

January 2012

Clinic location:

6-8 Enkleman Road
Yatala 4207

T: **3287 3015**

F: 3287 3175

E: dagmar@truemedicine.com.au

www.truemedicine.com.au

- For health tips
- Diets
- Recipes
- Or blog a comment

Clinic Hours:

- Wed 2 pm -6:30 pm
- Thur & Fri 9 am—6 pm

Bookings essential—
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A medical view on alternative treatment for cancer

The following article is quoted in its entirety from the ATMS News –
Summer 2011.

John Hopkins is finally starting to tell you there is an alternative way to treat cancer

By Rick Cantrell, Phd, MD, PsyD

The below is absolutely 100% true and as a doctor I have been telling people this for 15 years now. No one wants to listen. Cancer treatment is about making money. It is a 120 billion dollar a year industry in the United States alone and estimated to be a 600 billion dollar a year industry worldwide. A successful cancer case according to the American Cancer Society and the American College of Oncology and Hematology means that the person survives for 5 years. Both the American Cancer Society and the American College of Oncology and Hematology admit that a person is likely to survive cancer for 7 to 10 years even if they do absolutely NOTHING.

Of course, only the doctors get those magazines – not you, the cancer patient.

Alternative medicine's track record of curing cancer is 10 times higher than that of conventional medicine. Note that I say CURE.

Remember another thing. A TUMOR is just a symptom. It is not the cause of cancer. Science is a cause and effect. Remove the cause and the effect disappears. I am in my third battle with cancer right now. I have not done any chemotherapy or radiation or surgery for any of my bouts with cancer. I survived leukemia, I survived Non Hodgkins Lymphoma and now I have Glioblastoma which is supposedly an incurable form of brain cancer. I was given two months to live 5 months ago. I have been using Chinese herbs, high doses of vitamin C, acupuncture, chiropractic, homeopathy and nutritional changes. Yes, at first it got worse. It had metastasized to my lymph nodes, my lungs and my bones. As of this week, I am happy to say that there is no evidence now of any cancer in my lymph system or my bones. I had 6 tumors in my lungs, now there are only two. The tumors in my brain have shrunk tremendously. I never did any of their chemo, radiation or surgery.

Here is a very interesting statistic that you can only have access to by being a doctor. Every year more than 1,000 doctors, oncologists (cancer doctors) are diagnosed with cancer. **Less than 10% of them choose to do the treatment that they have been giving to their patients.** Sort of like the fact that **less than 25% of all paediatricians vaccinate their own children** because of the fact that the risk of sudden death or serious side effects from the vaccination is higher than the risk of catching the disease one is being vaccinated for.

Medicine is about money, not about your health and the system traps people, especially the elderly, disabled and poor into a deadly treatment regime that puts them in an early grave.

Does alternative medicine work all the time? No. Of course not. Nothing works all the time. But there is a reason for that. You don't die until it's your time to die. Nothing can make you live longer than that time. However, quality of life comes into play. Those cancer patients who use alternative therapies for their cancer, yet still die from the illness, suffer a much higher quality of



Dagmar Ganser, BHSc, ND(Adv)

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life. They die able to spend time with their families and even recognize their family members. They don't become emaciated like those who do chemotherapy or radiation do and rarely is a person who goes under the treatment of chemotherapy able to recognize anyone for the last few days of their lives. Their bodies become ravaged to the point that you can't even recognize them either. They suffer at a much higher rate and they have one let down after another as doctors tell them, ahhh – it's looking good, only to tell them on the next visit it's looking worse, you need more chemo and radiation.

I took an oath as a physician. I have always followed it. That has certainly not made me successful financially as a doctor because I have consistently refused to go along with conventional medicine.

Read the below carefully. It may indeed make a difference in your life.

John Hopkins has recently sent this out in its newsletters. This information is being circulated at Walter Reed Army Medical Center as well.

Cancer update from John Hopkins

Every person has cancer cells in the body. These cancer cells do not show up in the standard tests until they have multiplied to a few billion. When doctors tell cancer patients that there are no more cancer cells in their bodies after treatment, it just means the tests are unable to detect the cancer cells because they have not reached the detectable size.

1. Cancer cells occur between 6 to more than 10 times in a person's lifetime.
2. When the person's immune system is strong the cancer cells will be destroyed and prevented from multiplying and forming tumors.
3. When a person has cancer it indicates the person has nutritional deficiencies. These could be due to [genetic](#), but also to environmental, food and lifestyle factors.
4. To overcome the multiple nutritional deficiencies, changing diet to eat more adequately and healthy, 4-5 times/day and by including supplements will strengthen the immune system.
5. Chemotherapy involves poisoning the rapidly-growing cancer cells and also destroys rapidly-growing healthy cells in the bone marrow, gastrointestinal tract etc, and can cause organ damage like liver, kidneys, heart, lungs, etc.
6. Radiation while destroying cancer cells also burns, scars and damages healthy cells, tissues and organs.
7. Initial treatment with chemotherapy and radiation will often reduce tumor size. However prolonged use of chemotherapy and radiation do not result in more tumor destruction.
8. When the body has too much toxic burden from chemotherapy and radiation the immune system is either compromised or destroyed, hence the person can succumb to various kinds of infections and complications.
9. Chemotherapy and radiation can cause cancer cells to mutate and become resistant and difficult to destroy. Surgery can also cause cancer cells to spread to other sites.
10. An effective way to battle cancer is to starve the cancer cells by not feeding it with the foods it needs to multiply.

Cancer cells feed on

- a. **Sugar substitutes** like NutraSweet, Equal, Spoonful, etc are made with Aspartame and it is harmful. A better natural substitute would be Manuka honey or molasses, but only in very small amounts. Table salt has a chemical added to make it white in colour. Better alternative is Bragg's aminos or sea salt*.
- b. **Milk** causes the body to produce mucus, especially in the gastro-intestinal tract. Cancer feeds on mucus. By cutting off milk and substituting with unsweetened soy milk cancer cells are being starved.#
- c. Cancer cells thrive in an **acid environment**.** A meat-based diet is acidic and it is best to eat fish and a little other meat, like chicken. Meat also contains antibiotics, growth hormones and parasites, which are all harmful, especially to people with cancer.
- d. A diet made of 80% fresh vegetables and juice, whole grains, seeds, nuts and a little fruit helps put the body into an [alkaline environment](#). About 20% can be from cooked food including beans. Fresh vegetable juices provide live enzymes that are easily absorbed and reach down to cellular levels within 15 minutes to nourish and enhance growth of healthy cells. To obtain live enzymes for building healthy cells, try and drink fresh vegetable juice (most vegetables including bean sprouts) and eat some raw vegetables 2 to 3 times a day. Enzymes are destroyed at temperatures of 40 degrees C.
- e. Avoid **coffee, tea and chocolate**, which have high caffeine. Green tea is a better alternative and has cancer fighting properties. [Water](#) – best to drink purified water, or filtered, to avoid known toxins and heavy metals in tap water. Distilled water is acidic, avoid it.

- f. **Meat** protein is difficult to digest and requires a lot of digestive enzymes. Undigested meat remaining in the intestines becomes putrefied and leads to more toxic build up.
- g. Cancer cell walls have a tough protein covering. By refraining from or eating less meat it frees more enzymes to attack the protein walls of cancer cells and allows the body's killer cells to destroy the cancer cells.
- h. Some supplements build up the immune system to enable the body's own killer cells to destroy cancer cells. Other supplements are known to cause apoptosis, or programmed cell death, the body's normal method of disposing of damaged unwanted or unneeded cells.
- i. Cancer is a disease of the mind, body and spirit. A proactive and positive spirit will help the cancer warrior to be a survivor. **Anger, unforgiveness and bitterness** put the body into a stressful and acidic environment. Learn to have a loving and forgiving spirit. Learn to relax and enjoy life.
- j. Cancer cells cannot thrive in an oxygenated environment. Exercising daily and deep breathing help to get more oxygen down to the cellular level. Oxygen therapy is another means employed to destroy cancer cells.

Rick Cantrell, PhD, MD, PsyD

Some comments by Dagmar:

* the best salt to use is Himalayan Rock Salt as some sea salt can contain mercury.

soy milk should be organic, non GMO and the beans should be fermented or soaked prior to preparation.

** In 1932 Otto Warburg won the Nobel Prize in Medicine for his discovery that cancer was anaerobic: cancer occurs in the absence of free oxygen. As innocuous as this discovery might seem, it is actually a startling and significant finding. What it basically means is that cancer is caused by a lack of free oxygen in the body and therefore, whatever causes this to occur is the cause most diseases.

As a naturopath, Dagmar is able to accurately assess your body's needs for nutrients, identify digestive dysfunction and support a strong and healthy immune system. Call 07 3287 3015 today and receive professional assistance and nutritional guidance that will address your specific needs.

**BRAIN
FOOD**

Someone asked the Dalai Lama what surprises him most. This was his response:

"Man, because he sacrifices his health in order to make money. Then sacrifices money to recuperate his health. And then he is so anxious about the future that he does not enjoy the present; the result being that he does not live in the present or the future; he lives as if he is never going to die, and then he dies having never really lived."