer and not a scientist, so I wouldn't know the correct amount to take on my own. Now take a little over one half teaspoon once a day at any time and mix it with water, orange juice, etc.. Do not use in soft drinks, liquor, or anything hot. When mixed, use it all. Don't let it stand around. Keep the power in a dry place. After taking it three or four days, you will feel good, but nothing else. That is because your blood is building up. When you blood is happy, you're happy. In most cases, this will build your immune system in from three days to three weeks to the point it takes back control of cancer cells and thus the cancer stops spreading. In most cases it is going to help. There is no body feeling as it works. You just feel a little better each week. After three weeks most of the pain will be gone in your back and you know it's working if you had pain there like I did. If you have bone cancer in the spine, it will take three months to work. This is not an overnight cure. It took a while to get in this condition and it will take a while for your body to heal. The sooner you start, the quicker you will be over cancer. Young people heal faster than old people, but it will help at any age. I know because I'm 80 and have been taking it for over three years. No cancer has come back and no side effects except when my body has had enough, it lets me know by getting heart burn. Then I back off some. Some people get stomach aches when they need less. It also means your cancer is under control and you don't need as much. You will also find you probably won't catch a cold while you are taking it full strength.

The biggest enemy for this root is Chemo. The stronger the Chemo, the less chance the power has to help you as Chemo tears your immune system and appetite down, two of the

most important things you need to cure cancer.

There is only a ten percent chance Chemo will cure you. With no chemo, your chances are 75 to 80% but you must take it every day. Don't let your doctor give you that old treat if you turn him down that goes, "If you want to throw your life away, I can't stop you". Just remember that 90% of the people that take his advice and take chemo are in the cemetery. Don't blame the doctor, he is doing his best with what he has to work with or you could ask for a written guarantee.

I have only mentioned cancers that I know people have had and used this root. It should help pancreas cancer if taken before the appetite is gone and most body cancer. This is food, not a drug. It shouldn't interfere with medicine your doctor may be giving you. Only two doctors have told patients to keep taking the power when they have made a miracle recovery. The rest of the doctors have run the power down and blasted the people even if the cancer has disappeared.

The medical world is not going to accept this easily.

Going back to not washing the roots and leaving a little soil on them, it is for your own good. A good bit of immunity comes from the soil, it starts as soon as you are born. Your fingers touch something, and you put them in your mouth. A little dirt at first, and more as you grow older and start crawling. Then everything you touch goes in the mouth. When children go outside to play and when they come in, they are the dirtiest around the mouth and hand. The hands go in their mouths no matter how dirty they are. Many diseases and bacteria live in the ground, but they don't seem to cause any trouble but it does build up the immune system. Some animals can't live if they can't eat a certain amount of soil. If you read this article over, you will see it all goes back to common sense. I wish all of you people with cancer and other problems the best.

George Cairns
(815) 338-1526
Or send self addressed envelope to:
708 Hughes Road
Woodstock, IL 80096

This ad does not necessarily reflect the opinion of the Northwest Herald.

The dandelion root power you can buy at a Health Food Store is not made the same way. It is not known to help cancer.

This is a reprint of the ad in The Northwest Herald.

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Country doctor cures cancer - with baking soda & maple syrup

by George Sanford/Weekly World News

transcribed by Healing Cancer Naturally from cancertutor.com/Cancer02/MapleSyrup.pdf
© Transcription August 2007

Asheville, N.C. - "There's not a tumor on God's green Earth that can't be licked with a little baking soda and maple syrup!"

That's the astonishing claim of controversial folk healer Jim Kelmun - who says his simple home remedy can stop and reverse the growth of deadly cancers.

The 75-year-old former truck driver has no medical degree and authorities are demanding that he stop dispensing his "wonder drug" - or face a prison sentence.

But his loyal patients swear by the man they fondly call "Dr. Jim" - and say he's a miracle worker.

"Dr. Jim cured me of lung cancer," declares farmer Ian Rodhiuse, 64. "Those other doctors told me I was a goner and had less than six months to live.

"But the doc put me on his mixture - and in a couple of months, the cancer was gone. It didn't even show up on X-rays!"

The gentle, silver-haired grandfather - who has been preparing home remedies since 1954 - says he first hit upon the miracle cure in the mid-1970s, when he was treating a family plagued by breast cancer.

"There were five sisters in the family and all of them passed away from the big C by age 50 - except one," he recalls.

"I asked if there was anything different in her diet. She told me she was partial to sipping maple syrup and baking soda.

"I figured, let me try it out on some of my other patients."

Since then, "Dr. Jim" has dispensed his mixture to more than 200 patients diagnosed with terminal cancer. Amazingly, he claims that of that number, 185 lived at least 15 more years - and nearly half enjoyed a complete remission of their disease.

"You tell me about another treatment that works that good!" he demands proudly.

Medical experts are less enthusiastic. "This man is a quack, plain and simple," blasts an official at a state medical association. "We intend to see that he is arrested for practising medicine without a license."

Until that happens, Dr. Jim vows to keep prescribing his treatment: "I'm just going to keep on saving lives."

Dr. Jim's Miracle treatment is made with baking soda and maple syrup.

Will Dr. Jim's recipe work for you?

We don't know - and Weekly World News urges you to consult your own trusted physician before embarking on any course of medical treatment. But here, for our readers, is Dr. Jim's recipe:

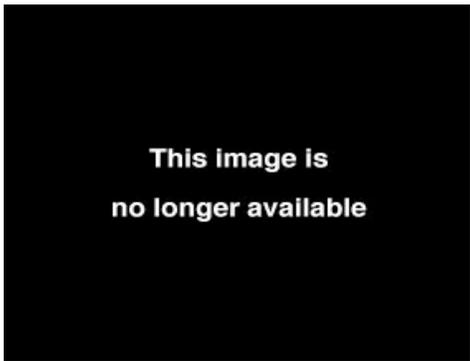
**Mix one part baking soda with three parts maple syrup in a small saucepan.
Stir briskly.
Heat for five minutes.**

Take one teaspoon daily, as needed.

Compare New and Experimental Approaches to Treating & Healing cancer: Dr. Simoncini's Sodium Bicarbonate Cancer Treatment.

EDITOR NOTE: The reason this works is because doing this faithfully every day changes your body's chemistry and the body is now different than when the cancer started and the cancer can't survive.

Common virus 'kills cancer'



**This image is
no longer available**

Wednesday, June 22, 2005; Posted: 9:17 a.m. EDT (13:17 GMT) **Wednesday, June 22, 2005**
The virus targets cancer cells, but does not harm normal cells, researchers said.

Cancer Diseases WASHINGTON -- A common virus that is harmless to people can destroy cancerous cells in the body and might be developed into a new cancer therapy, US researchers said.

The virus, called adeno-associated virus type 2, or AAV-2, infects an estimated 80 percent of the population.

"Our results suggest that adeno-associated virus type 2, which infects the majority of the population but has no known ill effects, kills multiple types of cancer cells yet has no effect on healthy cells," said Craig Meyers, a professor of microbiology and immunology at the Penn State College of Medicine in Pennsylvania.

"We believe that AAV-2 recognizes that the cancer cells are abnormal and destroys them. This suggests that AAV-2 has great potential to be developed as an anti-cancer agent," Meyers said in a statement.

He said at a meeting of the American Society for Virology that studies have shown women infected with AAV-2 who are also infected with a cancer-causing wart virus called HPV develop cervical cancer less frequently than uninfected women do.

AAV-2 is a small virus that cannot replicate itself without the help of another virus.

But with the help of a second virus it kills cells.

For their study, Meyers and colleagues first infected a batch of human cells with HPV, some strains of which cause cervical cancer. They then infected these cells and normal cells with AAV-2.

After six days, all the HPV-infected cells died.

The same thing happened with cervical, breast, prostate and squamous cell tumor cells.

All are cancers of the epithelial cells, which include skin cells and other cells that line the insides and outsides of organs.

"One of the most compelling findings is that AAV-2 appears to have no pathologic effects on healthy cells," Meyers said.

"So many cancer therapies are as poisonous to healthy cells as they are to cancer cells. A therapy that is able to distinguish between healthy and cancer cells could be less difficult to endure for those with cancer."

AAV-2 is being studied intensively as a gene therapy vector -- a virus modified to carry disease-correcting genes into the body.

Gene therapy researchers favor it because it does not seem to cause disease or immune system reaction on its own.

[CANCER CURE #1](#) [CANCER CURE #2](#) [CANCER CURE #3](#) [CANCER CURE #4](#) [CANCER CURE #5](#)
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[B 17 = LAETRILE - EAT 7 FRESH APRICOT SEEDS PER DAY](#)

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Do you know that lung cancer did not exist between American Natives, who smoked tobacco. It is combination of hundreds of cofactors like smoking, lifestyle, diet, stress,..... that makes cancer. Tobacco is only one of them.

"The cause of cancer is clear:

poor diet, lifestyle and poor mental attitude result in toxic buildup which overloads the self-cleansing mechanism.

Cancer is manifestation of long term nutritional and environmental irritation, resulting in cellular oxygen starvation, leading to uncontrolled cell replication. It is often triggered by psychological causes inducing immune system collapse." by Saul Pressman

The most common causative agents of Cancer in most people are:

Toxins and vaccination

Nutritional deficiency - Diet deficient on essential nutrients is affecting biochemical processes inside our cells. It is also affecting digestion and preventing internal natural detoxification.

Poor dietary choices

stress, suppression, negative thoughts, fear, lack of love, lack joy, lack desire to live.

not enough movement and sweating

mental attitude

Gallstones

Poor digestion - Incomplete digestion is causing poor absorption of essential nutrients, and poorly digested food is containing toxic substances that our intestines absorb into our blood and lymph.

Infection by internal parasitic animas - PARASITES (protozoa, amoebae, worms,..)

Infection by parasitic yeasts, viruses bacteria

Overuse of medical drugs

Breast Cancer Cure: Ministry of Health of China Proven Results - ...

Breast Cancer cure? Are ... Breast Cancer Cure: Natural, Safe, Effective & Scientifically Proven Results ---
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<http://www.breast-cancer-cure.com/>

Leukemia Cancer Cure: Ministry of Health of China Proven Results ...

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Cancer Cures, Advances of Clinical Research in the field of ...

Exhaustive study of holistic cancer cures, clinical research on alternative cancer treatments and successful case studies.

<http://www.lifepositive.com/cancer-cure.html>

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<http://www.lymphoma-cancer-cure.com/>

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<http://www.testicular-cancer-cure.com/>

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Liver Cancer Cure: Ministry of Health of China Proven Results -- ...

Liver Cancer cure? Are ... Liver Cancer Cure: Natural, Safe, Effective & Scientifically Proven Results ---
Cure for liver Cancer! liver ...

<http://www.liver-cancer-cure.com/>

Melanoma Cancer Cure: Ministry of Health of China Proven Results ...

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<http://www.melanoma-cancer-cure.com/>

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[Willow Bush Could Cure Thyroid Cancer](#)

Macrobiotics Online

Macrobiotics Online has a wealth of information including the macrobiotic approach to health recovery, a
library and many resources for the global macrobiotic ...Description: Information, including a library of
articles and recipes.

<http://www.macrobiotics.org/>

Macrobiotics America Home Page

... Everything You Need for Learning and Practicing Macrobiotics. ... By popular request, we've created a
Getting Started section for those who are new to macrobiotics. ... Description: A collection of macrobiotic
recipes, plus promotional offerings.

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

Macrobiotics in Cleveland: Classes, Consultation, Cooking & ...

... SPRING OF 2003. SHIATSU, SPIRITUAL HEALING NATURAL FOOD COOKING YOGA AND
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Macrobiotic consultation service and classes, shiatsu, dinners, natural food cooking workshops, especial...

<http://junior.apk.net/~rncjr/>

Art of Longevity -The Macrobiotic Guide

This is a educational non-profit site. ... Description: Macrobiotics is based on a whole view of life and health. It includes diet, body-work, self-expression,...

<http://www.macrobiotics.co.uk/>

The Macrobiotic Association of Great Britain

The Macrobiotic Way by The Macrobiotic Association of Great Britain. Welcome. Our new website is being created now, it will be ready shortly... ...

<http://www.macrobiotic.co.uk/>

MACROBIOTICS CANADA

Macrobiotics Canada is an Education/Health/Healing Retreat and Counselling Center. ... Description: Information on the center, counseling on diet, health, relationships, spirituality, support services,...

<http://macrobioticscanada.ca/>

Therapy Directory - macrobiotics

I macrobiotics Everything you need to know about macrobiotics. Free macrobiotics related downloads. Links to macrobiotics related pages. ... macrobiotics ...

<http://www.worldofalternatives.com/UKHomeopathy/links/macrobiotics.html>

Macrobiotics Today

The Natural Connection - Macrobiotics Today. * Macrobiotics Today Online * Adding Spice to Your Life All Eyes Are One Where Are Your Ancestors From? ...

<http://www.natural-connection.com/resource/macro.html>

Macrobiotic Spring Recipes

Self Healing Australia Macrobiotics. ... Description: A few recipes from a book sales site.

<http://www.self-healing.com.au/MACRO/recipes.html>

Laetrile/Amygdalin: Questions and Answers, Cancer Facts 9

... Laetrile/Amygdalin: Questions and Answers. ... The information in this fact sheet was adapted from the NCI's PDQ® summary Laetrile/Amygdalin. ...

http://cis.nci.nih.gov/fact/9_3.htm

Laetrile: Another Suppression Story

The Ultimate Cancer Conspiracy; Vitamin B17 and Laetrile. ... When World Without Cancer was written

back in 1974, B17 Laetrile was freely available in Australia. ...

<http://www.sumeria.net/health/laetrile.html>

Centrophenoxine (Lucidril) smart drug article by James South

Laetrile - the answer to Cancer by James South MA. to order The anti-cancer drug Laetrile is one of the most controversial subjects in the history of medicine.

<http://www.smart-drugs.com/ias-laetrile.htm>

Laetrile treatment for cancer

Laetrile - the answer to Cancer by James South MA. The anti-cancer drug Laetrile is one of the most controversial subjects in the history of medicine. ...

<http://smart-drugs.net/ias-laetrile-cancer.htm>

Cancer.gov -

Site redesigned, URL changed continue. The page you requested has been integrated into NCI's redesigned Cancer.gov Web site. Please update your links/bookmarks. ...

<http://cancernet.nci.nih.gov/cam/laetrile.htm>

Laetrile

... isolated a new vitamin that he numbered B17 and called 'Laetrile'. ... Cancer Cure Medical Researchers "Discover" Vitamin B17 Laetrile.

<http://www.geocities.com/vialls/laetrile1.html>

World Without Cancer - worldwithoutcancer.org.uk - B17 Laetrile ...

... Laetrile and the Life Saving Substance Called Cyanide by Philip Binzel, Jr., MD. ... There is no "free" hydrogen cyanide in Laetrile. ...

<http://www.worldwithoutcancer.org.uk/laetrileandcyanide.html>

1Up Health > Laetrile/Amygdalin - Alternative Medicine

Laetrile/Amygdalin (Laevorotatory, Mandelonitrile, Laetrile, Amygdalin) . Read detailed information about Laetrile/Amygdalin (Laevorotatory ...

<http://www.1uphealth.com/alternative-medicine/ laetrile-amygdalin-1.html>

The Original Essiac - Authorized Distributor of Rene M. Caisse's ...

Description: Immune boosting tea, includes history of the product, benefits, and general medicinal herb

information.

<http://www.essiac-resperin.com/>

Essiac tea. FREE Herb Book: Natural herbal Essiac tea:

Essiac tea is a natural health enhancer. Essiac tea information, options, research information, Essiac tea solutions. EssESSIAC TEA. ... About Essiac: ... Description: Natural herbal tea therapy that builds the immune system, includes pricing, related articles, and...

<http://www.remedies.net/>

Therapy Directory - essiac

l essiac Everything you need to know about essiac. Free essiac related downloads. Links to essiac related pages. Chakra Tuning. ... essiac ...

<http://www.worldofalternatives.com/UKHomeopathy/links/essiac.html>

Original Essiac Company - Rene M .Caisse's Authentic Essiac ...

We ship the original proprietary formula Essiac Tea worldwide at great prices. Description: Worldwide distributor of Essiac tea, with product information, expected benefits, and specials.

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

The History of Essiac and Rene M. Caisse, Canada's Cancer Nurse

Nurse Rene Caisse, discoverer of the Essiac herbal formula, helped hundreds at her clinic in Bracebridge, Ontario, Canada. What is Essiac? Who is Rene Caisse? ...

<http://www.essiacinfo.org/>

Essiac the "real thing" from Resperin Canada

Description and prices of Essiac manufactured by Resperin Canada Nurse Rene Caisse's Original Formula for Cancer Treatment. ... ESSIAC Liquid Extract Formula. ...

<http://comboweb.com/essiac/>

Essiac- Information by Cancer Information and Support ...

Information regarding essiac, essiac manufacturers and what you should know about essiac before using this herbal remedy for cancer. ...

<http://www.cancer-info.com/essiac.htm>

The Truth About Essiac

.. Interviewer: "You mention that the Brusck Clinic in Massachusetts worked with Rene Caisse and with Essiac during the early 1960's.

<http://www.sumeria.net/health/essiac3.html>

Welcome to essiac-herbal.com!

essiac-herbal.com. Online distributor of essiac herbal formula for. Linda Paulhus and Essiac USA. ... Essiac Pages: Page Descriptions: ... Description: Natural alternatives to cancer and other treatments, highlighting bulk ordering options, related articles...

<http://www.essiac-herbal.com/>

Greasewood, Chapparal, Gobernadora, Hediondilla

... For this type of problem, Chapparal can be combined with Thuja or Tea trees essential oils. ... (internal) Chapparal Tea: use 1 teaspoon herb per cup... ..

<http://www.zianet.com/desertbloom/monographs/larrea.html>

Herbal Teas

STOMACH SOOTHE TEA Mesquite leaf, lavender flowers, catnip, cinnamon bark, fennel seed, yerb mansa root, chapparal leaf. cost: \$1.30/oz. ...

<http://www.zianet.com/desertbloom/tea.html>

Chaparral Leaf C/S 1 lb. from Kalyx.com - This is Frontier's ...

... For this type of problem, Chapparal can be combined with Thuja or Tea tree essential oils. Our Price! Weight, Quantity, \$12.35, 16.00 ounces, ...

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

Ravencrafts Enterprises, Inc. : Chapparal Herb

Chapparal Options: Chapparal Herb, C/S.

<http://ravencraft.zoovy.com/product/HRBCHAPP>

BoHF: Infections: Chaparral. Jon Hoffman, May 1995, afh

if I am not getting better from the standard: Echinacea, Garlic, Vitamin C and Juice The added kick from a pinch of chapparal leaves in my tea a few ...

<http://www.ibiblio.org/herbmed/archives/Best/1995/larrea.html>

Zoe's Story - Harpo's K9 Korner - Vancouver, BC Canada

... A friend at the local health food store suggested chapparral tea. Besides its current popularity as a cancer cure it has been used ...

<http://www.nancy-o-johnson.com/k9korner/zoe.shtml>

TEA:

... Resources and Reference Materials Imogene Bennet Chapparral High School NAU Chemistry Teachers Workshop. ... Return to top of page. Back to: TEA Activities Page. ...

http://tea.rice.edu/activity/wille/chillinoutwithfreezingpointdepression_resources.html

Moonlight Health - Your source for Natural Health Information

... In additon, I am drinking 2 -8oz. cups of chapparral tea each night, also, to rid my body of the fibroids. I used this method 10 yrs. ...

<http://www.moonlighthealth.com/discussion2.asp?T=65>

CATALOGUE: VOGEL HERBS (BIOFORCE)

... Jason Winters Herbal Tea. Chapparral has been deleted from the original formula and a special variety of Sage, personally selected by Sir Jason Winters...

<http://www.geocities.com/Eureka/Park/8207/herb5.htm>

Don't eat dead animals why?

... a vegan, in case you don't know don't eat meat, dairy, eggs, or any other product coming from ... Vegetarians are 40% less likley to get of cancer than meat-eaters. ...

<http://www.geocities.com/RainForest/8395/veg.html>

Leaflet: What's Wrong with Meat?

... meat have about a 60% higher chance of getting cancer than those ... gallstones, arthritis, bowel disorders etc) occur less frequently in those who don't eat meat. ...

<http://www.geocities.com/rainforest/vines/4111/nomeat.html>

Why I Don't Eat Meat by Dr Gary Hullquist, MD

... Why I Don't Eat Meat. Everyone has their reasons Mine, like most, are multiple Here are my top four 1. ... But there's more. Cancer. ...

<http://www.jaspersda.org/health-meat.html>

WIN Against Cancer

... Are You Eating to Win Against Cancer? ... 3, I usually eat trimmed, lean meats (or I don't eat meat). POULTRY 1, I usually eat poultry with the skin on. ...

<http://www.cancer.umn.edu/page/winathome/question/pretest.html>

WIN Against Cancer

... Now that you've completed the WIN at Home Series... Are You Eating to Win Against Cancer? ... 3, I usually eat trimmed, lean meats (or I don't eat meat). POULTRY ...

<http://www.cancer.umn.edu/page/winathome/question/posttest.html>

LLU VNHL - Red Meat and Health

... And high iron intakes have been linked to increased risk for heart disease and possibly to increased risk for cancer. People who don't eat meat do need to give

<http://www.llu.edu/llu/vegetarian/redmeat.htm>

TeleSCAN: Telematics Services in Cancer

Preventing Cancer. What I can do. If this was you, would the answers be true or false ? ... true false. I don't eat meat every day. true false. ...

<http://telescan.nki.nl/code/quiz4.html>

Re: CANCER

... if you don't want animals killed, don't eat meat. If you don't believe people should wear fur, dont. ... Nutrasweet doesn't cause cancer. ...

<http://www.rondagates.com/wwwboardold/messages/1578.html>

Vegetarianism by Roger J. Wendell

... Meat products are responsible for increases in heart disease, diabetes, hypertension, and cancer. ...
*Vegetarians don't eat meat while Vegans (Pronounced "Vee-Gun ...

<http://www.vegetarianlife.info/>

Genesis Health News - How Vegetarian Diets Protect Against Cancer

... 30% fat-the upper limit set by the National Cancer Institute. And many experts believe that these limits are still far too high. Vegetarians don't eat meat. ...

<http://www.genesisda.org/health/details.asp?HealthID=10>

BBC NEWS | Asia-Pacific | China's growing band of veggies

... The canteen staff think I'm strange because I don't eat meat," he says ... And in a society where heart disease, cancer, and diabetes are all on the increase, and

<http://news.bbc.co.uk/2/hi/world/asia-pacific/2064918.stm>

BBC NEWS | Asia-Pacific | China's growing band of veggies

... If you don't eat meat in any meal it's like you eat nothing ... Related to this story: Leafy veg diet cuts cancer risk (06 Jun 02 | Health) Eat greens for a healthy ...

<http://news.bbc.co.uk/2/low/asia-pacific/2064918.stm>

Het Houtsmullerdieet

... For example I don't eat meat, but three times a week I eat fishdishes which are as ... And, beside that it saved in my opinion my life from cancer

http://www.kanker-actueel.nl/ca_hout.html

Veg NOW

... Meat eaters are also 40 % more likely to get cancer , compared to vegetarians! ... Give back life , Don't eat meat." - Kim Basinger "How can you eat anything with ...

<http://pawsactivist.tripod.com/paws/id5.html>

[PDF]... 3 Vegetarians don't eat meat or fish, but vegans don't eat any- thing that comes ... and dairy can lead to conditions such as heart disease, cancer, and diabetes ...

http://health.rmad.org/kids_book.pdf

Our Stolen Future

... So there's more cancer. Surprise,surprise!) What do the authors recommend that we do? You won't believe it! ... chemicals. Women: Don't eat meat or dairy products. ...

<http://www.junkscience.com/news/stolen.html>

Heartland Natural - Natural Solutions for You and Your Family - ...

... DOS AND DON'TS OF THE ANTI-CANCER DIET -. DON'T eat lots of meat; use it as a condiment rather than a main course. DON'T eat meat, eggs,

<http://www.heartlandnatural.com/newsletter/5-14-02.htm>

Hoa Sen

... Most vegetarians don't eat meat, poultry or fish. ... A study of nearly 2,000 vegetarians and part-time vegetarians conducted by German cancer researchers found ...

<http://www.saigon.com/~hoasen/goingveg.html>

Danger of Aspartame (NutraSweet, Equal, Spoonful, Canderl, ...

... Cell Phones: Invisible Hazards in the Wireless Age: An Insider's Alarming Discoveries About Cancer and Genetic Damage

<http://www.latimes.com/news/nationworld/nation/wire/ats-ap-cell-phone-warningjul24,1,4764899.story>

CELLPHONE HEALTH WARNING: PITTSBURGH CANCER INSTITUTE WARNS OF CELL PHONE-CANCER HIGH RISK, DEFYING PREVIOUSLY PUBLISHED RESEARCH! –

By Jennifer C. Yates and Seth Borenstein, Associated Press Writers,
Thursday, July 24, 2008, 11:14 p.m. PDT

PITTSBURGH (AP) – The head of a prominent cancer research institute issued an unprecedented warning to his faculty and staff Wednesday:
Limit cell phone use because of the possible risk of cancer.

The warning from Dr. Ronald B. Herberman, director of the University of Pittsburgh Cancer Institute, is contrary to numerous studies that don't find a link between cancer and cell phone use, and a public lack of worry by the U.S. Food and Drug Administration.

Herberman is basing his alarm on early unpublished data. He says it takes too long to get answers from science and he believes people should take action now — especially when it comes to children.

"Really at the heart of my concern is that we shouldn't wait for a definitive study to come out, but err on the side of being safe rather than sorry later," Herberman said.

No other major academic cancer research institutions have sounded such an alarm about cell phone use. But Herberman's advice is sure to raise concern among many cell phone users and especially parents. In the memo he sent to about 3,000 faculty and staff Wednesday, he says children should use cell phones only for emergencies because their brains are still developing.

Adults should keep the phone away from the head and use the speakerphone or a wireless headset, he says. He even warns against using cell phones in public places like a bus because it exposes others to the phone's electromagnetic fields. The issue that concerns some scientists — though nowhere near a consensus — is electromagnetic radiation, especially its possible effects on children. It is not a major topic in conferences of brain specialists.

A 2008 University of Utah analysis looked at nine studies — including some Herberman cites — with thousands of brain tumor patients and

concludes "we found no overall increased risk of brain tumors among cellular phone users. The potential elevated risk of brain tumors after long-term cellular phone use awaits confirmation by future studies."

Studies last year in France and Norway concluded the same thing.

"If there is a risk from these products — and at this point we do not know that there is — it is probably very small," the Food and Drug Administration says on an agency Web site.

Still, Herberman cites a "growing body of literature linking long-term cell phone use to possible adverse health effects including cancer."

"Although the evidence is still controversial, I am convinced that there are sufficient data to warrant issuing an advisory to share some precautionary advice on cell phone use," he wrote in his memo.

A driving force behind the memo was Devra Lee Davis, the director of the university's center for environmental oncology.

"The question is do you want to play Russian roulette with your brain," she said in an interview from her cell phone while using the hands-free speaker phone as recommended. "I don't know that cell phones are dangerous. But I don't know that they are safe."

Of concern are the still unknown effects of more than a decade of cell phone use, with some studies raising alarms, said Davis, a former health adviser in the Clinton Administration.

She said 20 different groups have endorsed the advice the Pittsburgh cancer institute gave, and authorities in England, France and India have cautioned children's use of cell phones. Herberman and Davis point to a massive ongoing research project known as Interphone, involving scientists in 13 nations, mostly in Europe. Results already published in peer-reviewed journals from this project aren't so alarming, but Herberman is citing work not yet published.

The published research focuses on more than 5,000 cases of brain tumors. The National Research Council in the U.S., which isn't participating in the Interphone project, reported in January that the brain tumor research had "selection bias." That means it relied on people with cancer to remember how often they used cell phones. It is not considered the most accurate research approach. The largest published study, which appeared in the Journal of the National Cancer Institute in 2006, tracked 420,000 Danish cell phone users, including thousands that had used the phones for more than 10 years. It found no increased risk of cancer among those using cell phones.

A French study based on Interphone research and published in 2007 concluded that regular cell phone users had "no significant increased

risk" for three major types of nervous system tumors. It did note, however, that there was "the possibility of an increased risk among the heaviest users" for one type of brain tumor, but that needs to be verified in future research.

EARLIER RESEARCH ALSO FOUND NO CONNECTION

Joshua E. Muscat of Penn State University, who has studied cancer and cell phones in other research projects partly funded by the cell phone industry, said there are at least a dozen studies that have found no cancer-cell phone link. He said a Swedish study cited by Herberman as support for his warning was biased and flawed.

"We certainly don't know of any mechanism by which radiofrequency exposure would cause a cancerous effect in cells. We just don't know this might possibly occur," Muscat said.

Cell phones emit radiofrequency energy, a type of radiation that is a form of electromagnetic radiation, according to the National Cancer Institute. Though studies are being done to see if there is a link between it and tumors of the brain and central nervous system, there is no definitive link between the two, the institute says on its Web site.

"By all means, if a person feels compelled that they should take precautions in reducing the amount of electromagnetic radio waves through their bodies, by all means they should do so," said Dan Catena, a spokesman for the American Cancer Society. "But at the same time, we have to remember there's no conclusive evidence that links cell phones to cancer, whether it's brain tumors or other forms of cancer."

Joe Farren, a spokesman for the CTIA-The Wireless Association, a trade group for the wireless industry, said the group believes there is a risk of misinforming the public if science isn't used as the ultimate guide on the issue.

"When you look at the overwhelming majority of studies that have been peer reviewed and published in scientific journals around the world, you'll find no relationship between wireless usage and adverse health affects," Farren said.

Frank Barnes, who chaired the January report from the National Research Council, said Wednesday that "the jury is out" on how hazardous long-term cell phone use might be.

Speaking from his cell phone, the professor of electrical and computer engineering at the University of Colorado at Boulder said he takes no special precautions in his own phone use. And he offered no specific advice to people worried about the matter.

It's up to each individual to decide what if anything to do. If people use a cell phone instead of having a

land line, "that may very well be reasonable for them," he said. Susan Juffe, a 58-year-old Pittsburgh special education teacher, heard about Herberman's cell phone advice on the radio earlier in the day.

"Now, I'm worried. It's scary," she said. She says she'll think twice about allowing her 10-year-old daughter Jayne to use the cell phone.

"I don't want to get it (brain cancer) and I certainly don't want you to get it," she explained to her daughter.

Sara Loughran, a 24-year-old doctoral student at the University of Pittsburgh, sat in a bus stop Wednesday chatting on her cell phone with her mother. She also had heard the news earlier in the day, but was not as concerned.

"I think if they gave me specific numbers and specific information and it was scary enough, I would be concerned," Loughran said, planning to call her mother again in a matter of minutes. "Without specific numbers, it's too vague to get me worked up."

Jennifer Yates reported from Pittsburgh. Science Writer Seth Borenstein reported from Washington. Reporter Ramit Plushnick-Masti contributed from Pittsburgh and Science Writer Malcolm Ritter contributed from New York.

ON THE INTERNET:

Advice from the University of Pittsburgh Cancer Institute:

<http://www.environmentaloncology.org/node/201>

Food and Drug Administration on cell phones:

<http://www.fda.gov/cellphones/qa.html>

If you want other stories on this topic, search the Archives at:

<http://www.latimes.com/archives>

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<http://www.latimes.com/news/nationworld/nation/wire/ats-ap-cell-phone-warningjul24.0,4805189.print.story>

; ... NutraSweet (aspartame). ...

<http://www.shirleys-wellness-cafe.com/nutraswt.htm>

Aspartame Danger

... Aspartame Danger. ... Phobias. Rapid Heart Beat, Tachycardia (another frequent nutrasweet reaction). ... Joint Pains. Brain Cancer (Pre-approval studies in animals). Death. ...

<http://www.anxietypanic.com/aspartame.html>

ChemCases: NutraSweet - 3. Food Additives

... With a product like NutraSweet, an optimal dose is ... A cancer development occurred with dosages that were beyond a ... amounts that pose a health danger, however. ...

<http://chemcases.com/nutra/nutra3.htm>

DANGER! NOT JUST TASTE ENHANCERS

... containing MSG plus a drink with NutraSweet ® will have ... the child, the greater the danger to the ... for every injury and disease, including arthritis and cancer. ...

<http://www.nutrition4health.org/NOHAnews/NNS96DangerTasteEnhancers.htm>

Health Hotline | Cancer | HIV | AIDS | Germ Killers for Anthrax (...

... NOTE: DANGER OF ANTHRAX VACCINE & DRUGS ... Link | Medical Warning: Abortion-Cancer | Law Review ... Huggins Protocol" |; TOXIN: Aspartame (NutraSweet) |

<http://hills.ccsf.cc.ca.us/~jinouy01/>

Aspartame - nutrasweet - avoid them

... cause a particularly dangerous form of cancer - primary lymphoma ... not be repeated because of the danger to the ... any studies funded by the NutraSweet Company."

<http://www.mercola.com/article/aspartame/summary.htm>

Bio Web Paper.html

: aspartameNM: Message: [aspartameNM] Roberts: JAM: aspartame & brain cancer

1991, on eScribe.com. 4)ASPARTAME (NUTRASWEET): NO DANGER,on the Multiple ...

<http://serendip.brynmawr.edu/biology/b103/f01/web3/blucher.html>

[PDF]Complementary Therapies in Chronic Care 2001 Index

... MAY:55 A solution: Stevia, the NutraSweet alternative, JUNE ... and cousins are powerful cancer fighters, MAR:31 FDA warns manufacturers of danger of nutrient ...

http://www.ahcpub.com/ahc_root_html/products/2001index/ctcc2001index.pdf

Ailments, Disorders and Illness Obesity

... IN CIGARETTES Apr 09; Make-up kit holds hidden danger of cancer Apr 09; ... Several Testimonials - Curing "Incurable" Mar 11; NutraSweet - Aspartame by Jan Dec 06. ...

<http://www.curezone.com/art/2.asp?C0=254&C1=16>

Online Health Analysis: Treatments: Aspartame (NutraSweet) ...

... could not be repeated because of the danger to the ... 10 children and the effects of the artificial sweetener "NutraSweet". ... Risks, Increased Risk Of Brain Cancer, ...

<http://www.digitalnaturopath.com/treat/T88689.html>

Ailments, Disorders and Illness Skin Problems

... THE TOXINS IN CIGARETTES Apr 09; Make-up kit holds hidden danger of cancer Apr 09; ... NutraSweet - Aspartame by Jan Dec 06. Foods. ...

<http://www.curezone.com/art/2.asp?C0=316&C1=16>

Cellular Phones and Cancer | Holology.com

... all many things are carcinogenic, even aspartame "nutrasweet" which is in ... well-documented research on cell-phone cancer and electromagnetic danger has come ...

<http://www.holology.com/cell.html>

Vote Yes on 27: The Monsanto Files

... . Aspartame (NutraSweet) toxicity info center. ... sweetpoison.com -- "The danger of aspartame exposed ... Saccharin Saccharin still poses cancer risk, scientists tell ...

<http://www.voteyeson27.com/monsanto.htm>

... [Aspartame \(NutraSweet\)](#)* is a small molecule made up of ... have a much higher incidence of cancer and other ... food products increases greatly the danger of chronic ...

Aspartame Danger: Sunday Express. Artificial Sweetner

... Last night, Liberal Democrat MP Norman Baker, who is campaigning for NutraSweet to be taken off the shelves added ... I believe Aspartame increases risk of cancer. ...

http://www.321recipes.com/sunday_express.html

News on Chemicals, Pesticides and more

... EPA reverses its views on the danger of Malation ... The Aspartame Epidemic - (marketed as NutraSweet, Equal, Spoonful). ... Pose Avoidable Risks Of Cancer Warns Samuel ...

<http://www.safe2use.com/newsrelease.htm>

Mobile / Cell Phone Is Linked To Cancer, you need protection from ...

... Cell phones have been linked to cancer. This has highlighted the radiation problem but we must be concerned about electrical radiation. ... Description: Device is claimed to provide complete protection against radiation from cell phones and other electromagnetic...

<http://www.radar3.com/>

Cell Phones Cancer Connection

SIGHTINGS Cell Phones Cancer Connection by Stewart Fist The Australian newspaper April 29, 1997 A team of scientists funded by Telstra ...

<http://www.rense.com/health/cancer.htm>

Cell Phones Cancer Connection

Cell Phones Cancer Connection. A team of scientists funded by Telstra to investigate claimed links between cellular phones and cancer ...

http://www.trunkerton.fsnet.co.uk/cell_phones_cancer_connection.htm

Cell Phones and Cancer, Part 1 - The Debate Rages On

<http://www.wirelessnewsfactor.com/perl/story/13711.html>

ScienceDaily News Release: Cell Phones Don't Cause Cancer, Rat ...

... Source: Washington University School Of Medicine. Date: 2002-06-26. Cell Phones Don't Cause Cancer, Rat Study Finds St. Louis, June ...

<http://www.sciencedaily.com/releases/2002/06/020626071255.htm>

Cellular Phones and Cancer

. It speaks for itself. Cell phones/cancer connection, by Stewart Fist, The Australian newspaper, Tues 29 April 1997. A team ...

<http://www.cqs.com/cell.htm>

News: Study: How cell phones can cause cancer

... Briefs, News sub_default, Study: How cell phones can cause cancer. By Rupert Goodwins ZDNet (UK) June 24, 2001, 5:00 PM PT, Researchers ...

<http://www.zdnet.com/zdnn/stories/news/0.4586.2779684.00.html>

Cancer Center

... Prevention: Eat a variety of healthy foods From the American ... a healthful body weight and to reduce cancer risk. ... shown that populations that eat a diet high in ...

<http://health.yahoo.com/health/centers/cancer/13.html>

People Living With Cancer - Archive - Cancer Advances: Healthy ...

... Cancer Advances: Healthy Diet Shows No Effect on Short-term PSA Levels, Medical Dictionary.

<http://www.plwc.org/>

Healthy Diet and Weight Improves Breast Cancer 8/31/02

... Healthy Diet and Weight Improves Breast Cancer. A review of recent studies on the effect of nutrition on cancer survival and recurrence ...

http://www.mercola.com/2002/aug/31/breast_cancer.htm

Ivanhoe's Medical Breakthroughs - Healthy Diet Reduces Cancer ...

. Healthy Diet Reduces Cancer Risk. Oct. 8, 2002 (Ivanhoe Newswire ...

http://www.ivanhoe.com/story/p_newsflash.cfm?storyid=4556

A Healthy Diet -- The Plant-Centered Alternative

... that my wife and I look more healthy following our ... In other words, a Word of Wisdom diet can greatly decrease the probability of cancer

http://www.allanstime.com/Health/diet_plant.htm

[PDF]Healthy Diet Linked to Lower Risk of Oral Cancer

... ups pancreatic cancer risk in smokers !" Vegetarian diet may protect against breast cancer !" Black Raspberries Fight Colon Cancer !" Healthy Diet Linked to

http://www.nilc.org.ge/nilc/web-pages/imd_digests/pdf-eng-2/IMD-85.pdf

Patient Information - Healthy Eating - A Guide for Cancer ...

. What is a healthy diet? ... A healthy diet includes: a wide variety of foods; at least five portions of fruit and vegetables each day; ...

http://www.royalmarsden.org/patientinfo/booklets/healthy_eating/healthy_diet.asp

[PDF]BACKGROUND STEP 1 : EAT A HEALTHY DIET STEP 2 : AVOID SMOKING AND ...

... Prevention and detection of breast, cervical and skin cancer The Pink Lady is supported by Fitness Northern Ireland. STEP 1 : EAT A HEALTHY DIET • Aim to eat ...

<http://https://www.actioncancer.org/leaflets/PINKLADY.pdf>

Colorectal Cancer Healthy Diet Advice

... Ashbell and I have created 10 low fat, high fruit and vegetable dishes to encourage you to eat the kind of healthy diet that can help prevent colon cancer. ...

http://www.testsymptomsathome.com/BII01_diet.asp

Cancer Research UK - New Year's Resolutions - eat more healthily

... Apart from helping guard against cancer, a healthy diet can prevent obesity (overweight) and reduce our risk of heart disease, high blood pressure and diabetes ...

<http://www.newyearsresolutions.org/eatmorehealthily/healthyeating.asp>

[PDF]BACKGROUND EAT A HEALTHY DIET AVOID SMOKING AND STOP IF YOU'VE ...

... You can help Action Cancer by raising as much sponsor money as you can. ... EAT A HEALTHY DIET

- Aim to eat at least five portions of fruit and/or vegetables per day...

<http://https://www.actioncancer.org/leaflets/HEALTHINACTION.pdf>

Diet and the cancer patient - Introduction

Information on Diet written by cancer specialists for cancer patients, including eating problems and a healthy diet. ...

<http://www.cancerbacup.org.uk/info/diet.htm>

Diet, Exercise Slow Prostate Cancer As Much As 30%

... and inactivity, and we desperately need to reduce the number of prostate cancer deaths in this country. It's clear that eating a healthy diet and exercising ...

<http://unisci.com/stories/20013/0911013.htm>

The Source - The Newsletter of the Harvard Center for Cancer ...

... On top of a healthy diet, a daily multivitamin can provide added protection against a number of chronic diseases, including cancer. ...

<http://www.hsph.harvard.edu/cancer/publications/source/v9n1/>

Aging, Diet and Cancer Prevention

... is maintaining a healthy diet, one that is rich in a variety of fruits, vegetables, whole grains and beans, can significantly lower your risk of cancer. ...

<http://seniorliving.about.com/library/weekly/aa090400a.htm>

Prevent Disease.com - Healthy Diet May Not Prevent Prostate ...

... it is possible that if a young boy were to adopt these healthy eating habits, the diet could reduce his risk of developing prostate cancer once he reaches ...

http://preventdisease.com/news/articles/healthy_diet_prostate_cancer.shtml

Variety Is Key to a Healthy Diet

Page 1. AICR Ever Green, Ever Healthy Feature May 2002 Topic: Cancer Variety Is Key to a Healthy Diet by the American Institute for Cancer Research ...

<http://vic.tamu.edu/>

People Living With Cancer - News for Patients from the Journal of ...

... Cancer Advances: Healthy Diet Shows No Effect on Short-term PSA Levels, ...

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

Imaginis - Nutrition For Breast Cancer Patients

... This section discusses the importance of maintaining a healthy diet during breast cancer treatment and offers suggestions on how to cope with side effects of ...

<http://imaginis.com/breasthealth/nutrition.asp>

Strengthforliving.co.uk//cancer

... Your doctor may be able to give you leaflets about a healthy diet, or CancerBACUP has a booklet Diet and the cancer patient.

http://www.s4lc.co.uk/backgrounders/detail.jhtml?key=o_diettips&s=0

Welcome To Southwest Washington Medical Center - Cancer Center

Tips for eating a healthy diet. Make fruits and vegetables a part of every meal. Put fruit on your cereal. Eat vegetables as a snack. ...

<http://www.swmedctr.com/Home/Cancer/Prevention/CancerPrevent/Diet/>

Expert Opinion - Prostate diet -- Discovery Health -- prostate, ...

. Although, to date, there has been limited evidence to link sugar and salt to prostate cancer, it is important as part of a healthy diet to eat these ...

<http://health.discovery.com/expert/qa/mens/prostatediet.html>

Heart Health Topic Page (Food & Nutrition Information Center)

... Heart Healthy Diet "The Heart Healthy Diet is an eating plan that can help keep your blood cholesterol low and decrease your chance of developing heart disease ...

<http://www.nal.usda.gov/fnic/etext/000036.html>

Cancer - Healthy Diet as Cancer Preventative, a Tough Sell

Healthy Diet as Cancer Preventative, a Tough Sell. By Dave Cureton, cancerpage.com Washington, DC. (August 31, 2000) –

<http://cancerpage.com/cancernews/cancernews1603.htm>

AICR Information Services - Reducing Your Cancer Risk

... The AICR Diet and Health Guidelines for Cancer Prevention are a good foundation for a healthy diet that can help you reach and maintain a healthy weight. ...

<http://www.aicr.org/reducing.html>

Health and nutrition articles

... Fiber and a healthy body; Depression and nutrition; ... be bad for you; Advantages of a diet high in ... patients; Nutrition and arthritis; Nutrition and cancer prevention; ...

<http://www.essortment.com/in/Health.Nutrition/>

Arizona Cancer Center ... Cancer Nutrition: Diarrhea

... A healthy diet prior to cancer treatment allows your body to maintain muscle, defend itself against infection and even build new tissue. ...

<http://www.azcc.arizona.edu/nutrition/pvn-treatment.htm>

[PDF]Healthy Eating []

... Detailed and scientific (but still readable) guidelines from the American Cancer Society on ways to reduce the risk of cancer through healthy diet and exercise .

<http://www.hsph.harvard.edu/cancer/fyf/pdfs/FYF2.pdf>

Redefining a Healthy Diet | Building Better Health

... Redefining a Healthy Diet. ... of polyunsaturated fat to saturated fat," says McCullough, who now is a nutritional epidemiologist with the American Cancer Society. ...

<http://www.buildingbetterhealth.com/article/hscoutn/103270314>

LINKS ON GREATDREAMS.COM

SURVIVAL AND SELF-SUFFICIENCY LINKS

... Working Citizen - Concerned with paying rent & utilities, keeping or getting health insurance, paying taxes, inflation, car repairs, leaky plumbing, back pains ... Description: A very large listing of links covering many topics including earth changes, farming, amateur radio,...

<http://www.greatdreams.com/survival.htm>

ALTERNATIVE HEALTH DATABASE

2-22-01. HEALTH LINKS. ALTERNATIVE HEALTH DATABASE. ... Alternative Medicine Homepage., The Falk Library of the Health Sciences, University of Pittsburgh. ...

<http://www.greatdreams.com/health.htm>

KUNDALINI

... Debee L. Thomas Reiki Natural Healing Reiki Natural Healing Gemstones & Vibrational Healing HerbWeb Yoga for Health HEALING BODY .

<http://www.greatdreams.com/kunda.htm>

THE ENVIRONMENT

... COSTA RICA NATURAL - Paper Products COSTA RICAN FORESTS CPAWS - Canadian Parks and Wilderness Society CPEP - PEACEFUL ENERGY PLAN CQS - Health and Environment ...

<http://www.greatdreams.com/environ.htm>

FREQUENCY SICKNESS - WHAT ARE THE CAUSES AND THE SYMPTOMS?

... standards are based on the heating effects of the radio waves on biological tissue and many people feel that the standards do not protect the health of the ...

<http://www.greatdreams.com/antenna.htm>

PHI - SOUND AND HEALING

... and spiritually, this tells us that as we raise our own individual energy levels we open to a higher degree of health. ... <http://www.greatdreams.com/patti.htm>. ...

<http://www.greatdreams.com/sound.htm>

THE ULTIMATE DREAM - THE ELECTION AND MIND CONTROL

... Its super powerful radio-wave beam may irreparably damage the planets atmosphere and severely disrupt our mental and physical health. ...

<http://www.greatdreams.com/mind.htm>

SCALAR PHYSICS - ALTERNATIVE ENERGY - FREE ENERGY - PLASMA ENERGY ...

... (from a chapter in my publication, "Bioelectromagnetics 2002: Health Effects Update", on my website <emfinterface.com>. Best Wishes for the New Year,. Jim Beal. ...

<http://www.greatdreams.com/scalar.htm>

NATIONWIDE CHEMTRAILS - VIRULENT BIO-TOXIN SOUP

... And Utah safety and health officials, who have been active in preparing for terrorism, likely will welcome it. ... The health consequences are huge. ...

<http://www.greatdreams.com/chems.htm>

PATTI CONKLIN - JUDY GOODMAN

... Healing Within" One of the worlds greatest medical intuitives reveals what she sees...thought and energy affect our health and environment. ...

<http://www.greatdreams.com/patti.htm>

ASCENSION

... ASCENSION GUIDELINES. Ascension Network - Site dedicated to health and harmony of the spirit, mind and body. Spiritual and holistic resources. ...

<http://www.greatdreams.com/ascend.htm>

ORGANIC AND PERMACULTURE GARDENING

... Biodynamic Farming and Gardening Association Center for New Crops & Plant Products Noah's Ark - "Don't Panic, Eat Organic" Soil and Health Library Global ...

<http://www.greatdreams.com/garden.htm>

SOY PRODUCTS A SIGNIFICANT HEALTH RISK

Subj: Soy Products A Significant Health Risk Date: 11/27/1999 11.27.99 Soy Products A Significant Health Risk An unfortunate bit of news from Ian Goddard.

<http://www.greatdreams.com/soy.htm>

DEATH CALLS ON THE PHONE - THE POPE?

... . Over the last 10 years, John Paul II has suffered a number of serious health problems. ... internet). Pope's health openly debated ...

<http://www.greatdreams.com/death-calls.htm>

SMALL POX - THE DREAM AND THE REALITY

... What you see on the Web site is a first attempt to get a consistent message out," he says, explaining that the public health quandaries such as the ... Health Net.

<http://www.greatdreams.com/smallpox.htm>

DEE'S VISION OF SPIRITUAL LAW AND MORAL ORDER

... Light is a garment of knowledge. Water is a garment of health. Life without virtues is like a garden without flowers or trees without fruit. ...

<http://www.greatdreams.com/vision1.htm>

DIET, AND HEALTH AND IT'S RELATION TO SUGAR

Diet, and Health and it's relation to sugar. Diet. Pretty popular word. ... US Dept of Health and Human Welfare Ignores Neurological Symptomology. ...

<http://www.greatdreams.com/diet1.htm>

PSYCHEDELICS AND THE PATH

... Deception : A Scientific Analysis of Hallucination (Johns Hopkins Series in Contemporary Medicine and Public Health) by Peter D

<http://www.greatdreams.com/psychdlc.htm>

ALL ABOUT SOYBEANS

... soy cheese, soy flour for baking and textured soy protein as meat substitutes, usually promoted as high protein, low-fat, no cholesterol "health foods" to the ...

<http://www.greatdreams.com/soybeans.htm>

Dowsing with Your Pendulum

... CAUSES OF HEALTH PROBLEMS. ... Always use the term 'health problems' since it includes all sickness, disease, and other problems. ...

<http://www.greatdreams.com/penlearn.htm>

THE PERFECT DIET - GAIN BETTER HEALTH WITHOUT PILLS

THE PERFECT DIET. An inspiration. [THIS IS A HEALTH.IT ... NOT A DI.ET].. "Arthritis is a symptom, not a disease". ...

<http://www.greatdreams.com/diet.htm>

POSITIVE CO-CREATION

... her constant questioning of psychic abilities and sources of creativity, her resistance to Seth's advice, her dramatic struggles with her health--...

<http://www.greatdreams.com/creation.htm>

METHODS OF HEALING - THE DREAM AND THE REALITY

... The energies of the caduceus will help you find the real cause of health problems and tackle it for yourself.

<http://www.greatdreams.com/healing-methods.htm>

MIRACLES - THE FINGER-POSTS OF GOD

ECLIPSE EXPERIENCES ON 8-11-99. ... Thank you for my health and vitality. ...

<http://www.greatdreams.com/miracle.htm>

THE THEORY AND PRACTICE OF ALCHEMY - INCLUDING ORMUS

... Healing Through Minerals and White Gold Powder. Health Effects of the ORMUS elements. Historic References in Hudson's Presentations. Hudson's Presentations. ...

<http://www.greatdreams.com/alchemy.htm>

HEALING DREAMS AND ALTERNATIVE HEALTH

HEALING METHODS. THE PERFECT DIET - HEALTH - IT. ALTERNATIVE HEALTH LINK DATABASE. SOUND - PHI HEALING. ...

<http://www.greatdreams.com/healing.htm>

THE RAINBOW OF CREATION

... ..Disclaimer HOLISTIC HEALTH SOLUTION - CHAKRAS www.holistichealthsolution.com/maxpages
... More information has come... <http://www.greatdreams.com/chkraccs.htm>

<http://www.greatdreams.com/rainbow.htm>

Depression, Beating It! Raising Our Consciousness!

... We need to take responsibility and create the life we were meant to live, one of joy, good mental/physical health and happiness! ...

<http://www.greatdreams.com/depresin.htm>

A NEW IDEA - A DREAM

... Gould Farm, a progressive mental health community and working farm in Monterey, MA, seeks individuals for four positions: ... St Joseph's Health Centre. ...

<http://www.greatdreams.com/newidea.htm>

UPLIFTING WOMEN - CRIMES OF VIOLENCE AGAINST WOMEN AROUND THE ...

... The World Health Organization estimates that half a million women die and 8 million are disabled each year during pregnancy or childbirth. ...

<http://www.greatdreams.com/uplifting.htm>

COLOR ENERGIES AND HEALING

... Color Visualization ... Sunlight contains all the colors of the rainbow. You can drink this water for health purposes. ...

<http://www.greatdreams.com/color-energies.htm>

POPULATION EXPLOSION - A PROBLEM TO SURVIVAL OF HUMAN EXISTENCE

... However, they were unable to prevent the Conference from finishing by calling for billions of dollars to be spent for "reproductive health" and "family planning".

<http://www.greatdreams.com/population.htm>

THE TRUTH ABOUT "SARS"

... At first it will be ignored by world health authorities, but it will spread and its victims will multiply rapidly – millions and millions of poor souls. ...

<http://www.greatdreams.com/sars.htm>

KUNDALINI

... SPIRIT Homeopathy Yoga on the Internet Ayurveda Ayurveda Holistic Center Yoga Vani Table of Contents Chakras Chakras - The Rainbow ..

<http://www.greatdreams.com/kunda.htm>

ALTERNATIVE HEALTH DATABASE

... Chakra Balancing. Learning about Chakras From your About.com Guide - Introduction to a 7 feature series exploring the major chakras. ...

<http://www.greatdreams.com/health.htm>

FREQUENCIES OF THE ORGANS OF THE BODY AND PLANETS

... CHAKRA ROOM RESONANCES by Barbara Hero. CHAKRAS, NOTE/FREQ, ROOM SIZE FEET, MIDDLE OCTAVE. ... 35 - 193, Arthralgy, AT. 35, Awakening of mid-chakras, balance of chakras, ...

<http://www.greatdreams.com/hertz.htm>

BIRTHING THE DNA OF LIGHT

... with the energy body. Because the chakras are related to our endocrine system, women will go through hormonal changes. There may be ...

<http://www.greatdreams.com/dna.htm>

THE CHAKRAS

DREAMS OF THE GREAT EARTHCHANGES - MAIN INDEX