

Dr. Courtney's raw cannabis juice

Dr. Courtney: Marijuana and Psychiatry

Doctor William L. Courtney has a solid medical education. After obtaining the Doctorate in Medicine at the Wayne State University (USA) and doing his internship at the Psychiatry Medical Center of California, he obtained his post doctorate on legal medicine. Dr. Courtney is currently member of the American Academy of Cannabinoid Medicine, the International Association of Cannabis as Medicine, and the Society of Clinical Cannabis. Furthermore, he has also taught Continuing Medical Education courses in [clinical cannabis](#) .



The favourite research field of this american doctor is the daily use of marijuana, with a 250-500mg intake of **phytocannabinoids** in the form of **non-psychoactive acid**, which the doctor considers to be **essential nutrients**. During the last years, Dr. Courtney has shown his investigations to many other doctors; during his speech *Cannabis Therapeutics* in Rhode Island – April, 2010 – at the Institute of Molecular Psychiatry of Bonn – June, 2010 – at the Institute of Advanced Studies of the Hebrew University of Jerusalem – November, 2010 – or in his speech at the International Cannabinoid Research Society in Chicago – July, 2011.

Dr. Courtney is also vice-president of the *Association Luxembourgeoise des Méthodes Préventives*, that use his recipes for making raw marijuana juice. He also **works with those cannabis dispensaries** that want to offer cannabis juices to all their therapeutical users with serious diseases. He has also started several **medical research laboratories in California**.

The Power of RAW Cannabis (2012)

Kristen Peskuski, first patient healed with raw cannabis juice

Dr. Courtney's most interesting story is about his wife Kristen Peskuski. Kristen suffered from Systemic **Lupus** Erythematosus for many years, an **autoimmune** disorder that damages the connective tissues of several organs. When **her health status greatly improved** after consuming raw marijuana juice every day, they were confident that they had found a viable **treatment for certain chronic diseases**. Kristen used to take about 40 medicines every day, while today she only takes them occasionally, for some specific symptoms.

Although her gynecologist was sceptical at the

beginning – even hostile of the idea of using cannabis as medicine – he subsequently stated: “It is a **miracle**, a story that deserves being told”. After a medical evaluation, the gynecologist carefully studied Kristen’s expedient to verify her previous health state. On the basis of her medical history, he caimed that Kristen “was about to die...and any **medicine eminence** could help her, could neither know what was happening nor how to proceed. That’s why they contacted Dr. Courtney, who saved her life.” Courtney initially prescribed her **dry marijuana capsules**, and then he gave her **raw cannabis juice**.



Doctors had told Kristen that she could never have a baby, however, she gave birth to a healthy girl without any medical intervention or treatment for pain. Nowadays, Kristen and her daughter are healthy, strong and radiant. Kristen Peskuski truly believes that **cannabis saved her life**; she tells that “when I take marijuana juice, I feel more focused, more alert. I breathe better. I have neither heartburn nor gastric disorders, I don’t feel muscle weakness or pelvic and back pains. Now that I feel good, my aim is to **help other people** with the same problem than mine, so they have all the

information on raw cannabis juice.”

Dr. Courtney shares his wife’s passion for helping other people with marijuana and states: “I’m **happy** to know that my patients **don’t need medicines** anymore, which caused them ulcers, stomach hemorrhages or **liver injuries** – that pain and anti-inflammatory medicines usually cause. We believe that **spreading this information is worth fighting for**. Why deprive someone of **reducing the risks of a tumor**, a heart attack or diabetes?”

LEAF (The Health Benefits of Juicing Raw Cannabis) (2012)

Doctor Courtney continues: “Go and visit **Amber**; at age 2, she was diagnosed with an end-stage **brain tumor**. With the classic treatment, she had a 10% chance to survive. After surgery, radiotherapy and chemotherapy, tumors were still developing; the doctors recommended Amber’s parents to take her home and wait for what’s **inevitable**. A month later, Amber’s parents started to notice a change. Tumors were **decreasing in size and number**; the family had started to make juice with raw cannabis leafs, giving the child a few milliliters every day.

The fact that such an important institution like the [National Cancer Institute](#) has recently recognized the **anti-tumor properties** of cannabinoids shows that the situation is progressing at the highest level. But this issue has a dark side: if marijuana is finally and officially recognized as a beneficial plant, companies like Monsanto will soon create and distribute cannabis seeds genetically modified to be sterile and Roundup Ready.”

Composition and therapeutic properties of the raw marijuana juice

In natural form, marijuana is a super-nutrient, rich in essential nutrients capable of preventing and healing many

diseases, since we can not sintetize these essential nutrients: essential fatty acids, essential aminoacids, fibers, enzymes, vitamins, minerals, **flavonoids**, carotenoids, terpenes,...without forgetting the renowned phytocannabinoid acids.



Humans have an **endogenous cannabinoid system** that controls many cell functions. **525 different molecules** have been identified in the cannabis plant. Some of them act as **modulators**, facilitating the **regulation** of the cell physiology of the endogenous cannabinoid system. The main component found in raw cannabis plants is THCA, which – along with other phytocannabinoids – interact with the immune system. Recently harvested marijuana plants also contain cannabinoids in acid form: **THCA**, CBDA, CBGA...which are non-psychoactive.

Patients become **euphoric** with THC doses between 10 and 20mg, while they can take complete doses – 200/1000mg – of other non-psychoactive cannabinoids. Many patients don't tolerate THC due to its **psychoactivity**, which interferes with their

daily activities, even when it does improve several symptoms. When cannabis is ripe or heated, cannabinoids decarboxilate, what reduces the tolerable dose from 2000 to 10mg. The result is the **loss** of the **anti-inflammatory, anti-spasmodic and anti-proliferative** – anti-cancerous – properties of cannabinoids.



THCA is a potent agonist of TRPA1 receptor, and antagonist of TRPM8 receptor (Source: [JPET](#)), what could explain its analgesic action, taking a prominent role in the treatment of **prostate cancer**. THCA has also antiemetic properties (Source: [NCBI](#)) and protects dopamine neurons from degeneration, what could be a great help for Parkinson treatments (Source: [NCBI](#)).

CBDA has the same properties than THCA in both TRPA1 and TRPM8 receptors, but it is also agonist of TRPV1 receptor and inhibitory of COX-2 (ciclooxygenase-2), an enzyme complex that has a very important role in **inflammations**. CBDA also has the potential of **fighting against the mutation of tumoral**

cells (Source: [NCBI](#)), which are highly invasive in **MDA-MB-231** breast cancer cells (Source: [NCBI](#)). CBDA has also influence on **5-HT1A** serotonin receptors, what could partially explain its anti-nausea properties (Source: [NCBI](#)).

Acid cannabinoids CBDA and **CBGA** are known for being strong antagonists of **GPR55** pro-inflammatory receptor (Source: [JBC](#)). Thus, cannabinoid acids have **anti-inflammatory properties 2 to 4 times more efficient** than cannabinoids in neutral form, which have been studied for the last 30 years.

We can still highlight another interesting property of acid cannabinoids: **the acid carboxylic group is hydrophile**, what means that these acid cannabinoids are partially soluble in water compared to decarboxylated cannabinoids – THC, CBD... – which are not.



[The N° 6 630 507](#) United States patent states that some

cannabinoids have useful therapeutic effects, which are not activated by cannabinoid receptors and, consequently, don't have psychoactive effects. Furthermore, this absence of psychoactivity allows **very high doses without non-desired side effects**.

Dr. Courtney claims that these cannabinoids help the **regulatory system of our body** to be more efficient. In summary, they are nutrients that help to better regulate the performance of our **210 types of body cells**. We are not talking here about their use as a medicine, but simply as **essential nutrients**.

The best way to spread this message is to have good information and to know what one is talking about. One of the first reactions when speaking of using marijuana is identifying it with its psychoactive effects. **Marijuana in natural form is not psychoactive**, since THC is in acid form, THCA. This THCA can be **decarboxylated** to psychoactive THC over time – drying, ripening, storing – and/or because it is heated – combustion, vaporization, cooking.



Doctor Courtney continues: “If you heat the plant, you get decarboxylated THCA – THC – and you will have psychoactive effects with only 10mg of THC. If it is not heated, you can take from 500 to 600mg of THCA, use it as essential nutrient and enjoy the [antioxidant and neuroprotective properties](#) that these high doses offer you.

This **spectacular increase of the dose** – from 10mg of psychoactive THC to 500-600mg of non-psychoactive **THCA, CBDA, CBGA** – explains the main difference between traditional medicinal cannabis and this new alternative daily use of cannabinoids. However, other substances of the plant, such as [aromatic molecules](#) , may affect mood or energy levels.

Marijuana is an incredibly **complex plant**, whose synergic components are still not totally catalogued and studied. Meanwhile, it is up to every consumer to **identify the most suitable strain** to improve his/her health.”

The **proportion of cannabinoids** varies from one cannabis plant to another; however, we still don't have studies or analysis about which parts of the plant contain more or less specific cannabinoids. For this reason, it seems that the most recommendable way to consume it is using the entire plant, **leaves and flowers**.

There are currently on the market different [strains rich in CBD](#) . The ideal CBD dose per person is 5-20mg per Kg of body weight. For a person weighing 70kg, 7gr of 5% CBD marijuana are needed for a dose of 5mg of CBD per Kg of body weight, while 35gr of 1% CBD marijuana will be needed to consume the same amount of this therapeutic cannabinoid.



Cannabidiol (CBD) is a **potent antioxidant** for lipids, more efficient than vitamin E. That is why it is so useful for preventing diseases caused by alcohol and radiations, as well as **CNS – Central Nervous System – diseases** (myelopathy, encephalopathy), since CBD is capable of crossing the blood-brain barrier and so acting as antioxidant on brain neurones. CBD also has **antiepileptic**, antiproliferative and antidystonia properties.

Decarboxylation of CBDA to CBD needs a slightly higher temperature than decarboxylation of THCA to THC. Therefore, if you want to transform the CBDA of a plant to CBD, you will also have to transform THCA to THC.

The average THC dose for those who don't have problems with its psychoactivity is from 10 to 20mg. If we make a juice of a 10gr ripe marijuana bud with a **1:1 THC/CBD ratio (5%)** we will get up to 500mg of THCA and 500mg of CBDA. If this juice is accidentally heated, a 500mg THC dose will be achieved, that is to say, approximately 50 times the needed dose to feel high!

Raw marijuana juice preparation and conservation tips

Consuming marijuana in natural form is the only way to enjoy all the **benefits of the plant**. Extracting its juice is the best way to use [cannabis as nutrient](#) , but it is also possible to chew and swallow recently harvested – fresh – marijuana buds and leafs. **Using a juice extractor** is highly recommended when processing a large amount of leafs, while a blender will be perfect for shredding buds. Using a blender for the buds instead of a juice extractor reduces the loss of cannabinoids, since these are attached to the juice extractor filter.



Recently harvested marijuana can be stored in airtight bags in the fridge for a couple of weeks. Once the juice is extracted, it can be stored either with ice in the fridge **up to 3 days**, or in the freezer for several months.

Before extracting their juice, it is recommended to **clean the leafs and soak them in cold water** for 5 minutes. Check that all leafs are **perfectly clean** before soaking them, even if they were grown **organically**. If our plants received any kind of [phytosanitary treatment](#) (insecticides, fungicides, acaricides,...) they are not suitable for making cannabis juice.



Buds have higher **concentration of cannabinoids** than leafs, and therefore are an excellent method of consumption if one has sufficient supplies. Both leafs and buds are extremely beneficial, but **combining them** is ideal. Marijuana buds must have their **trichomes of white/milky colour**, there should not be any amber. You can use plant's leafs either in their growing or flowering stage.

Male plants – from regular seeds – hermaphrodite plants or even all the trimming can be used to make raw marijuana juice. The main difficulty to supply ourselves with raw cannabis juice during all the year is, obviously, having enough green matter for the whole year. It would be perfect germinating one [marijuana seed](#) every day so, over time, we can harvest **one plant every day**.



To ensure that his patients consume 250-500mg of acid phytocannabinoids every day, Dr Courtney recommends taking care with plants grown too close to indoor bulbs or other possible **heat sources**. Sometimes, when plants are too close from [HPS bulbs](#) , the heat produced by the lighting system can **decarboxylate THCA to THC**. This could also happen in outdoor plants when they reach their flowering peak and the climate is too hot, although it is not usual.

If you want to process an entire plant, or a large amount of green matter, you should allow to **cool your juice extractor** from time to time. If your extractor is too hot, it may produce decarboxylation of cannabinoids during the extraction, what will make the juice to be **psychoactive**; a cup of hot marijuana juice is equal to several tens of joints.



Doctor William Courtney recommends consuming oil from hemp seeds **every day**, salads with sprouted cannabis seeds and **120-240ml of raw marijuana juice**, divided into 5 doses (500mg of CBD cannabidiol). Doctor Courtney states that “it is great because we use non-psychoactive cannabinoids, but that actually saturate the body, facilitating its regulation”. According to him, this diet reduces the risks of **cancer**, **heart attacks** (66%) and insulin-dependent **diabetes** (58%).

The **taste** of raw marijuana juice is strong and “green”, so it is recommended to **mix it** with other fruit juices or foods: lemon juice, yogurt, [oil from hemp seeds](#) , fresh fruits and vegetables, garlic, turmeric and other spices, which will be the perfect supplement for cannabis juice. Dr. Courtney claims: “I started to make marijuana juice with **carrots**. I took 4 every morning, and 4 more every afternoon, but after taking carrot juice for several months my skin was starting to

turn orange. That is why I now use **broccoli and beet**".

Usually, patients start taking 1-3mg of fresh grinded buds to ensure that there are neither **allergic reactions** nor psychoactivity. Once accustomed to this dose, it can be progressively increased from 10 to 15gr of **fresh, raw cannabis buds** every day. As a supplement, consume about 30gr of fresh leafs every day, even more if you have sufficient [plant production](#) .



The juice will be more efficient if we **divide it in several intakes**, since our body eliminates it very fast, approximately 50 minutes after its assimilation by the intestinal tract. If we have 300ml of raw cannabis juice, we will make 5 intakes of 60ml during the day, every 3-4 hours. Keep the juice with ice and **shake it before using it**, so the fatty acids are evenly distributed in the watery part of the juice.

Doctor Courtney warns those patients with kidneys and gall bladder problems that cannabis juice in natural form poses

some risks. Marijuana juice is not recommended for **hypercalciuria** or **hyperoxaluria**. Finally, doctor Courtney points out that patients consuming medicines whose efficiency could be decreased by **grapefruit or pomegranate juice** should inform their doctor before starting a diet with marijuana juice; the same happens if patients use **anticoagulants** (like Coumadín). Most leaves from plants contain large proportions of **vitamin K**, which can impede the liver to metabolize these medicines.



According to Dr. Courtney, some effects of the raw cannabis juice may appear 3 days after the first intake, while others can take a few weeks. We must consume raw marijuana juice **from 4 to 8 weeks** before noticing its beneficial properties, since phytocannabinoids are slowly accumulated in fatty tissues, just like lipophilic vitamins (A, D, E, K).

Mariellen Jurkovitch, director of the *Humbolt Patient Resource Center*, notices a great improvement in the patient's health. She states that [smoking marijuana](#) lessened the pain of several

patients and improved their **life quality**, but that she could not actually observe a true improvement in their health; raw marijuana, in its natural form, changed her point of view. She claims that while making the juice and cleaning the extractor means a lot of work, “people that do it love it, because they can see **results**”.

¿What is CBDA?

Main sources used to draft this post:

- [Cannabis as a unique Functional Food](#)
- [Phytocannabinoïdes non psychoactifs](#)
- [Hemp Cures Cancer](#)
- [Cannabis International Foundation](#)

Source:

<http://www.alchimiaweb.com/blogen/dr-courtneys-raw-cannabis-juice/>

[10 Natural Cancer Treatments Revealed](#)



Around 20 years ago, my mother was diagnosed with breast [cancer](#). This was crazy for my family at the time because my mom was a gym teacher, swim instructor and was always considered to be “healthy”.

After her diagnosis, she took the advice of her oncologists at the Cleveland Clinic and underwent a mastectomy and went through many rounds of chemotherapy. I can still remember to this day seeing my mom’s hair fall out and thinking she had aged 10 years in a few weeks after chemo.

Praise God after all of her treatments she was then diagnosed as being “cancer free” and healthy. But, for the next many years after chemotherapy she was sicker than she had ever been in her life and struggled with constipation, candida, depression and chronic fatigue.

Then, around 9 years after her first diagnosis, a terrible thing happened, she was diagnosed with cancer again. At this point I had been working in the natural health field and I flew home, we prayed together, and talked about the best strategy. She decided to take an all-natural approach with diet and lifestyle changes.

My mom started following a natural treatment plan that included vegetable juicing, probiotic foods, immune boosting supplements, stress reducing techniques and prayer. And after four months the tumors on her lungs had shrunk significantly and one year after that she was diagnosed as being cancer free and healthy. It’s now been 10 years, my mom recently turned 60

and she is in the best shape of her life: water skiing, running and still going strong.

I want to be clear that I am not claiming that what we did with my mother is a cancer cure. But I believe these natural therapies used by themselves or in conjunction with conventional medical treatments may support the body in the healing process.

I am often asked, “what exactly did your mom do?” Below are some of the natural strategies my mom followed in healing her body.

Most Effective Natural Cancer Treatments

1. Gerson Therapy and Juicing

“...I see in him one of the most eminent geniuses in the history of medicine. Many of his basic ideas have been adopted without having his name connected with them. Yet, he has achieved more than seemed possible under adverse conditions. He leaves a legacy which commands attention and which will assure him his due place. Those whom he has cured will now attest to the truth of his ideas.”

~ Albert Schweitzer M.D. (Nobel Peace Prize Winner, 1952)

Who was Albert Schweitzer talking about?

He was referring to Dr. Max Gerson, the German born American medical doctor who developed one of the most effective natural cancer treatments over 90 years ago. Coined the “[Gerson Therapy](#),” Dr. Gerson helped hundreds of cancer patients activate their body’s extraordinary ability to heal itself by recommending:

- Organic, plant-based foods
- Raw juices
- Coffee enemas
- Beef liver
- Natural supplements

In the words of the Gerson Institute,

“With its whole-body approach to healing, the Gerson Therapy naturally reactivates your body’s magnificent ability to heal itself – with no damaging side effects. This a powerful, natural treatment boosts the body’s own immune system to heal cancer, arthritis, heart disease, allergies, and many other degenerative diseases.”

How the Gerson Therapy Works

By maximizing the nutritional benefits of 15-20 pounds of organically grown fruits and vegetables each day, the Gerson Therapy targets the most significant metabolic requirements in your body.

- **The Gerson Diet** – Consisting of eating only organic fruits, vegetables and sprouted ancient grains, the Gerson Diet is exceptionally rich in vitamins, minerals, enzymes, and is especially low in fats, proteins and sodium. The meal plan advises cancer patients to drink 13 glasses of freshly prepared juice, eat three plant-based meals, and only snack on fresh fruits throughout the day. Also, in the traditional Gerson Therapy consuming raw beef liver was recommended since it is the most nutrient dense food on the planet and extremely high in vitamin B12.
- **Juicing** – According to the Gerson Institute, “Fresh pressed juice from raw foods provides the easiest and most effective way of providing high quality nutrition.” The cancer-fighting protocol calls for patients drinking fresh vegetables including: raw carrot/apple and green-

leaf juice each day. To preserve the nutritional content, it is recommended that they be prepared hourly using a two-step juicer or a masticating juicer used with a separate hydraulic press. This helps prevent denaturation – when vitamins, minerals, and enzymes are literally destroyed – as most commercial juicers spin so fast that they heat up juice so much that they are basically pasteurized!

By following the Gerson juicing protocol, cancer patients can benefit from the nutritional healing of nearly 15 pounds of fresh fruits and vegetables every day.

- **Detoxification** – The Gerson Therapy utilizes coffee enemas as the primary method of detoxing the body. It works by increasing the parasympathetic nervous system. For cancer patients, this may take up to five enemas each day. The importance of keeping the body free of toxins is stressed by Dr. Gerson's daughter Charlotte:

"The moment a patient is put on the full therapy, the combined effect of the food, the juices and the medication causes the immune system to attack and kill tumor tissue, besides working to flush out accumulated toxins from the body tissues. This great clearing-out procedure carries the risk of overburdening and poisoning the liver—the all-important organ of detoxification, which, in a cancer patient, is bound to be already damaged and debilitated."

Supplements – Classified as "biologicals," the therapeutic medications of organic origin that the Gerson Therapy recommends are:

- Lugol's solution
- Pancreatic enzymes
- Potassium compound
- Thyroid hormone
- Vitamin B-12

2. The Budwig Protocol

"Over the years I have been given a lot of different advice as well, so when I heard about Dr Budwig's protocol I too was very sceptical, until I tried it. Numerous, independent clinical cancer studies published in major medical journals world-wide confirm Dr. Budwig's findings. Over 40 years ago Dr. Budwig presented clear and convincing evidence, which has been confirmed by hundreds of other related scientific research papers since, that the essential fatty acids were at the core of the answer to the cancer problem."

~ Dr Willner, M.D., Ph.D. (The Cancer Solution)

In 1952, Dr. Johanna Budwig was the German Government's Senior Expert on lipids and pharmacology and was considered one of the leading global authorities on fats and oils. During her research, she discovered that many of the conventional processed fats and hydrogenated oils were destroying the membranes of our cells and this caused diseased cells and toxicity.

Developing a specific diet to counteract this cancer-causing process, Dr. Budwig claimed to have had over a 90% success rate with her protocol over a 50 year period!

How the Budwig Protocol Works

When people replace deadly processed fats and oils with life-giving unsaturated/saturated fatty acids, their cells rebuild and are rejuvenated. Dr. Budwig found that consuming a mixture of cottage cheese, flaxseeds, and flaxseed oil had the best results.

When cottage cheese (which is rich in sulfur protein and saturated fats) and flax (which is high in electron-rich unsaturated fatty acids) are combined this way, your body is able to absorb and assimilate these vital nutrients easier and quicker.

My “Beyond Budwig” Recipe

Because of the changes in agriculture, I suggest an updated 21st century version of the Budwig Protocol, which included the following:

- 6 oz. of Cultured Dairy (cottage cheese, goat’s milk kefir or amasai)
- 4 Tbsp of sprouted and ground Chia or Flax
- 1 Tbsp Flaxseed Oil
- 1 tsp turmeric powder
- 1/4 tsp black pepper

Mix all the ingredients together in bowl or blender and consume 1x daily.

For more details, check out the recent article and video I posted on the [Budwig Diet for cancer](#), which includes my addition of turmeric to maximize the healing benefits of this amazing protocol!

3. Proteolytic Enzyme Therapy

In 1906, John Beard first proposed that pancreatic proteolytic enzymes represent the body’s main defense against cancer. Beard focused on high dose porcine-based pancreatic enzyme therapy and eating a holistic diet to create an internal environment in which the body can more thoroughly heal itself.

Relatively left unresearched for most of the 20th century, a few scientists picked up the concept in the 60s, but it wasn’t until Nicholas J. Gonzalez, MD started to evaluate the concept at Cornell University Medical College in 1981 that people started to seriously consider this natural approach.

The Pancreatic Proteolytic Enzyme Approach

The autonomic nervous system is comprised of the sympathetic (“fight” or “flight”) nervous system and autonomic (“rest” and

“digest”) nervous system. Basing his protocol off of Dr. Francis Pottenger’s research during the 1920s and 1930s, Gonzalez’s work centers on balancing these two systems as they are suspected to be at least one of the major causes of cancer.

He discovered that a vegetarian diet suppresses sympathetic function, whereas the opposite is true with a high-meat diet. So, after dividing patients into different categories based of their metabolic differences, genetic and physical make-up:

- People with epithelial tumors like lung, pancreas, colon, prostate, uterus cancers are prescribed a largely plant-based diet with minimal to no animal protein.
- People with blood or immune based tumors like leukemia, myeloma or lymphoma are put on a high-animal protein, high-fat diet with minimal-to-moderate plant foods.

In addition, these physicians recommend taking 5 grams of proteolytic enzymes 3x daily on an empty stomach between meals to reduce inflammation.

According to Dr. Josef Beuth, the research behind this protocol is pretty airtight.

“These studies demonstrated that systemic enzyme therapy significantly decreased tumor-induced and therapy-induced side effects and complaints such as nausea, gastrointestinal complaints, fatigue, weight loss, and restlessness and obviously stabilized the quality of life.”

4. Vitamin C Chelation

Chelation therapy uses chemicals or natural compounds to remove toxic metals from the body. The word, “chelate”, means to grab onto something, which describe chelating agents’ ability to grab onto toxins.

Generally, holistic doctors and naturopaths use chelation

therapy because it is not an officially “approved therapy” for most conditions in medicine today. When it is employed in the medical system, however, it is most commonly used to remove calcium deposits from the arteries.

In a study published in *Free Radical Biology & Medicine*, vitamin C chelation therapy was found to be highly pro-oxidant after just one hour of treatment. This benefit lasted more than 16 treatments in the absence of nutrient supplementation, in addition to providing “beneficial long-term antioxidant effects.”

Pro-oxidation, isn't always good but in this case it is.

It was discovered that, “Pro-oxidant effects appear to be responsible for destroying tumor cells. These pro-oxidant effects may also induce endogenous antioxidant systems in normal tissues that offer protection against carcinogenic insult!”

Along with vitamin C chelation, [consuming more vitamin C rich foods](#) may also prevent and fight cancer.

5. Frankincense Essential Oil Therapy

Recommended by Dr. Budwig (especially when it comes to fighting brain tumors) frankincense essential oil is an unbelievably effective cancer killer, and research trials are filling medical journals proving this. Specifically, Indian Frankincense (*Boswellia serrata*) has been shown clinically to being a vital treatment for:

- Brain cancer
- Breast cancer
- Colon cancer
- Pancreatic cancer
- Prostate cancer
- Stomach cancer

According to researchers out of Baylor University Medical Center in Dallas, the [cancer killing effects of frankincense](#) are due in part to its ability to regulate cellular epigenetic function, which highlights its function in influencing genes to promote healing. Baylor cancer scientists emphasize that this potency makes *Boswellia serrata* a viable candidate for both cancer prevention and treatment!

How to use frankincense oil to fight cancer:

- Rub frankincense essential oil on your body (neck area) 3x daily and take 3 drops internally in 8 ounces of water 3x daily.

6. Probiotic Foods and Supplements

Best known as “Good Bacteria”, [probiotics](#) are microorganisms that promote a natural balance in your intestinal microflora. The best way to include [probiotics in your diet](#) is in their most natural state, which includes raw milk products such as cheese, kefir and yogurt.

Since 80% of your immune system is housed in your gut, it makes perfect sense that research has confirmed probiotic supplementation can stop tumor growth. In addition to supporting your immunity to disease, research has also shown that probiotics can improve digestive function and mineral absorption as well as aid in healing leaky gut, which all contribute to cancer prevention!

7. Sunshine and Vitamin D3

Science continues to support the fact that high levels of heart healthy, fat-soluble vitamins and minerals are key to keeping your body free of cancer. Recently, there has been considerable progress regarding the role that fat-soluble vitamin D3 plays in cancer prevention.

Research studies are mounting and include almost 300

epidemiological studies, 2,500 laboratory studies and a 2007 randomized placebo controlled double blind clinical trial confirming it all!

The study, published in the *American Journal of Clinical Nutrition*, is truly groundbreaking as it evaluated nearly 1,200 postmenopausal women for four years and tracked how 1400-1500 mg supplement of calcium fared up to a calcium supplement plus 1,100 IU vitamin D3 in preventing cancer.

The results are amazing. It was discovered that after just one year of vitamin D3-added supplementation, the risk of developing **all cancer** types was **decreased by an astounding 77%**! Compared to the 0% improvement in the placebo and calcium supplement only groups, this is truly remarkable!

Best Way to Get Vitamin D

To best prevent cancer, research suggests that you should supplement so that your vitamin D3 levels are at least 40-60 ng/ml and up to 80 ng/ml for breast cancer.

Since the sweet spot that you're shooting for is 50 to 70 ng/ml:

- Optimize vitamin D3 through 20 minutes of sun exposure everyday. This is best done between 10 am and 2 pm with 40% of your entire body exposed to the sun.
- Take an oral supplement containing around 5,000 to 10,000 IU's of D3 every day. Because they are fat-soluble, make sure that you take them with some healthy "fatty" foods containing [coconut oil](#) or some probiotic-rich drink like [kefir](#).

Because it can be challenging to find a pure supplement on the market, I recommend you find a combination formula of astaxanthin, omega-3 fish oils with vitamin D3.

8. Turmeric and Curcumin

Of all the various topics scientists have tackled in regards to the [curcumin](#) and disease reversal, cancer (of various types) is one of the most thoroughly researched topics.

A number of laboratory studies on cancer cells have shown that curcumin does have anticancer effects. It seems to be able to kill cancer cells and prevent more from growing. It has the best effects on **breast cancer**, **bowel cancer**, **stomach cancer** and **skin cancer** cells.

A 2007 American study that combined curcumin with chemotherapy to treat bowel cancer cells in a laboratory showed that the combined treatment killed more cancer cells than the chemotherapy alone.

Laboratory studies have also shown that curcumin interferes with cancer development, growth, and spread. Researchers have reported that curcumin blocked the formation of cancer-causing enzymes in rodents.

Recently, curcumin has received a great deal of focus because of it's ability to reduce tumor size and kill cancer cells.

Bottom line: Turmeric works incredibly well to help stop cancer in its tracks and is especially effective at treating breast cancer, colon cancer and skin cancer.

9. Oxygen Therapy and Hyperbaric Chamber

"All normal cells have an absolute requirement for oxygen, but cancer cells can live without oxygen – a rule without exception. "Deprive a cell 35% of its oxygen for 48 hours and it may become cancerous."

Dr. Otto Warburg has made it clear that the root cause of cancer is oxygen deficiency, which creates an acidic state in the human body. Dr. Warburg also discovered that cancer cells

are anaerobic (do not breathe oxygen) and cannot survive in the presence of high levels of oxygen, as found in an alkaline state.

We've all heard that antioxidants kill free radicals in the body and reverse oxidative stress-causing chronic disease. This is one of the reasons why I just love them in my morning [Blueberry Superfood shake!](#) But, is eating blueberries enough to cure cancer?

Probably not. That's why supplementing with oxygen therapy and utilizing a hyperbaric chamber is highly beneficial for people on a natural cancer treatment regimen!

Because the air pressure inside a hyperbaric oxygen chamber is about 2.5 times greater than the normal pressure in the atmosphere, your blood carries more oxygen to organs and tissues in your body. Known to heal everything from infected wounds to radiation injuries, many people claim that it has cured them of cancer. Not quite mainstream, a growing numbers of hospitals have even purchased some units to help their patients.

10. Prayer and Building Peace

A joyful heart is good medicine, but a broken spirit dries up the bones.

~ Proverbs 17:22

In addition to the many research studies that have been conducted on the healing benefits of intercessory prayer, maintaining mental peace and a positive outlook are absolutely critical to cancer prevention and treatment.

Some people utilize Eastern techniques like Tai Chi or having an attitude of gratitude, and these are highly effective in their own right. My favorite forms of meditation, however, are prayer, gratitude and reading the Bible.

To be cancer-free, whatever your preference may be, make sure that your focus is living a stress-free lifestyle filled with peace and joy!

Bonus Therapy: Immune Boosting Mushrooms

Mushrooms have been used in Chinese medicine for over 4,000 years, and research regarding the cordyceps and reishi species and cancer therapy has been pretty straightforward. They can:

- Increase survival
- Shrink tumors
- Boost your immune system
- And even reduce radiotherapy and chemotherapy side effects like nausea and hair loss

Of course, these results all depend on which extracts you choose and how concentrated they are. Some sources even suggest that supplementing with a complementary dose of vitamin C is also necessary.

Source:

<http://draxe.com/10-natural-cancer-treatments-hidden-cures/>

Author: Dr. Axe

How Juicing, Nutritional Therapy Has Saved People's Health



Nutritional therapy as an alternative option for cancer treatment has recently gotten some bad press in Australia. With the death of blogger Jess Ainscough, whose life was extended by several years because of the Gerson therapy, and allegations that another natural health personality, Belle Gibson, had been faking a diagnosis of terminal brain cancer, the mainstream media has had a great time spreading the idea that nutritional therapy is ineffective and conventional medicine is the only option.

This has gone to the point where journalists are calling for greater government censorship, as if we didn't have enough already.

But are nutritional therapies as an alternative to the old "cut, burn and poison" system really "quackery"? As I wrote in a [previous article](#), the effectiveness of chemo in terms of its life-saving abilities has been found to be very low, which makes allegations of "quackery" quite hypocritical.

In addition to this, despite not being a profitable treatment for the medical industry, the Gerson therapy does have some positive research to justify its use. [A small study](#) on 5-year melanoma survival rates found that all 14 patients with stage I or II melanoma survived, compared with 79% of those treated conventionally. About 70% of the 33 stage III patients lived over 5 years, as opposed to 41% of conventionally treated patients.

As for the 18 stage IVA patients, 39% were still alive at the 5 year mark compared to 6% of patients undergoing conventional therapies. Although this was a small study, it shows that it is possible that the Gerson therapy is not only effective, but can be superior to conventional cancer treatment.

This may be [partially explained](#) by the Ling Association-Induction Hypothesis – the Gerson therapy is high in potassium and low in sodium, which forces sites on damaged cell proteins to accept potassium instead of only sodium, thus helping to restore their normal configurations.

Read: [Juicing – Boosting Nutritional Wealth Without Supplements](#)

It [was also found](#) among those melanoma patients that surgery, although invasive but also non-toxic, improved survival rates in advanced melanoma patients. Additionally, patients who took raw liver juice had a 95% 18 month survival rate as opposed to 56% for those who did not. But unfortunately this was permanently discontinued from the “official” protocol due to Campylobacter outbreaks in the 1980s, despite outbreaks being temporary and liver juice being life-saving.

As for those who enjoy making jokes about the coffee enemas used in the Gerson therapy, it has been shown that they can improve detoxification, [reduce cancer pain](#) and the consequent dependence on pharmaceutical drugs, and that certain constituents of coffee can have a profound anti-cancer effect. Some studies have shown that [drinking coffee](#) has a protective effect against some cancers, but with coffee enemas, the dosage is much higher and the detoxification effects greatly enhanced.

Even when watered down and used alongside conventional treatment, the Gerson therapy was shown in a study by a Dr Lechner to increase lifespan, reduce recurrences and metastases, reduce negative effects of conventional treatments and improve quality of life, depending on the type of cancer.

Besides these, there are many individual cases, fifty of which have been documented in one of the books written by Dr Max Gerson, and many more floating around on the Internet, because why would corporate media cover something that poses such a

threat to some of their sponsors?

While more research and the re-introduction of raw liver juice is needed, the much neglected and made fun of Gerson Therapy has indeed been effective in curing many cases of cancer, even for patients whom conventional medicine had given up on. For this reason, health freedom must be increased instead of further restricted, because it will open more doors for research and thus improvement of nutritional therapies that, unlike chemo and radiation, are non-toxic and already more effective.

However, if more restrictions do appear to further repress the Australian population, it may become necessary for patients and practitioners to temporarily or permanently leave in order to take their health and life back into their own hands.

Source:

<http://naturalsociety.com/juicing-save-peoples-health-gerson-therapy/>

Author: Alexandra Preston

5 Day Post Holiday Juice Cleanse!



Even the healthiest and most well intentioned of us can get derailed during the holiday season. Parties to attend, dinners to go to, celebrations, which include food and drink, are everywhere.

Now that we have made it to 2015 it's time to reset and get back on track. One fantastic and easy way to do that is with a juice fast. Having had such fantastic results, I had a multitude of people asking me for directions. Here they are!

DIRECTIONS:

1. Upon waking

Drink (2) – 8oz glasses of water with lemon or lime added for extra detoxification.

2. Throughout the day: Drink (4) 12oz. glasses of juice

3. After each juice, drink 16oz. of water or more.

NOTES ON JUICE FASTS:

By “juice” I am referring to fresh juices made of vegetables and fruits with spices added in if you choose. (Turmeric and Ginger are two great choices). Please do not do a juice fast with store bought juices. They are not fresh and are often depleted of vitamins, minerals, and have additives as well as sugar, high fructose corn syrup, and even artificial sweeteners, which are all toxic. *Please, if at all possible, use organic non-gmo fruits and veggies.

When a juice reads “natural flavors” – it can be made from just about anything – including MSG and or artificial sweeteners. This will only serve to add in more toxins and

defeat the purpose of the cleanse and sabotage your results!

It is easiest to make or buy all of the juices in the morning so you don't have to run out to get anything. Having everything prepared helps to keep you motivated and quell the urge to cheat.

I have found that juicing yourself is not any less cost than having the fruits and veggies juiced for you. If you have a Whole Foods or Organic market with a juice bar it really can save time and mess to clean up with out additional cost.

The first day is always the hardest. We are used to the routine of eating breakfast, lunch, dinner and sometimes snacks. Keeping yourself busy seems to be key in success, at least for myself.

Juicing is an amazingly powerful way to clear and clean your body. [This article lists very accurately the cleansing phases and what your body goes through as the cleanse progresses.](#)

MY EXPERIENCE:

DAY 1

1 glass grapefruit juice
8 glasses of water
1 glass of carrot juice
 $\frac{1}{2}$ bottle of grape kombucha
1 glass of beet, parsley, celery, and cilantro

By only 1:30pm I was already experiencing detoxification symptoms. My face was hot and flushed and I felt a bit teary eyed and a little dizzy. I slept for 11 hours that evening. As your body clears itself out, rest is needed.

DAY 2

1 glass grapefruit juice
8 glasses of water
2 glasses of carrot juice
1 glass beet, parsley, celery juice, horseradish

$\frac{1}{2}$ bottle grape kombucha

Added lemon and lime essential oils to water for extra detoxification power

I was still very teary eyed, sniffly, and blah feeling. Again I needed more sleep than usual. I clocked in 10 hours of pillow time.

DAY 3

1 glass grapefruit juice

8 glasses of water

2 glasses of carrot juice

1 glass beet, parsley, celery juice, horseradish

$\frac{1}{2}$ bottle grape kombucha

Added lemon and lime essential oils to water for extra detoxification power

On the third day of detoxification I will be honest. I felt awful. It's like having a major head cold. My tongue was coated white and even a tongue scraper would not get it all off. Though I am glad I chose to do this for my health, it was difficult to go through. I will say though – I was not hungry at all during these first days. I missed food on a habitual and psychological level only.

DAY 4

1 glass fresh squeezed orange juice

2 glasses carrot juice

1 glass celery, cucumber, parsley, apple

Added lemon and lime essential oils to water for extra detoxification power

9 glasses of water

By day 4 I was feeling better than the previous day, but I was still experiencing some detox symptoms: slight headache & watery eyes.

I have had friends ask me “Why are you doing that if it's

making you feel bad?"

My answer is that **feeling like this now and allowing my body to clean itself out on a cellular level will prevent sickness and disease.**

To me, it is very worth the inconvenience.

DAY 5

1 glass carrot juice

1 glass celery, cucumber, parsley, broccoli, cilantro

2 glasses of beet, apple, carrot, celery, ginger

Added lemon and lime essential oils to water for extra detoxification power

9 glasses of water

BIG SALAD!!!!

By day 5 I was still experiencing some detox symptoms so I decided to continue the cleanse, modified. I am juicing during the day and at night eating a big organic salad.

From there I will merge into eating all organic again including as much raw food as possible.

For more on detox symptoms please read my article ["Is your detox making you feel sick?"](#)

RESULTS:

My skin looks clearer and has more of a glow

My hair is shinier

I lost -7lbs

-10.5" overall

I feel better with more energy

All food cravings have stopped

My appetite has decreased and I am still pretty satisfied to drink juice all day

You would never run your car endlessly without the maintenance of a good oil change once in a while, so why do that to your body? Our bodies are intended to be self cleaning (as is the argument I hear often). I agree, however, they were not

designed to deal with an an endless array of toxins in our food, air and being put on our bodies in varying ways. The majority of us are on toxic overload.... It can lead to feeling run down, ill and ultimately disease or death.

I highly recommend juice fasting once in a while! Your body will thank you!

Author: [Sarah J. Barendse](#)

Source: <http://www.hcbl.com/blog/5-day-post-holiday-juice-cleanse/>

Fat, Sick, and Nearly Dead (Movie) if you haven't yet seen it – watch it

SEE FAT, SICK & NEARLY DEAD

Watch for free online, or buy a copy of your own, see options below. We hope you share Fat Sick & Nearly Dead with your friends!

[CLICK TO WATCH](#)



Fight cancer with organic green shakes every day



So many people make good health a complicated matter by polluting their bodies with processed foods, irradiated foods, genetically modified foods, gluten, bleached foods, hormone-laden meats and milk, and a host of other toxic

products that punish the body instead of rewarding it for doing work for you. Your body wakes up in the morning and your organs want food. They do not want food that comes from laboratories or factories that cook it to death and plug in additives and cell-choking preservatives. Your body is a machine, and it needs clean oil, meaning organic fuel, to run smoothly.

This is fairly simple. You take a handful of organic spinach, some organic rice milk or almond milk, half of an organic apple and a little ice (from non-fluoridated water), and you blend it up in a smoothie maker, a NutriBullet or even a good blender, although blenders don't break up the greens so well

(<http://www.youtube.com>).

The best green shakes contain kale, spinach, collard, chard or romaine. You should rotate your greens regularly. Other good mixes for these shakes include pears, bananas, mangos, pineapples and spring water. Top it off with organic lemon or lime juice! Almond milk and rice milk are always smart alternatives to using dairy. You can juice vegetables also and add the juice to smoothies; plus, you can always save the vegetable pulp and use it in a casserole, serve it on top of basmati rice or quinoa, use it as toppings for salads or even as compost in your garden. Also, drink plenty of [organic](#) carrot juice and organic beet juice and eat raw organic cruciferous vegetables consistently.

Arm yourself with organic weapons that destroy cancer cells!

1. Fight skin cancer with raw foods: Check out coconut oil, organic honey, organic cinnamon and organic garlic and your taste buds will thank you right before your body thanks you. (<http://www.cancertutor.com>)

2. Fight lung cancer and inflammation: RejuvenZyme and Barley Power are two superb enzyme supplements. Both of these products are highly endorsed to reduce swelling, inflammation and congestion in the lungs. The enzymes in RejuvenZyme will also help the immune system recognize cancer cells as cancer cells.

3. Fight breast cancer with kale salad: (<http://breastcancerconqueror.com>) Who knew? They won't say it on TV or the "Nightly News" or they'll lose their sponsors. We all know what we're talking about, though. Why is that? Are

you afraid that food can't cure your cell disorder because they don't say it on TV or on organic [food](#) labels? That's because the FDA outlaws it. There is a lot more money to be made off sick people than healthy ones, don't you know? Why won't organic herbs and tinctures come as a "prescription"? Hundreds of thousands of health enthusiasts know the answer to this question, but the tens of millions of average "Joes" have no clue. Bottom line: "Don't eat cancer" and it won't eat you. (<http://programs.webseed.com>)

Did you know that six months of chemo can cost \$50,000, and a five-week course of radiation can cost \$60,000 or more? One single surgery to remove a tumor can set you back \$40,000. It's mostly a scam too, because all of these procedures can easily spread new cancers, but people are finding out via natural and alternative news. (<http://www.naturalnews.com>)

Never doubt the power of organic food to heal

So then, what holds people back from putting the truth to work for themselves, as preventive medicine? What holds people back from dispelling the myths and digging up the cure, literally, from an organic garden, and putting it to use? The cure for this chemically driven cell disorder is growing in organic soil, and it comes from organic seeds, but you need to turn off the TV to hear it and set down the corporate ad-filled magazines to read it. When will the tens of millions of people living in the dark ages finally tune in with the hundreds of thousands (maybe tens of millions now) of *Natural News* enthusiasts and change their ways to healthy living?

Are you one of those people who think that organic is more expensive (because you don't factor in the cost of healthcare as result of conventional toxic foods)? Have you considered

starting your own organic garden, or making the one you have magnificent? Follow these simple steps to growing greens at home:

Great tips for permaculture gardening:
(<http://www.naturalnews.com>).

Excellent tips for organic gardening and organic pest control:
(<http://www.naturalnews.com>).

Alkalizing the body to prevent disease and sickness

By alkalizing your body with healthy organic greens, you are providing your cells with oxygen and beating back free radicals and other harmful carcinogens that can lead to [cancer](#) and so many other diseases. This is preventive “medicine,” though no product or distributor can ever say it on the label, for fear that the FDA will come shut them down.

Never underestimate the healing power of organic fruits and vegetables. Change your ways now. End the gluten nightmare. End the GMO nightmare. Stop eating processed foods, refined sugars and artificial sweeteners. Maintain perfect balance in your body, the temple of your soul.
(<http://www.cancertutor.com>)

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Source: http://www.naturalnews.com/043835_green_shakes_cancer_prevention_vegetable_juicing.html#ixzz2svKjWRxc

A 'juicing' a day keeps the doctor away



One of the best things to do for health is daily juicing of organic vegetables and fruits. The initial investment in a juicer will pay off in daily detoxification and supplying the body with healthy antioxidants

and nutrients. Several health experts recommend juicing as an important part of a healthy lifestyle, along with its curative powers to heal various diseases. Juicing provides a safe way to help remove dangerous heavy metals from the body, which are hard to completely avoid in today's toxic world. Health advocates have their favorite juicing recipes, but a practical, easy key is to use vegetable and fruit combinations that taste good enough to enjoy daily.

Health advocates agree on juicing benefits

While holistic dietary approaches vary, between raw primal, nutrient-dense Weston Price, Paleo, vegetarian and others, nearly every dietary philosophy agrees on the health benefits of vegetable juicing. Some experts advise limiting the use of fruits due to the sugar content, but vegetable juicing is almost universally recommended.

Which expert recommends juicing?

Physician Max Gerson developed his “Gerson therapy” in the 1930s originally to cure himself from debilitating migraines. He later found that his treatment also cured skin tuberculosis, diabetes and cancer. His famous therapy was focused on the consumption of organic vegetable and fruit juices. The current Gerson therapy includes the consumption of up to 13 daily glasses of raw juices using carrots, apples and greens, along with three cooked vegetarian meals.

Dr. Natasha Campbell, author of *Gut and Psychology Syndrome*, recommends [juicing](#) as part of her dietary protocol to heal and detoxify those suffering from a range of illnesses including autism, ADD, depression and schizophrenia.

Authors Jordan Rubin, creator of Garden of Life raw food supplements, and Joseph Brasco, an integrative gastroenterologist, recommend juicing as part of their healing regimen for intestinal diseases. Because the vegetables are broken down, digestion and absorption of the nutrients occur more easily, something critical for someone suffering from digestive [health](#) issues.

Renowned neurosurgeon Russell Blaylock recommends consuming vegetable juice but prefers juicing with a blender to optimize the amounts of phytochemicals preserved in the fresh juice. Phytochemicals are nutrients that have disease-preventive properties. There are hundreds of these nutrients in fresh food, primarily fruits and vegetables.

The health benefits

Juicing provides antioxidants, enzymes, vitamins and nutrients. Antioxidants protect the body from cellular damage caused by free radicals. Fresh juicing provides healthy, intact enzymes essential for digestion, plus a powerhouse of vitamins and nutrients.

Tips for juicing

Although large quantities would need to be ingested to cause serious harm, it is advised to avoid apple seeds and rhubarb leaves. Apple seeds contain the poison cyanide, and the leaves of rhubarb are also considered toxic. Both are best avoided. Onions may be juiced and are considered healthy, but small quantities are suggested due to its strong flavor.

For optimal benefits, one should consume [juice](#) immediately. If that is not possible, juice should be refrigerated and consumed within 24 hours, as nutrients are lost with time.

Favorite vegetables and fruits used

Carrots are a cornerstone for most juicing recipes. Other vegetables commonly used are greens, including kale and spinach, beets, celery and broccoli. Fruits popular for juicing include oranges and apples, with orange skins removed. Beet leaves and other vegetable leaves can be included.

Many other combinations can be tried, depending on taste preference and goals desired. The most important thing to do is get in the habit of daily, delicious juicing. While an apple a day is still a useful adage, a “juicing a day” can provide an even more powerful punch of daily nutrient density.

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About the author:

Michelle Goldstein is a mental health therapist who incorporates holistic approaches into her counseling practice. She became passionate about holistic health, healing and politics, after immersing herself into the world of alternative medicine looking for answers to a family member's health crisis. Michelle learned that many standard health care recommendations, which she had long trusted, actually contribute to causing disease. She can be found at the following sites:

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

<https://twitter.com/goldsteinhealth>

<https://www.facebook.com/goldsteinhealth>

Source: NaturalNews.com Author: Michelle Goldstein

Man overcomes life of addiction with juicing

Quentin Vennie lived a life of addiction. “I was diagnosed with an anxiety disorder at 14, became a smoker at 22, survived a Vicodin overdose at 28 and beat a two-year addiction to anti-anxiety medication,” says Vennie. In one study, 53% of people admitted to an addiction unit were dependent on Vicodin, which is the pain treatment Vennie overdosed on.

However, today, Vennie is a New York City-based Certified Personal Trainer, Health Coach and Yoga Instructor. He overcame his addictions and disorders thanks to the powerful effects of juicing. “These days,” he says, “I no longer look for medications to heal me, I use food for that.”

In fact, when he received an email asking what one thing he recommends to alleviate depression, anxiety and addiction, he responded, “Juicing.” His healthier lifestyle and dramatic shift away from his struggles have led to coverage in popular media outlets including the *Huffington Post*, most of which he personally authors.

The benefits of juicing

The juice from raw fruits and vegetables contain about 95% of the nutrients our bodies need. Research shows that juicing can help the body detox, build immunity and create stronger bones, to name just a few benefits that Vennie found helpful.

“I had no idea that what I thought was a balanced diet was actually harming my body,” Vennie explains. “I didn’t know that the medicine I was taking to combat my illnesses was making them worse. I watched documentaries (*Vegucated*, *Food*

Matters, Forks Over Knives and *Fat, Sick and Nearly Dead*), which explained the significance of plant-based diets and their effects on health. I watched *Food Inc*, and researched the [food](#) and drug industry's stronghold on society."

He didn't need to think but a minute about scaling back on meat and eliminating processed foods from his diet. Coupled with his doctor's urging, he shed the harmful habits, stopped taking supplements and turned to [juicing](#).

With juicing, Vennie says he has "more natural energy" and "experienced gradual gains" that led him "down the path of self-discovery."

His *Facebook* page is brimming with information about juicing and other health-related topics, including everything from his recipes for organic ginger shots to what supermarket aisles to avoid.

"Be aware of what you put into your body. Remember, you only get out of it what you put into it," Vennie says about his love of juicing. "Increase your fruit and vegetable intake, adopt a regular exercise routine and cut out processed food."

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www.mindbodygreen.com

About the author:

A science enthusiast with a keen interest in health nutrition, Antonia has been intensely researching various dieting routines for several years now, weighing their highs and their lows, to bring readers the most interesting info and news in the field. While she is very excited about a high raw diet, she likes to keep a fair and balanced approach towards non-raw methods of food preparation as well.

Read more: <http://rawfoodhealthwatch.com/writers/antoni...>

Source: Natural News

Juice Feasting Can Heal Lyme Disease Naturally



Lyme disease is the most common tick-borne illness in North America and Europe. Deer ticks, which feed on the blood of animals and humans, can harbor the bacteria – *Borrelia burgdorferi* – and spread it when feeding. You're more likely to get Lyme disease if

you live or spend time in grassy and heavily wooded areas where ticks carrying the disease thrive.

The signs and symptoms of Lyme disease vary, but it typically affects the skin, joints and nervous system. In general, Lyme disease can cause: rash, flu-like symptoms, migratory joint pain, and neurological problems. The neurological symptoms

often include inflammation of the membranes surrounding your brain (meningitis), temporary paralysis of one side of your face (Bell's palsy), numbness or weakness in your limbs, and impaired muscle movement.

Conventional treatments include oral antibiotics for early-stage Lyme disease. If the disease has progressed, doctors typically recommend an intravenous antibiotic for 14 to 28 days. After treatment, some people experience continuing symptoms, such as muscle aches and fatigue. The cause of these continuing symptoms is unknown, but extended antibiotic treatment doesn't make them go away.

Healing Lyme disease naturally

When Deni Maher was diagnosed with chronic Lyme disease in 2008, she had been battling the condition for the previous eight years, unbeknownst to her. Like many Lyme patients, she had been only treating the symptoms (and many co-infections), not knowing the real issue was Lyme [disease](#). As the symptoms grew worse—bed-ridden due to physical pain, immune problems, an enlarged liver, the inability to climb stairs, violent retching, and now facing a breast cancer death sentence—she knew her [body](#) was in red alert. “I knew I was dying,” says Deni. “I had to take control and fast or I wasn't going to live.”

That's when she began her quest for natural healing. Deni learned that most Americans have a diet that causes the body to be acidic. Disease thrives in an acidic body, but can't survive in a healthy alkaline body. Deni explains, “The ol' saying ‘You Are What You Eat’ is so very true. If your body has been built on a good foundation, disease will find it hard to thrive in your body. But most of us have been eating a SAD (Standard American Diet), which causes the body to be acidic.

No matter what illness or disease you are faced with it cannot live in a healthy alkaline body. Disease thrives in an acidic body.”

Ways to alkaline one’s body include getting plenty of sun, oxygen and organic live green foods. At the end of 2008, Deni started eating raw foods and her Lyme symptoms got better. She even got rid of three breast lumps by eating raw food. But she still felt like her body just wasn’t working correctly.

Deni opted for a regimen of [juice feasting](#), which involved feeding her body 10-12 pounds of fruit and veggies a day for 92 days. That’s when she saw a real shift. The results were dramatic and undeniable. All of her symptoms were either gone or had improved. Most of her chronic pain was gone.

“My healing continues,” Deni says. “Today I am breast lump free ... and most of my symptoms from Lyme disease are gone, as long as I eat mostly raw foods and juice. It is all work in progress and I continue to work towards the best ME possible. I will prevail and so can you.”

Sources for this article include:

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Source: Natural News Author: Allison Biggar

Pancreatic cancer takes 20 years to grow into detectable tumors

New research published in the journal *Nature* reveals that pancreatic cancer tumors take **two decades** to grow and spread to the point where a person typically gets diagnosed as having cancer. This was determined by sequencing the DNA of cancer tumor cells from deceased patients. Because cancer mutations occur in growing tumors at a known rate, scientists were able to map the timing of the development of full-blown pancreatic cancer tumors.

Here's what the scientists at Johns Hopkins University School of Medicine and the Howard Hughes Medical Institute found (and here's why this matters in a huge way to people interested in healthy living):

€¢ It takes 11.7 years for one mutation in a pancreas cell to grow into a "mature" pancreatic tumor (which might show up on a medical scan).

€¢ It takes another 6.8 years for the pancreatic tumor to spread and cause tumors to appear in other organs of the body.

In all, **it takes about 20 years** for a person to grow a cancer tumor and see it spread to the point where their doctor will diagnose them with pancreatic cancer.

In other words, **by the time doctors diagnose you with cancer, you've already been growing it for two decades.**

Here's why this matters

This is a huge story for five very important reasons:

Reason #1) The idea thrown around by cancer doctors that

cancer is a “spontaneous disease” that strikes randomly and without warning is pure bunk. In order to “get” cancer, you actually have to GROW cancer for two decades! It doesn’t just suddenly appear like magic.

Reason #2) When cancer doctors diagnose you with pancreatic cancer and say things like, “Good thing we caught it early!” they are full of bunk yet again. They didn’t catch it early – *they caught it late!* Almost 20 years too late.

Reason #3) If it takes 20 years to grow cancer tumors to the point where you get diagnosed with aggressive pancreatic cancer, then that means **you have 20 years to change your lifestyle and stop the cancer!**

That’s the most important point of all, of course. In order to grow cancer tumors for 20 years, you have to *feed* the cancer for 20 years while keeping it alive. And how do you do that?

How to grow and feed a cancer tumor

First of all, to grow a cancer tumor, you need to eat lots of sugar. Liquid sugars are the best (soda, anyone?), but any form of refined sugar will do. You have to eat sugar daily if you really want to support cancer cell division and growth.

Next, you have to be **vitamin D deficient** for the entire 20 years. That’s because vitamin D halts 77 percent of all cancers (including pancreatic cancer), and when combined with other nutrients like **selenium**, you can halt even more cancers. (<http://www.naturalnews.com/021892.html>)

If you combine vitamin D and selenium nutrition with other anti-cancer nutrients such as fresh vegetable juice (on a daily basis), omega-3 fatty acids, a wide variety of fresh fruits (including citrus and berries), and even red wine (rich with resveratrol), you will create an internal biological environment in which cancer tumors just can’t grow at all. (http://www.naturalnews.com/023655_I...)

This is especially true if you pursue a more **alkaline diet** that's rich in vegetables and green **foods** rather than acidic substances such as sugar, **fried foods** and caffeine.

Combine all this with some regular exercise, good sleep, stress reduction habits and strict avoidance of cancer-causing **chemicals**, and you've got a recipe for blocking virtually all **tumor growth** in your body.

Cancer tumors simply cannot grow in an environment that's rich in plant-based nutrients and based on healthy, **natural** living.

So even if you have a wayward pancreatic cell that decides to mutate and try to become cancerous on its own, *that cell will not have any long-term success in replicating inside your body* because it's surrounded by healthy cells and bathed in anti-cancer nutrients carried to it each day in your **blood**!

Remember, your cells rely entirely on nutrients delivered by your blood, and if your blood is delivering anti-cancer nutrients each day, then "bad" cells will never be allowed to replicate and become cancer tumors.

Obviously, the composition of your blood is determined by what you eat. If you eat junk **food**, your blood will be **junk blood**, and it will deliver junk to your cells (cancer cells love junk!). If you eat healthy foods, you will have healthy blood, and cancer tumors will shrivel up and actually lose their blood supply then die. (Antiangiogenesis.) (http://www.naturalnews.com/001261_m...)

This is what this new **research** actually reveals: That **pancreatic cancer takes two decades to develop inside your body**, which naturally means you have two decades to change your **health** habits and stop growing cancer tumors in your body.

You may be growing cancer tumors right now... (but here's how to stop it)

If you've been pursuing a lifestyle of junk foods, processed foods, fried foods, excessive animal products and sun avoidance (you're not seriously still slapping sunscreen on your skin, are you?), then you are probably *growing* cancer tumors in your body right now. Almost as if you were trying to!

So you might be on year 10 of the 20-year cancer diagnosis plan. There's no way to know because cancer tumors don't show up diagnostic tests when they're only 10 years old (usually). But if you've been following a cancer-promoting lifestyle, you can rest assured you have micro tumors in your body that are just waiting for more sugar and less vitamin D in your blood in order to divide and grow even more.

So **why not stop growing cancer tumors today?** Start **juicing**! If you want to **stop cancer in its tracks**, buy yourself a high-end countertop juicing machine, go out and buy some **organic** produce on a regular basis, and start juicing away your cancer. (No kidding!)

Start consuming anti-cancer nutrients on a daily basis. Even a *small* amount of fresh kale, cabbage or broccoli juice (just one ounce) taken *every day* will have a powerful anti-cancer effect and may halt tumor growth in your body.

But just to be sure, blend and drink fresh **citrus** fruits, organic berries, and microalgae supplements on a regular basis. Read **NaturalNews** and learn about the latest breaking news on anti-cancer foods and supplements. Changing what you eat will dramatically alter what your body grows inside. Instead of growing cancer tumors, you can start **growing healthy cells** that will quickly overpower any diseased cells.

Steer clear of all **synthetic chemicals**

Of course, for all this to work, it is VITAL that you avoid all synthetic chemicals: Do not take pharmaceuticals; do not use conventional perfumes, skin lotions, shampoos or other

personal care products; do not use conventional laundry detergents (they're filled with cancer-causing fragrance chemicals); do not use anti-bacterial soaps; do not cook on nonstick cookware; do not drink fluoride in your water... basically just get all the toxic chemicals out of your house and out of your **life**.

Keep reading NaturalNews if you want to learn more about how to do that. We cover these topics on a regular basis. Better yet, **subscribe to our free email newsletter** and we'll bring you these news headlines each day (the subscribe box is at the top left of this article).

The bottom line to all this is the GREAT NEWS that **you don't have to grow cancer tumors anymore!** You can simply decide to **stop growing cancer** by changing the biochemical environment in which your cells live. Change the environment and you change the results. It's a simple matter of cause and effect.

So remember: **Cancer is not random**, nor is it genetic. It doesn't appear spontaneously, and in the case of pancreatic cancer, it actually takes two decades to grow it to the point where it gets noticed by cancer doctors!

That means you've got 20 years to make a change in your life. Why not start right now? (If you haven't already...)

Fact: Pancreatic survival rates have not changed in the last 40 years. Do you know why? Because **conventional medical doctors wait until you've been growing cancer for 20 years to tell you that you have cancer.** (Seriously. And they think they're running the most "advanced" medical system in the world.)

Wouldn't it make more sense to teach **patients** how to *prevent* cancer two decades earlier and thereby avoid growing it in the first place?