

How My Neighbor

Accidentally

CURED HER CANCER

The *AMAZING* story of some *AMAZING* plants



By Sindi Holmlund

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CHAPTER 1

YOU DON'T HAVE TO BE AFRAID OF

Cancer

Whenever I send out a publication that tries to educate people about cancer, inevitably someone will send me an angry e-mail telling me that “it’s not okay to scare people like that”. I understand that the mere mention of the ‘C’ word scares the bejeebes out of most people (it used to scare me too) but that’s because, in general, people know next to nothing about it... except that it’s a killer.

But if you take the time to read this publication, you’ll find that it’s pretty easy to understand what cancer is, and what causes it. And I think that, just like me, once you know the facts, you’ll realize that cancer’s not really a big deal, you no longer have to be afraid of it, and there are natural things that can be done to kill and prevent it.

CANCER IS *CAUSED!*

The first, and most important fact you need to get your teeth wrapped around is that cancer isn’t some mystery disease that just happens for no reason...cancer is *CAUSED!*

The cells of your body are not genetically programmed to develop

into cancer cells, quite the opposite. Our body is genetically programmed to kill cancer cells. But it’s when the genetic programming of the cell is interfered with by chemicals from your environment that cancer develops, and if you don’t know what chemicals can cause it, you won’t know which ones to avoid to prevent it

Over 6 MILLION people die NEEDLESSLY from cancer each year. That’s because, having no idea which chemicals cause it, they had hundreds of them in their daily lives, any one of which could have set it off.

Most people associate cigarettes and estrogen with causing cancer, but that’s mainly because cigarettes have a warning printed on the package, and estrogen comes with a package insert warning of the risk. Plus, it’s been blasted all over TV, radio, newspaper and magazines.

But all the other countless things that can cause cancer are not so marked and aren’t so exposed by the media. Therefore, people are unaware that their hot dogs, vegetables, bottled and tap water, air, shampoo and conditioner, make-up, shaving foam, after shave, moisturizers, wrinkle creams, perfumes, dish washing liquid, lawn fertilizer, bug killers, pool water, car wax and dog shampoo, (just to name a few) have chemicals in them that can cause cancer too. And this tiny list doesn’t even begin to make the slightest dent in all the things that can.

I’m not trying to scare you, I’m trying to educate you about how easily cancer can develop these days, what causes it to develop, how easy it is (if it is developing) to kill it, and how to prevent it from ever developing again.

FIRST YOU NEED THE FACTS

Getting full and factual information gives you the control to prevent negative things from happening in your life, especially to your body. I mean think about it...our whole childhood is spent learning about the bad things that can happen if we do, or don't do, certain things. Like: "Don't run with scissors", because you can stab yourself with them if you fall, "Look both ways before you cross the street", because if you don't you can get run over by a vehicle, "Brush your teeth every day", because if you don't they will rot out of your head! "Don't smoke cigarettes", because they cause lung cancer, "Drink your milk", because it makes your bones strong, "Eat your veggies", because they're good for you...and so on.

But why aren't we taught about cancer when we're growing up? If we were taught the information in this publication when we were in high school, we wouldn't be afraid and we would know what to do about it. But we're not, and as a result **MILLIONS of people die!**

WHY AREN'T WE TAUGHT THIS?

50 years ago we had very few toxic chemicals in our daily lives, cancer was rare, and the FDA really was looking out for us. But over the years that has dramatically changed.

Now there are 1,000's of toxic, cancer causing chemicals in our daily lives, the number of men, women and children developing cancer has skyrocketed, and the FDA is no longer protecting public health.

In 1967, 64,000 women developed breast cancer. The American Cancer Society has estimated that in 2013-2014, 300,000 women will develop it. Why such a dramatic increase? One of the biggest

causes is the increase in petrochemicals in our environment, especially **PLASTICS!**

Plus, the FDA is not the agency it was back then. The only testing that's done on any new chemical is to see what high doses will do to the 'workers' that will be handling it. There are NEVER any cumulative and long term exposure tests to protect the general population. That testing is done on **US!**

We're the ones who breathe, eat, drink and apply all these petrochemicals, and we do so without questioning them, because the general consensus is that the FDA would never allow anything harmful to be in our air, water, food, and personal care products, etc. BUT THAT IS SOOOOO NOT THE CASE, BECAUSE THAT'S **EXACTLY WHAT THEY'RE DOING!!!**

Before I fully explain the FDA and the way they operate, you need to understand what cancer is and how it starts.

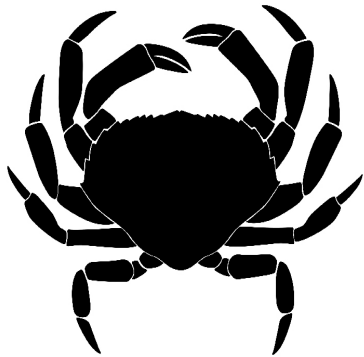
UNDERSTANDING CANCER

To most people the 'C' (cancer) word is the scariest word in the English language. I know it was for me. But one day I asked myself why I was so afraid of it and the answer was this, because I felt I had no control over it. I thought it was just something that happened to people and there was nothing you could do about it.

I realized that I thought this way because I knew next to nothing about it. The only thing I knew was that people who developed it went through horrible drug and radiation treatments and/or died. I also realized that the main component of fear is the 'unknown'. So I figured that if I 'knew' something about this subject, I wouldn't

have to be afraid of it. I decided to educate myself about cancer, and now that I have, I'm no longer afraid of it...now I'm in control of it!

Once I found out how cancer gets started and how simple it is to kill and prevent it, I wanted to give everyone else the same peace of mind I now have. Understanding cancer can give you control over it too, so you can kill it if you are developing it, or prevent it if you aren't.

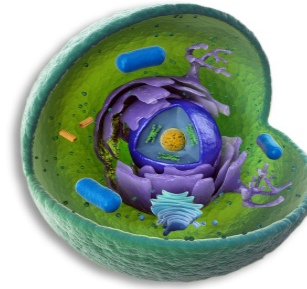


WHAT IS CANCER?

The word cancer comes from the Latin word 'crab'. Probably because it grabs the tissue, hangs on to it, and can crawl into other tissues. Put simply, cancer is an abnormal growth of cells which reproduce in an uncontrolled manner, and in some cases, can spread.

The word cancer describes the 'general situation'. But there are over 100 different names for cancer. That's because it can develop in any area of the body and the name denotes where it's occurring, like: 'liver cancer', 'breast cancer', 'prostate cancer', 'skin cancer', etc.

Cancer cells spread by excreting an enzyme that acts like battery acid. This acid breaks down the collagen and elastin (proteins in the connective tissue that hold the cells together), clearing a tunnel for the cancer cells to travel through to other parts of the body. This is how new tumors can form in other areas of the body.



ABOUT CELLS

The first thing to learn is the basics about cells. All cells are exactly the same when they're first created. They aren't any specific 'type' of cell, they're just baby cells. At some point later in their life they become a 'type' of cell, like

hair, liver, bone, skin, etc. The act of becoming a particular type of cell is called 'differentiation'. It means 'to acquire individual characteristics' or, 'become different'.

There are hundreds of 'parts' inside a cell. The cell is sort of like a tiny factory and each part within it is like a worker doing a very specific job to keep the cell alive and functioning properly.

All cells have a main 'file folder', so to speak, that contains the instructions for all the different jobs within them, and for reproduction. That file is called 'DNA' (deoxyribonucleic acid). The DNA looks like a spiral shaped ladder with lots of rungs on it.

The 'genes' are the rungs of the DNA ladder, and contain the actual instructions for function, reproduction and growth. The genes tell the cell when to reproduce, what proteins to make, what type of cell to become (very important), when to die, etc. The instructions the genes give need to be followed exactly for the new cells to be able to reproduce and function properly.

If the DNA is a cherry pie 'recipe', then the 'genes' would be the flour, water, butter,



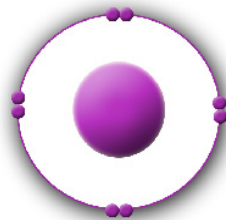
sugar, cherries, salt, etc. If you leave out any of the ingredients, the pie won't turn out right. It'll be defective. Well, the same is true in cells. The instructions can become defective from free radical damage. If the instructions are defective the cell cannot reproduce properly, or differentiate and become a particular cell. It's like leaving out the cherries in the pie; it would not be a cherry pie then.

CHAPTER 2

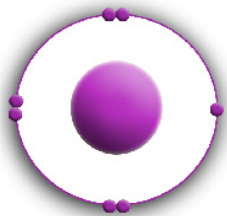
FREE RADICALS & ANTIOXIDANTS

Atoms are the smallest part of a substance (iron for instance) and, as you can see from the picture, they have a center with some small particles orbiting it. These particles are called 'electrons', which like to orbit in pairs of 2, 4, 6, 8, etc.

Atoms are very stable (happy) when their electrons are in pairs, but there are things that can cause them to lose one of their electrons and become unstable (unhappy).

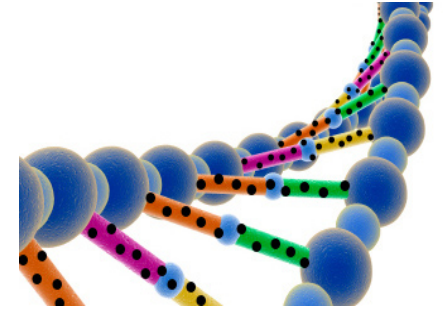


When they lose an electron they want to get it back, to become stable again, so they go tearing around until they find one in another atom and steal it. This makes the atom it was stolen from unstable and causes that atom to go through the same process to get its missing electron back. Atoms that are missing an



electron are called 'free radicals'.

When free radicals steal electrons it's called 'oxidation'. Oxidation is the same process that turns iron into rust. Rust is called 'iron oxide' (it's 'oxidized' iron).

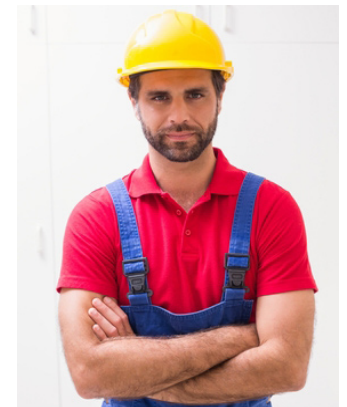


Free radicals can enter our cells and steal electrons from the genes (the main instructions for the cell). They act like very aggressive Pac Men taking bites out of (oxidizing) the genes and damaging the instructions.

When a cell reproduces, it has to make an exact copy of every part of itself, including the genes (instructions), for the new cell. If the genes are damaged, the cell will make a defective copy of them, which means that the genes in the next cell will be defective too.

MORE ABOUT CELLS

All cells have a manager that roams around the cell looking for damage to any part of it and assessing the extent of that damage. Its job is to make sure that the cell is free from damage, especially when it's time to reproduce. If the cell is damaged, but the damage is not too great, the manager will call the repair crew and have it fixed. If the cell is damaged beyond repair, the manager will press the self-destruct button and initiate 'cell death'.



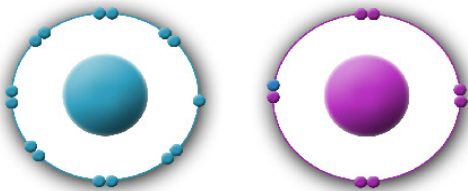
The genes also contain the instructions for repair, and cell death. So if those parts of the genes are damaged, the manager cannot repair or kill the defective cell and it will reproduce another defective cell that cannot be repaired or kill itself. Then that cell will sustain even more free radical damage and reproduce an even more defective cell, and on and on it goes.

There are approximately 35,000 different genes in a human cell. Among them are the genes that tell the cell when to differentiate and what type of cell to differentiate into. When those genes become damaged (oxidized by free radicals) the cell never differentiates, it keeps reproducing, and does not die. Cells with this type of damage, and that cannot differentiate, are called 'cancer cells'.

If these types of damaged cells are in the breast tissue, what you end up with is a cluster of cells that cannot differentiate into breast tissue cells, causing the breast tissue to be replaced by these defective cells. That's how a cancer tumor develops.

ANTIOXIDANTS ARE YOUR FRIENDS

Okay, now that you know how cancer develops, I'll tell you how to kill it and how to prevent it. This is done by clearing your environment of cancer causing chemicals, eating lots of 'antioxidants', and ingesting plant chemicals that kill cancer cells.



Antioxidants are atoms that easily give electrons to the free radicals that are missing an electron, so they

don't have to steal them from the genes (or any other part of the cell). They prevent oxidation (thus the word antioxidant).



Antioxidants come from fruits, vegetables and oils. When you look at a fruit or vegetable you can literally see the antioxidants... they're the color. The orange in carrots is the antioxidant Beta-carotene, which our body uses to make vitamin A. Grapes contain an antioxidant called 'proanthocyanidin' (pro - beneficial, antho - plant, cyanidins - blue color. Simply put, 'the blue color in plants that's good for you'), and it helps vitamin C work 100 times better.

Vitamins D and E keep cell membranes from being oxidized by free radicals. Vitamin E also helps block the formation of nitrosamines (which are highly carcinogenic), which are formed from nitrites (food preservatives). They also protect against the development of cancer by increasing immune function.

Alpha lipoic acid protects brain cell membranes from free radical damage, chelates some heavy metals, such as mercury, and significantly reduces diabetic cataract formation. This antioxidant also stops the breakdown of collagen and elastin in skin tissue caused by the rays of the sun, thus helping to prevent skin cancer and the aging effects of the sun.

Coenzyme Q10 is a natural antioxidant needed in every cell of the body. It protects the energy production parts of the cell from free radical damage. It can also break down cholesterol and improve circulation in the eyes.

N-acetyl-cysteine makes one of the body's most potent, anti-cancer antioxidants, Glutathione. Low glutathione levels can also be responsible for cataracts that form from free radical damage to the cornea.

Silica hydride is another extremely powerful antioxidant and is thousands of times more powerful than any form of vitamin, mineral or food supplement.

Oils from flowers, nuts, fish, vegetables, grains and legumes contain high levels of antioxidants and should be a regular part of the diet. When purchasing oils make sure they are fresh, extra virgin, cold pressed, and non-benzene derived. The first pressing always contains the greatest amount of antioxidants.

Fruit juices, the darker the better, are another great source of antioxidants, like: blueberry, blackberry, raspberry, grape, cherry, pomegranate, etc.

Also, don't forget all the great teas on the market, especially Oolong, (which is a cross between green and black tea) they are loaded with antioxidants.

CHAPTER 3



XENOHORMONES

The definition of xeno (pronounced zeno) is 'foreign', so xenohormone literally means 'foreign hormone'. But conceptually it means 'chemicals, other than actual hormones, that can fit into hormone receptors'.

Mainly xenoestrogens are talked about (chemicals that can fit into an estrogen receptor), but there are chemicals that can fit into every hormone receptor in the body. If you Google xenoestrogen, you'll get 62,600 matches. If you Google xenohormones you only get 2,400. The subject needs to include all the xenohormones, and the term xenohormones should be the general category name. Then you can speak of the individual ones like: xenoestrogen, xenotestosterone, xenoprogesterone, xenothyroid, xenocortisol, etc.

The term 'xenohormone' isn't, as yet, a household word, so the general public aren't aware of them, or the damage they can cause. Xenohormones are chemicals that have a different structure than human hormones and yet, are similar enough that they can fit into human hormone receptors and gain access to the

ANTIOXIDANT OILS FROM PLANTS

Almond	Jojoba
Aloe	Macadamia
Apricot Kernel	Mango
Argan	Meadowfoam
Avocado	Mowrah
Black Cumin seed	Neem
Black Currant seed	Olive
Borage Seed	Palm
Brazil Nut	Palm kernel
Camellia	Peanut
Capuasu	Pecan
Castor	Pistachio
Chaulmoogra	Pumpkin
Cocoa Butter	Punarnava
Coconut	Rice Bran
Corn	Rose Hip
Dhupa Butter	Safflower
Evening Primrose	Sal
Foraha	Sesame
Grape Seed	Shea
Hazelnut	Sunflower
Hemp Seed	Sweet Almond
Kokum Kukui	Walnut
Illipe	Wheat Germ

ANTIOXIDANT OILS FROM THE SEA

Cod	Salmon
DHA	Shark
EPA	Vitamin E
Krill	

cells. These chemicals are called 'hormone disrupters' because they disrupt the normal workings of the cell by telling it to partially do what it's supposed to do, to do something it's not supposed to do, or telling it not to do something it's supposed to do.

NEVER USE HERBS AS HORMONE REPLACEMENT THERAPY



Don't ever let anyone tell you that there are herb/s that will 'balance' your hormones. No herb can do that. I'm a master herbalist and I can tell you that herbs are great for many things, but not for hormone replacement, because they're a major source of xenohormones (hormone disrupters).

Hormone-like chemicals can be found in herbs such as: soy, wild yam, dong quai, chaste tree (vitex), ginseng, pygeium, red raspberry, ginkgo biloba, hawthorn, noni, acai, Goji and rose geranium, just to name a few (I'll give you a larger list later in this publication).

Soy is one of the most potent xenohormones and can be found in almost every food in the grocery and health food stores. Herbal 'extracts' are being added to nutritional and personal care products

at an alarming rate. But it's almost impossible for the public to recognize them because the plants are being processed directly into the xenohormone and its name is what goes on the ingredient list, for instance Beta Sitosterol (which fits into testosterone receptors) in men's health products, campesterol and stigmasterol (both fit into progesterone receptors) and is in a popular diet product.



The largest category of xenohormones is petrochemicals. There are over 100,000 chemicals (a good majority of which are petrochemicals) approved by the FDA and I can say with certainty, that every product in the average household (even if it's from a health food store) contains one, to a majority of these chemicals. That's food, nutritional supplements, personal care, pet care, household, decorating, garden, industrial (car, boat, campers, etc.) products, as well as the water and air.

If you're asking how so many cancer causing chemicals have gotten into our daily lives, the answer is...the FDA.

CHAPTER 4

CHEMICALS THAT CAUSE CANCER

I've gathered the information in this section during my 19 years of formulating and manufacturing chemical free health and beauty products. I do not allow ANY toxic, cancer causing chemicals in ANY of my products, and the only way I can be sure of that is to research each ingredient I'm considering for use. To understand how I know if the chemical is toxic or not, you need to know what an MSDS (Material Safety Data Sheet) and an abstract (short explanation of a scientific study) are.

THE MSDS

The MSDS can tell you a lot about a chemicals and is the first place to start. This is the paper that comes with every, single, chemical sold. It's the 'Material Safety Data Sheet'.

When a company creates a new chemical and wants to sell it, they have to perform laboratory tests to see what effects that chemical will create in animals. The results of the testing are what you will find on the MSDS.

The tests are performed on mice, rats, rabbits, guinea pigs, dogs, etc. They put a large amount of the chemical into their eyes, make them inhale it, rubbed it into their skin, and force it into their stomach by feeding tube. After they record what that does, they feed increasing amounts of the chemical that's being tested into the animal to find out how much it takes to kill it.

FYI, if you ever see a product with “Not tested on animals” on the label, it’s just marketing. The finished product (like toothpaste or shampoo) was not tested on animals. No finished products are. But every single ingredient in the product was tested on animals.

The MSDS studies are not done to protect the public, they’re done to protect the people who will be working with the chemicals to make them into the products the general public will be using.

All the data collected from torturing and killing the animals is given to manufacturers when they buy the chemical, to tell them how it should be handled, for example wear gloves, safety goggles and protective clothing, and what to do in case it’s ingested, inhaled, gotten on the skin, or in the eyes. Plus, what it will do to the environment when it’s disposed of.

All the data from the animal testing is submitted to the FDA where a panel of people look it over to decide which of the five classes of carcinogens below it should be in.

Group 1 - sufficient evidence in humans or sufficient evidence in animals and strong mechanistic (mechanical, where and how it causes cancer) data in humans that it causes cancer.

Group 2A - limited evidence in humans and sufficient evidence in animals.

Group 2B - limited evidence in humans and less than sufficient evidence in animals.

Group 3 - inadequate evidence in humans and inadequate or limited evidence in animals.

Group 4 - lack of carcinogenicity in humans and in animals.

There are no long term, or cumulative studies done on any chemical before it’s unleashed upon the public. Once it’s on the market, WE become the mice, rats, rabbits, etc. WE’RE the ones who get to find out what the long term and cumulative effects of using these chemicals are. But once we know, once enough people complain to the FDA and enough studies have shown it’s harmful, it takes years, if ever, for the FDA to ban it.

ABSTRACTS

As I said above, an abstract is a short explanation of a scientific study. It highlights the why, when, how, and conclusion. Once I read the MSDS, I check for scientific studies done on the chemical relating to cancer, or any other toxicity.

There have been tons of studies done on tons of the chemicals allowed in our products to see what type of cancer, if any, they can cause.

Once I have researched these two avenues, most ingredients are a ‘no go’. Most of the so called ‘natural’ ingredients are made from petrochemicals, or have some amount of petrochemicals in them. So finding ingredients I can use in my products is slim pickins.

FDA CHEMICAL CLASSIFICATIONS

The GRAS List - this is the FDA’s list of food additives that are ‘Generally Recognized As Safe’.

<http://www.fda.gov/Food/IngredientsPackagingLabeling/GRAS>

There are very few items on this list, and not all of them are anywhere near 'generally safe', for instance: BHT (causes lung cancer), sodium bisulfite (mutates cells), BTA, EDTA, methyl paraben, propyl paraben and propylene glycol, to name a few, have all been found to be toxic in one way or another.

I've always just 'told' people that there are toxic chemicals in their environment that they should eliminate, but I don't think it has been real to them because they don't know what chemicals they are, why they're harmful, and what to do about them. So I'm going to give a few examples, and later I'll explain what to do about them.

Let's look at the MSDS for a few of the most common and abundant chemicals in your environment.

By the way, since the MSDS is provided to protect humans, it's worded that way. It doesn't say, "this is what happened to the animals that were given this." It says: "this 'may' do the same to humans." And that's because the chemical was initially only tested on animals. But if it caused cancer in the animals, it will do the same in humans.

The language and terms in the MSDS are pretty technical and would probably put you to sleep, so I'm just going to tell you what it says, but I'm providing the link to the MSDS so you can read it yourself if you'd like to.



SOME TOP CANCER CAUSERS

Bisphenol A (BPA): is one of the most pervasive chemicals in modern life. It's a primary component of plastic products and over 2 MILLION pounds of it are produced each year in the U.S. alone. Everyone in the industrialized world is exposed to BPA primarily through food and beverage packaging, the water supply

and the air and dust. BPA is found in food packaging, food storage containers (except Ziplock brand. They don't contain BPA, but they still contain Phthalates (chemicals used in plastics and other household and personal care products, that also cause cancer).

www.ziploc.com/Susceptibility/Pages/Safety-and-Plastics.aspx

Plastic bags, plastic drink containers, baby bottles, sippy cups, plastic toys, milk jugs and cartons, juice, alcohol, soft drink bottles and cans, personal, household, garden and pet care, non-stick coating on cook ware, the lining of all tin cans, PVC water pipes, paints, adhesives, epoxy resins and dental fillings, are just a few of the products containing BPA.

The FDA's official position is that a 'small' amount of BPA is not harmful to us.

www.fda.gov/newsevents/publichealthfocus/ucm064437.htm

But this chemical was evaluated and approved over 50 YEARS AGO! Then in 2008, another branch of the government 'reviewed' those studies (they didn't say who performed these studies) and expressed a "small amount of concern" with the chemical.

Here's what the FDA considers as safe ingestion each day of BPA (just for prospective: a kilo is 2.2 pounds and there are 1,000 grams in a kilo. A microgram is 1 millionth of 1 gram, that's very little.)

Infants - 0.2-0.4 micrograms per kilo of body weight.
Children and adults - 0.1-0.2 micrograms per kilo of body weight.
Notice how the 'safe' amount for infants is twice the safe amount for children and adults...WHAT?

Toxic Effects: the next link contains a list of almost 200 studies done that show BPA to cause: breast (male and female), uterine, ovarian, testicular, prostate, brain and bone marrow (leukemia) cancers, plus: Lupus, birth defects, lowered immunity, and disruption of the reproduction cycle.

<http://www.breastcancerfund.org/assets/pdfs/tips-fact-sheets/bpa-abstracts.pdf>

www.environmentalhealthnews.org/ehs/newscience/2012/05/2012-0605-bpa-brain-cancer-meningioma

This information is of special interest to pregnant women: BPA can cross the placental barrier and enter the fetus where it can cause birth defects. It also enters breast milk. 3-6 month old babies born to women who ingested BPA while pregnant, breast fed them while ingesting BPA, or fed them from plastic bottles, had 5 times the BPA levels of an adult.

The study below showed that after only 3 days in the Neonatal intensive care unit, premature babies had 16-32% higher BPA levels than children in the general public. The BPA was coming

from the medical devices, like feeding tubes and respirators.

<http://pediatrics.aappublications.org/content/131/3/483.abstract?sid=7089d805-a6be-465b-8bba-acec7c0312e8>

Childhood cancers are on the rise and the most common childhood cancers are brain and bone marrow (Leukemia), both of which can be caused by BPA.

Plastic products degrade over time and release increasing amounts of BPA into whatever is in them. BPA levels rise when water is left in PVC pipes until you drink, cook or shower with it. BPA release greatly increases when the plastic is heated, such as when heating food in the microwave and heating infant formula in hot water.

Studies were done where human breast tissue cells were purposely exposed to BPA. It mutated over 300 different genes (the genetic information) and those cells developed into cancer cells. Then the cell receptors were given the same test that women get when they develop breast cancer. The cells were tested against estrogen and, sure enough, the cell receptors tested positive for estrogen. That means that the test said that the cancer was caused by estrogen, but it wasn't, it was induced by BPA!

That's the same as if you were drinking fluids out of plastic bottles, developed breast cancer and your doctor did a biopsy, sent the tissue sample for testing, the lab only tested the tissue against estrogen, the cells tested positive for estrogen, the lab tells the doctor that estrogen caused your breast cancer, and the doctor tells you.

BUT, the tissue was never tested against BPA. If it was, the cells would have tested positive for it as well, because it fits into the estrogen receptor too, THAT'S HOW IT CAUSES BREAST CANCER!

<http://www.breastcancerfund.org/assets/pdfs/tips-fact-sheets/bpa-abstracts.pdf>



Benzene: is a Group1 (which means it is known to cause cancer in humans) carcinogenic petrochemical used in the manufacture of; gasoline, plastics, acetone (nail polish remover), resins, paint strippers, nylon, Styrofoam, adhesives, rubber, lubricants, dyes, detergents, drugs, explosives, pesticides, and is also found in cigarette smoke.

Toxic effects: causes cancer tumors, leukemia, birth defects and miscarriages, is toxic to the female reproductive system, can kill an embryo or fetus, mutates genes in brand new cells, and damages; blood cells, bone marrow, the liver, nervous system, urinary tract, and effects metabolism.

It irritates the eyes, skin, lungs and gastrointestinal tract. Causes muscle weakness, tremors, seizures, convulsions, loss of

coordination, dizziness, headaches, and shortness of breath.

www.sciencelab.com/msds.php?msdsId=9927339

The greatest sources of benzene in your environment are motor vehicle exhaust fumes, and plastics. Living near a highway or major intersection, or on a busy street, causes exhaust fumes to be in the air you and your family breath 24/7. Long commutes to work expose you to increased benzene. Working in a toll booth causes 8 hours of continuous exposure to it.



Phthalates: are used in making plastics too and can be found in medical devices, children's toys, school supplies, polymer clay, waxes, printing inks and coatings, pharmaceuticals and clothing.

Phthalates are used in a variety of household applications such as detergents, adhesives and glues, paints, building materials, carpeting, shower curtains, vinyl upholstery, adhesives, floor tiles, food containers and wrappers, and cleaning materials.

Personal care items that contain phthalates include lipsticks (which also contains lead), perfume and fragrance oils, eye shadow, moisturizers, nail polish, liquid soap, and hair spray. Below is one of the few web sites I follow, as I have found factual data on it. It gives facts about lots of chemicals that can cause

cancer, and there are a lot of good links on it too.

www.breastcancerfund.org/clear-science/environmental-breast-cancer-links/plastics/

Toxic effects: These chemicals, when added to make-up, will absorb through the skin. They can cause irritation and tearing when applied to the eyes, irritate the nose, throat and lungs, can cause coughing, hoarseness, breathing difficulties, depression, damage to the central nervous system, pain, numbness, muscle spasms in the arms and legs, headaches and dizziness.

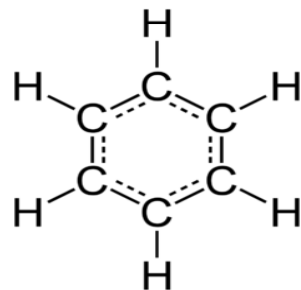
Phthalates are estrogen disrupters. Which means they fit into estrogen receptors and increase breast tissue growth. That's how they can cause breast cancer.

www.sciencelab.com/msds.php?msdsId=9923754

Although there are several different categories of phthalates, here are 18 made by Exxon Mobil that contain the benzene molecule.

www.epa.gov/hpv/pubs/summaries/benzene/c13467tp.pdf

It is well known that the Benzene molecule is HIGHLY carcinogenic.



Glyphosate: is the most popular weed killer used in the U. S. and many other countries.



Glyphosate is the main ingredient in the weed killers you buy from your local DIY store and the weed killer used by farmers growing your food.

Monsanto, an American chemical and agricultural corporation, is the leading producer of Glyphosate and GM (Genetically Modified) seeds. You REALLY need to visit and bookmark the web site below to find out ALL the GM crops that are used in our food supply, because it's not just soy!

www.centerforfoodsafety.org

This particular weed killer causes breast cancer cells to develop and grow, especially when ingested along with GM soy.

The MSDS for Monsanto's glyphosate is very interesting, if you read it you'd think this stuff was cotton candy, hardly any ill effects.

www.ces.ncsu.edu/fletcher/programs/xmas/pesticides/labels/Roundup-orig-max-msds.pdf

BUT, when you read scientific studies done on glyphosate, you find a very different story. The next link is to a study that details how glyphosate causes breast cancer cells to grow. But when coupled with GM soy it greatly increases breast cancer cell production.

www.salsila.co.il/image/users/237364/ftp/my_files/1-s20-S0278691513003633-main.pdf?id=12800209

It says that this weed killer interferes with the endocrine system, estrogen receptors in particular. Estrogen is very important in the development of females during puberty, and eating foods with Glyphosate on them will interrupt the formation of female characteristics.

Toxic Effects: breast cancer, reproduction disrupter, eye and skin irritation.

Propylene Glycol (and all PEG's, of which there are many, such as PEG-8, PEG-5, PEG 200, etc.) is a preservative in health and beauty products, drugs and animal products.



Toxic effects: these chemicals caused the following in the test animals: eye irritation, tearing of the eyes, involuntary tight closure of the eyelids, large amounts of blood in the eyes, respiratory tract irritation, gastrointestinal tract irritation, depression, convulsions, seizures, sleepiness, caused them to act as if they were drunk, muscle contractions and spasms, coma, interference with brain activity, red blood cell death, lowered immune function, the lungs filling with fluid, turning blue from lack of oxygen, low blood pressure, low heart rate, disturbed heartbeat, low blood sugar and death.

This study shows this chemical to mutate genes in blood, ovary and bone marrow cells. Mutating genes is the way cancer

develops.

http://ntp.niehs.nih.gov/ntp/htdocs/lt_rpts/tr515.pdf

Propylene Glycol is approved for use in food, drugs, cosmetics, personal care products, Tobacco products, antifreeze, dog food, and many other things. Start reading the labels of everything in your household and you will be surprised to see how many things have this, or one of the other PEG's, in it.

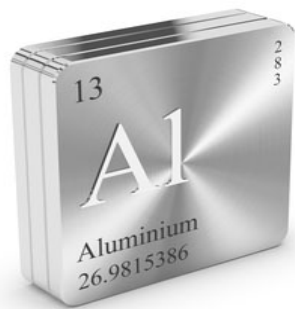
www.sciencelab.com/msds.php?msdsId=9927239



Sodium Nitrate: is a preservative in meat products; lunch meats, hot dogs, sausages, hams, etc. When you ingest food containing Sodium Nitrate, it breaks down into Sodium Nitrite, and it's the nitrite that causes the health problems.

Toxic effects: it mutates cells, it causes developmental problems, is toxic to the reproductive system of male and females, causes damage to the blood vessels, heart and smooth muscles, is very dangerous if ingested or inhaled, irritates the skin, causes cancer and tumors, effects fertility, mutates genetic material, is toxic to the fetus and causes birth defects.

www.sciencelab.com/msds.php?msdsId=9927272



Aluminums (lactate, citrate, ascorbate, elemental, etc.): can be found in FD&C colors used in eye shadows, blushes, foundation, lipstick, brow colors, foods and in creams and lotions for dry skin, vaccines, antiperspirants, pharmaceutical drugs, antacids (liquid and tablets), drinking water, cookware and in factories

where they are manufactured.

Aluminum is non-toxic, when ingested in very small amounts, because it's eliminated through the kidneys. But it's extremely toxic when it has entered the body by absorption through the skin, or intravenously.

When it enters through the blood it's deposited in the tissues of the; bones, brain (where it takes 14 years to be illuminated), liver, heart, spleen and muscles, where it mutates the genes in the cells of that tissue. It's the accumulation that causes diseases such as; Parkinson's and Alzheimers (because it kills brain tissue), anemia (because it kills red blood cells), breast cancer (in men and women), and death.

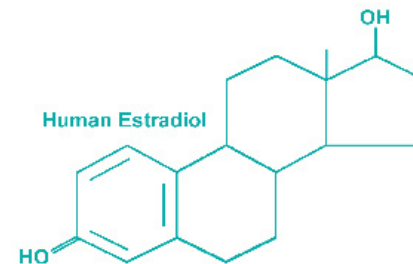
The Agency for Toxic Substances and Disease Registry (ATSDR), based in Atlanta, Georgia, is a federal public health agency of the U.S. Department of Health and Human Services. Their web site is a good source of data about quite a few very toxic chemicals.

<http://www.atsdr.cdc.gov/>

The link below takes you to a 34 page list of chemicals and their

cancer group rating. You can look up any ingredients you find in your environment to see what rating it has

<http://monographs.iarc.fr/ENG/Classification/>



ClassificationsAlphaOrder.pdf

Estrogen - women are always asking me if they can develop cancer from using supplemental estrogen. My answer is always "of course, if you don't use it correctly, or you use the wrong kind". That's because estrogen is a carcinogen by its very nature.

Estrogen performs many important functions in the body but its main job is to go into certain cells, hook onto the genes and tell the cells to divide and multiply. Anything that can do that (and there are thousands of natural and man made chemicals in our environment that can) is classed as a carcinogen. But just because it's in that class doesn't mean it will cause cancer, it just means that it can.

The female ovaries manufacture and secrete only one very potent estrogen called 'estradiol'. Only 3% of that estradiol goes to the tissues it will have an effect on and the other 97% goes to the liver to be converted into estrone (a weaker estrogen). Then, 3% of the estrone goes to the tissues it will have an effect on and the rest goes back to the liver to be converted into estriol (the weakest of all three estrogens).

Once the different estrogens reach the cells of the tissues that they will have an effect on, they land on their receptors and are escorted inside. Once inside, they perform their function, after which they're broken down and excreted from the cell. What most women don't know is that it's not actually the estradiol and estrone that cause cancer, it's a couple of their waste products (none of the waste products from estriol cause cancer, but that doesn't mean that you should only use it, because you also need the other two to perform MANY necessary functions in the body).

As long as a woman is still ovulating, there is almost no chance of cancer developing from her own estrogen. But as soon as she starts skipping ovulations, and at some point stops ovulating (or if she uses estrogen without progesterone), the amount of estrogen finding its way into the cells increases. That increases the amount of waste products, which increases the chances of those waste products causing cancer.

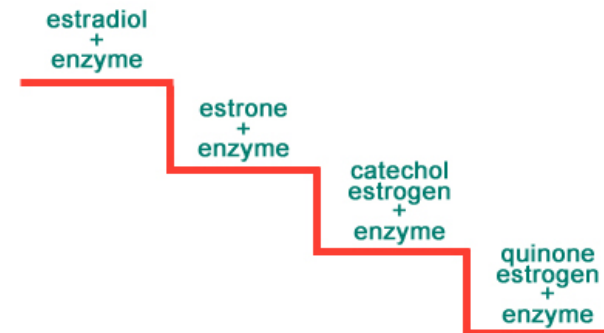
There are two types of estrogens; bio-identical (the exact same chemical structure as female estrogen), and non-bio-identical (synthetic molecules NOT the same as female estrogen), and both can cause cancer.

The synthetic, non-bio-identical kind is notorious for causing

cancer, and does so very easily. The bio-identical kind comes with less of a risk, but still a risk.

Many practitioners tell women that bio-identical estrogen is 'safe', so they think there's no risk of developing cancer by using it. The chance of developing cancer from your body's own estrogen, or bio-identical estrogen replacement therapy, is considerably lower than with the synthetic kind, but the risk is still there. Especially if you're overweight.

That's because breaking down estrogen for removal from the body (after it's done its job) happens in a 'series' of chemical reactions brought about by a different enzyme at each step in the process. One enzyme turns the waste material into a harmless chemical, but a different enzyme (Aromatase) turns it into a potent, super radical that can get back into the cells, damage the genes and cause cancer.



This enzyme is made by fat cells, so the more fat cells you have, the more Aromatase that can turn the waste material from estrogen into super radicals, causing a higher risk of the genes being damaged, and cancer to develop.

The reason the synthetic estrogens cause cancer so easily is

that many of them are intentionally made in the same chemical structure as the super radicals. So all they have to do is hook up with Aromatase for cancer to start.

Testosterone - Testosterone is the most abundant and important reproductive hormone in the male body. A certain amount of it converts to estrogen in the male body, and Aromatase does the same thing with that estrogen that it does in the female body. This is one of the ways men can develop prostate and breast cancer. But with all the other carcinogenic chemicals in your environment, estrogen and testosterone are the LEAST of your worries. The Bisphenol A should be your biggest concern!

YOUR BREAST CANCER WAS CAUSED BY ESTROGEN
Like I said earlier, when a person develops breast cancer, the doctor takes a small sample of the tissue and sends it to a lab for evaluation. It's then tested against estrogen to see if it fits into the receptors of that tissue. A good percentage of the time it does, so they are told that estrogen caused their breast cancer.

But in reality, there's no way to tell what caused any cancer. That's because, like I also said earlier, there are so many chemicals and free radicals that can damage the genes that you have no idea which one, or ones, have caused the cancer to develop.

The chemicals that make up pesticides, fertilizers and plastics are 'xenoestrogens' (hormone disrupters). They fit into estrogen cells and mimic estrogen and cause major damage to the genes, which can cause cancer to develop. But breast tissue is never tested against any of these other chemicals. If it were, it would be found that they also fit into the estrogen receptors. And after several

of these chemicals tested positive in the tissue, the medical field would have to admit that they have no idea which chemical caused the cancer.

CHAPTER 5

COMMONLY USES PRODUCTS

Just telling you that there are dangerous chemicals in your environment is probably not enough, so I'm going to show you what's in some of the most common products on the market and what problems they can cause.

DAWN DISWASHING LIQUID (Lemon scent)

Water - will contain Bisphenol A and Phthalates.

Sodium Lauryl Sulfate and Sodium Laureth Sulfate - there are TONS of 'web site' stating the acute toxicity and cancer risk of these two substances, but I can find no scientific study showing any problem other than skin and eye irritation, and killing skin cells. The cancer potential seems to arise when they're contaminated with other chemicals such as ethylene oxide, which has a byproduct of 1,4 dioxane which is a known carcinogen.

Lauramine Oxide - skin irritant.

Denatured Alcohol - is alcohol that has had methanol added to it to prevent recreational consumption. The methanol is produced by a combination of carbon monoxide, carbon dioxide and hydrogen.

When methanol is ingested in large amounts (enough to get someone dumb enough to drink this drunk) it is poisonous to the central nervous system and can cause blindness.

Sodium Chloride - salt, non-toxic

PPG-26 (polypropylene glycol) - petrochemical and known carcinogen.

PEG-8 (polyethylene glycol) - petrochemical and known carcinogen.

Propylheptyl Ether - petrochemical and one of the many phthalates, which contain the benzene ring, that has been found to be highly carcinogenic.

PEI-14 (polyethylenimine) - petrochemical.

PEG-10 (polyethylene glycol) - petrochemical and known carcinogen.

PPG-7 Copolymer - petrochemical and known carcinogen.

Phenoxyethanol - petrochemical and reproductive toxin. Toxic to the ovaries and causes developmental problems in offspring.

Methylisothiazolinone - causes damage to brain cells.

Fragrance - toxic to mucus membranes.

FD&C Blue 1 - petrochemical.

FD&C Red 33 - can cause allergic reactions in some people.

FD&C Yellow 5 - petrochemical.

ARM & HAMMER ADVANCED WHITE TOOTHPASTE

Sodium Fluoride - this stuff is about as toxic and carcinogenic as it gets. This link is to about 60 studies on many different aspects of toxicity from fluoride. www.slweb.org/bibliography.html

Baking Soda - nontoxic

PEG 8 (polyethylene glycol) - petrochemical, known carcinogen.

PEG (polyethylene glycol) - petrochemical, known carcinogen.

PPG 116/66 Copolymer (polypropylene glycol) - petrochemical,

known carcinogen

Sodium Carbonate Peroxide - can't find any data on whether this is toxic or not. It's in the peroxide family and shouldn't cause any problems except the usual oxidative stuff.

Tetrasodium Pyrophosphate - can't find any data that this is toxic.

Silica - basically sand, grinds down tooth enamel.

Sodium Lauroyl Sarcosinate and Sodium Lauryl Sulfate

- there are TONS of 'web sites' stating the acute toxicity and cancer risk of these two substances, but I can find no scientific study showing any problem other than skin and eye irritation, and killing skin cells. The cancer potential seems to arise when they're contaminated with other chemicals such as ethylene oxide, which has a by-product of 1,4 dioxane (which is a known carcinogen.)

Sodium Saccharin - causes bladder cancer.

Flavor - no additional data.

Water - contains Bisphenol A and Phthalates.

PANTEINE PRO-V SHAMPOO

Water - contains Bisphenol A and Phthalates.

Sodium Laureth Sulfate - often contaminated with 1,4 Dioxane, a known carcinogen.

Cocamidopropyl Betaine - combination of coconut oil and petrochemicals.

Sodium Chloride - salt, non-toxic.

Sodium Xylenesulfonate - low toxicity, mainly irritating to eyes and mucus membranes.

Cocamide MEA - caused cancer in test animals.

Sodium Citrate - non-toxic.

Fragrance - petrochemical.

Citric Acid - non-toxic.

Cassia Hydroxypropyltrimonium Chloride - non-toxic.
Dimethiconol - non-toxic.
Sodium Benzoate - non-toxic.
Disodium EDTA - can mutate cell DNA by pulling needed minerals from the cell.
Panthenol - non-toxic.
Panthenyl Ethyl Ether - non-toxic.
Aloe - non-toxic.
Calendula - non-toxic.
Ginger - non-toxic.
Methylchloroisothiazolinone - neurotoxin, disrupts development of nervous system.
Methylisothiazolinone - neurotoxin, disrupts development of nervous system.
Yellow 5 and Orange 4 - petrochemicals.

REVLON 'REALLY RED' LIPSTICK

Isononyl Isononanoate - can cause contact dermatitis.
Trioctyldodecyl Citrate - no data available.
Ozokerite - a natural wax.
Silica - non-toxic.
Bis Diglyceryl Polyacyladipate 2 Paraffin - slight chromosomal alterations occurred.
Cera Microcristallina (Microcrystalline Wax) - petrochemical.
C10 30 Cholesterol/Lanosterol Esters - this ingredient is derived from lanolin, which is a waxy substance secreted by the oil glands of sheep. It is HIGHLY estrogenic and should not be used by humans.
Ascorbyl Palmitate - no toxicity data found.
Tocopheryl Acetate - non-toxic.

Pentaerythrityl Tetraethylhexanoate - no toxicity data found.
Aloe - non-toxic.
Synthetic Wax - petrochemical.
Polyethylene glycol - petrochemical.
Ethylene/Propylene Copolymer - petrochemical, known carcinogen.
Palmitic Acid - non-toxic.
Hydrogenated Polyisobutene - petrochemical.
BHT - known carcinogen.
Benzoic Acid - non-toxic.
Mica - non-toxic.
Titanium Dioxide, Yellow 5 Lake, Red 7 Lake, Red 6 Lake, Iron Oxides, Red 27 Lake, Red 33 Lake, Yellow 6 Lake, Carmine, Blue 1, Red 28 Lake - all contain aluminum, which is a known carcinogen.

OSCAR MEYER BACON

Water - contains Bisphenol A and Phthalates.
Sugar - non-toxic.
Salt - non-toxic.
Potassium Lactate - non-toxic.
Canola Oil - extracted with sodium hydroxide (lye) and washed with phosphate (detergent).
Potassium Chloride - non-toxic.
Sodium Diacetate - non-toxic.
Sodium Phosphates - can cause diarrhea.
Smoke Flavor - don't know if this is natural liquid smoke or artificial. If it's artificial it will contain artificial flavors and FD&C food colorings (petrochemicals). I have to assume it's the artificial stuff as it doesn't say 'natural smoke flavor'.
Sodium Ascorbate - non-toxic.

Autolyzed Yeast Extract - non-toxic.

Sodium Nitrite - carcinogenic.

Dextrose - non-toxic.

Soy Lecithin - non-toxic.

OSCAR MEYER BEEF WIENERS

Beef - non-toxic, but most likely contains Bovine Growth Hormone.

Water - contains Bisphenol A and Phthalates.

Salt - non-toxic.

Corn Syrup - non-toxic.

Dextrose - non-toxic.

Sodium Lactate - non-toxic.

Flavor - doesn't say what 'flavor' this is.

Hydrolyzed Beef Stock - non-toxic, but most likely contains Bovine Growth Hormone.

Sodium Phosphate - non-toxic.

Autolyzed Yeast - non-toxic.

Sodium Diacetate - non-toxic.

Sodium Nitrate - carcinogenic.

Extractives of Paprika - not organic so will contain herbasides and pestacides.

Plus, the bacon and hot dogs are packaged in plastic, which allows Biphenol A and Phthalates to leach into the products.

I'm not going to go into any more products as I just wanted to give you an idea of what's in your household, and don't think that just because you get your products from a health food store that you will be avoiding these ingredients. On some things you may, but you still have to read the labels. The problem is that you can read the labels and still not know if there are harmful ingredients in

them. It took me many years and TONS of research to know what to avoid and what to make my products from. But your biggest concern should be ridding your environments of the chemicals I spoke of earlier in this publication...**ESPECIALLY Bisphenol A!**

CHAPTER 6

THE TRUTH ABOUT THE FDA



The effects of some chemicals are on the label for the general public, like the labels on cleaning, gardening and industrial products. But not on food, or in our personal care product labels. Your hot dogs and lunch meats do not have a warning that the BPA (that is in the water the dogs are made with, and that has leached into them from the plastic packaging), and the Sodium Nitrate (used to preserve them) cause breast (male and female), uterine, ovarian, testicular, prostate, brain, leukemia (bone marrow cancer) as well as Lupus, birth defects, lowered immunity, disruption of the reproduction cycle, mutation of the cells (which is what causes cancer), developmental problems, toxicity to the reproductive system of males and females and causes damage to the blood vessels, heart and smooth muscles, is very dangerous

if ingested or inhaled, irritates the skin, effects fertility, mutates genetic material, is toxic to the fetus and causes birth defects.

Your dwelling didn't come with a warning that BPA is leaching into your water supply from the PVC pipes. Nor do the plastic bottles that you drink water, soft drinks, juices and alcohol, etc. from. Nor do the cans that have plastic linings. Your shampoo, conditioner, hair spray and gel, make-up and perfumes have no warning that they contain chemicals that can cause a whole host of negative health issues, including cancer. Chemicals such as Cocoamide MEA, DEA and TEA (monoethanolamine, diethanolamine, triethanolamine), parabens (methylparaben, ethylparaben, propylparaben, isopropylparaben, butylparaben, isobutylparaben, benzylparaben), glycol's (ethyleneglycol and propyleneglycol), dioxins, phthalates, PCB's (polychlorinated bisphenols), formaldehyde releasers, and sulfates are common ingredients in 100's of personal care and cosmetic products in your local grocery and health food stores (yes, just because it's in a health food store doesn't mean it doesn't contain harmful ingredients).

THE FDA IS **NOT** YOUR FRIEND!

Millions of peoples die each year from one or more of the chemicals that the FDA allows in our home and work place, but they do nothing about it.

Take cigarettes for example. The FDA knows full well that the chemicals added to them cause cancer, but did they ban the use of those chemicals in them? NO! All they did was make the tobacco industry put a warning label on the package.

What you need to understand is that the FDA says its purpose is

to protect the public from harmful substances, as they state on their web site.

www.fda.gov/aboutfda/whatwedo/).

That may have been the purpose when the organization was started, but it certainly isn't now. In fact, what they're doing is exactly the opposite of their mission statement. The saying goes... "don't listen to what they say, look at what they do". That's how you can tell the intention of a person or group.

Once I asked an FDA agent how she could sleep at night knowing that so many of the things the FDA approves kill people. She replied that it is not the FDA's job to tell people what they can, and can't have, their job is to regulate the manufacture of the products we use. In other words, they don't care what's in the product, they just care if the room it's made in is clean.

I was really surprised, and said that they should start telling people the truth, because the general public is under the impression that the FDA is there to protect them.

So for many years we have trusted the FDA to keep the products we use safe. We thought someone was at the helm, so we never questioned the growing list of new chemicals in the products we bought. Most people don't believe that the plastic bottles they drink water and milk from EVERY DAY, can kill them. How could that be? The FDA would NEVER allow that...au contraire mon ami (on the contrary my friend)!



FOLLOW THE MONEY

Cancer is one of the biggest cash cow in the U.S. It's a multibillion (yes, billion, with a 'B') dollar a year industry, and the more cancer causing chemicals the FDA allows to be added to our food, air, water, personal care and household products, etc., the larger that industry grows! Cancer research institutes get big bucks to 'research' cancer. The National Cancer Institute is a government agency with a budget of a little under 6 BILLION dollars a year. The National Institute for Health is another government agency with a budget of a little over 30 BILLION a year. The American Cancer Society is a non-profit organization which raises 600-700 MILLION a year in government and private funding (with only 29% of that money actually going to cancer research) and has a bank account in excess of a billion dollars.

These institutes are always saying that they're looking for a 'CURE' for cancer. I don't know about you, but I thought they were trying to find some way to stop people from developing it, like a vaccine for small pox or polio. But that's not the case. Here is the definition of 'cure':

1. Restoration of health; recovery from disease.
2. A method or course of treatment used to restore health.
3. An agent that restores health; a remedy.

So if you go by the definition, it's easy to understand what the cancer research industry is doing. They develop new drugs that help people 'recover' from cancer. In other words to kill the disease once a person develops it. They aren't trying to help people avoid developing the disease, there's no money in that, they just want to 'treat' the ever growing numbers of people who develop it...THAT'S where the money is!

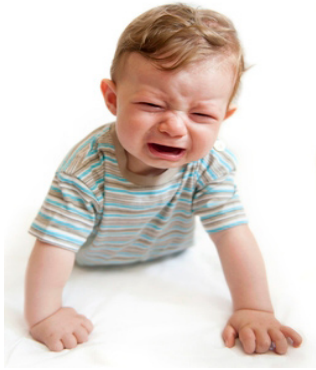
Cancer was rare when I was a kid (I'm 59 now), and now it's the 2nd leading cause of death in the America. The Center for Disease Control estimates it kills almost 6,000,000 (that's MILLION, with an M) people each year, and that number doesn't include the people who develop and survive it, and many of those who survive die within 5 years of their treatment.

OUTDATED TREATMENTS



Radiation has been used as a cancer treatment for over 100 years, and chemotherapy has been used for 68. Each year the death toll from cancer rises in spite of all the money that has been (and is being) thrown at it, and the same old cut (surgery), burn (radiation) and poison (chemo therapy - drugs that make you so sick you wish you were dead, and makes your hair fall out), methods are still being used. You'd think that in 100 years, with HUNDREDS of BILLIONS of dollars, they could come up with something better. Well, frankly, there are LOTS of things that are better, but it's illegal to tell you about them because some drug company didn't develop them and pay millions to the FDA to approve them.

In fact, it's just about illegal not to have chemo and radiation. Some judges have ordered parents to put their child on these horrible treatments, and threatened that if they didn't, they would take the child away. Check this out if you don't believe me:



www.nbcnews.com/id/30763438/ns/health-childrens_health/t/judge-rules-family-cant-refuse-chemo-boy/#U219KKsRw0

There are many treatments that have been scientifically proven to kill cancer cells, but they're made of natural substances that cannot be patented and are cheap and readily available. In other words...there's no money for big pharma and the FDA in

them.

It's so unethical to subject men, women and children (especially children) to the BARBARIC forms of cancer treatment when there are so many other ways to kill it that do not scar, maim, make people violently ill, or kill them. But like I said, cancer is a MULTI-BILLION dollar a year industry and the cancer institutions, the medical field, the FDA, the drug companies (and all the people who have stock in them) all feed from its trough. They don't want you to know what causes it, how to prevent it, or how to cure it yourself. If you could cure yourself, and stopped doing the things that cause it, the cancer industry would die out overnight, *AND THEY CAN'T HAVE THAT!*

HOW IT *SHOULD* BE

If you have been diagnosed with cancer, your doctor should legally have to give you information about all the alternatives to the 'standard' treatments. He should have to say: "Here's a list of all the natural, non-drug, non-surgical ways to cure your cancer that will not make you ill or cause your hair to fall out, you won't have to maim your body by cutting parts of it out or off, and you won't go bankrupt using them. And while you're curing your cancer, we will educate you on why this happened in the first place so you can prevent it from happening again."

But that will never happen unless we get ethical, non-money motivated people in the presidency, both houses of congress, and as head of the FDA. So in the meantime it's up to us to reduce this monster machine (the cancer industry) of money motivated people by educating ourselves about what causes cancer, getting those substances out of our lives, learn how to cure ourselves (if we do develop it), and prevent it's recurrence.

CHAPTER 7

CURE AND PROTECT YOURSELF

The amount of toxic chemicals in your daily living environment is known as your 'Toxic Load'. Like I said earlier, the FDA's official position is that, when evaluating each individual chemical, a tiny bit of that one substance is not going to be harmful. And even if it is, it won't do much harm. BUT the truth is, a small amount of many toxic and carcinogenic chemicals CAN harm, and even kill you and your family members.

The way to reduce the chances of cell mutation and cancer is to reduce your 'toxic load' by replacing products containing petrochemicals, plastics, pesticides, fertilizers, artificial colors and flavors, synthetic fragrances, toxic preservatives, formaldehyde releasers, xenohormones, BPA, MEA, DEA, TEA, PCB's, dioxins and by cleaning up your air and water quality, eating organic food, and hormone and antibiotic free meat, fish and poultry (that have been fed their natural diet) and cooking in stainless steel, ceramic or glass cookware.

I know that sounds like a change in everything you do and, depending on your particular toxic load, it can be a big project. But you don't have to throw everything in your house away all at once. Rid your environment of these substances on a gradual basis.

WAYS TO REDUCE YOUR TOXIC LOAD



First let me say that I do not make any money from the links I put in this publication except for the BonVida Link (which is my company).

These are many of the steps I have taken over the years to reduce my toxic load:

Plastic - in my opinion (and that opinion was reached through considerable research) the top cancer causing chemical in your environment is BPA from plastic food packaging, your water supply and household, garden, and personal care



products. Therefore the first thing you should do is get rid of as much plastic as possible.

Stop drinking anything that comes in a plastic bottle, carton or can...RIGHT NOW! Use stainless steel and glass bottles instead. Buy your drinks in glass bottles, or make your own and store it in glass jars. I buy juice concentrates from the web site below.

<http://naturesflavors.com>
(click on 'ingredients',
'organic juice concentrates')

I use a Soda Stream machine and make soda for us from juice the concentrates. I buy 1/2 gallon canning jars from Walmart and store the soda in them in the fridge. Yes, I know the bottle and fitting of the Soda Stream are plastic but the drinks are not in contact with them long enough to cause a problem.

Put the drinks for lunch boxes in stainless steel bottles that can be washed and refilled.

Do not heat food in plastic, or cook with non-stick pots and pans. Use stainless steel, ceramic or glass.

Look at what foods and drinks you have in your household that come in plastic bottles, and as you finish each product, replace them with products that comes in a glass bottle or jar, even things like catsup, mustard, mayo, peanut butter, pickles, sauces, vinegar, etc.

Milk is a hard one to deal with because it doesn't usually come in any type of container without plastic. Even the milk 'cartons' are

lined with plastic (like tin cans). You can always check your local health food store and see if they carry milk in glass bottle....or get your own cow.

I live out in the country in Texas and get raw milk from a local dairy farm. We drink 3 gallons a week and I take 6, 1/2 gallon glass jars to the dairy and they fill them up for me. I add a good squirt of 3% hydrogen peroxide to each jar and they stay fresh all week.

But for those of you who do not have a local dairy and cannot find milk in glass, the least harmful is the milk in the cartons. The plastic coating is very thin, whereas the plastic jugs allow a LOT of BPA to leach into the milk.



When you buy milk, get the cartons in the back of the refrigerator with the longest sell by date. That milk has been in that carton for the least amount of time.



If you eat a lot of foods in cans, start making it yourself and storing it in glass canning jars. Like soups, I make at least a gallon (there's only two of us), put it in glass canning jars and put it in the freezer. Below is a great web site that explains exactly how to freeze in glass canning jars.

www.chiotsrun.com/2010/03/06/using-canning-jars-in-the-freezer

Freeze meats and things you cannot put into a jar in foil or wax paper first and then put them in double plastic bags. That way no plastic will touch the food and you will still prevent freezer burn.

Don't buy foods that have been packaged in plastic shrink wrappers like hot dogs, luncheon meats, sausages, whole chickens, turkeys, ducks, Cornish hens, hams, roast beef, ribs, corned beef, pork loin, especially if the package has liquid flavorings or preservatives in it.

The packaging that is done right in the store is not great either but at least it has not been sitting in it as long as the food in the shrink wrapped packages. I mean foods like steaks, chicken, pork etc. that are packaged in the store just before being put in the cooler, the foods in the Styrofoam trays with clear plastic around it.



Seafood is usually IQF (individually quick frozen) and then put into plastic bags. That's okay as the food was frozen before it was put into the bag and the bag is also frozen. That doesn't allow anything to leach into the food. But sometimes the fish filets are individually wrapped in plastic and then

frozen. That's not okay. Look out for other meats like chicken that are packaged this way too.

Herbicides and pesticides - there's only one way to avoid these nasty's... eat organic, antibiotic and hormone free, homemade food as much as possible. These can be found in almost every grocery store now-a-days at half the price of a health food store.



Nitrates and Nitrites - of course you should TOTALLY avoid ANYTHING that contains Sodium Nitrate. In 2007, the American Institute for Cancer Research released a report that showed that

consuming 3.5 ounces of processed meat products containing sodium nitrate a day increases the chance of colon cancer by 21%.

www.aicr.org/assets/docs/pdf/reports/Second_Expert_Report.pdf

And for your information, if the product says no artificial preservatives, look closely at the label. Take the Hormel brand of packaged meat products, the first thing to notice is that they're packed in plastic. The second thing is that it says, no 'artificial' preservatives. That doesn't mean that there are no nitrates in the product.

The packaged meat industry has come up with a marketing ploy that even fooled me, until a butcher clued me in. What they use is 'celery extract' (which contains a high amount of nitrate) in the package and add an enzyme that converts it to nitrite, which in turn breaks down into nitric oxide (which does the actual preserving in meats). Then the nitric oxide combines with naturally-occurring proteins in the meats and forms nitrosamines, which is how they cause cancer.

Now, if the manufacturer of a meat product adds 200 mg of Sodium Nitrate to a package of hot dogs, that's all there will **ever** be, 200 mg. But, when a manufacturer uses the celery extract and enzyme method, the enzyme continues to convert the celery extract to nitrites as long as it's in the package. Therefore you actually end up with MORE nitrites than if you just ate the Sodium Nitrate.

One way to eat processed meats and avoid any kind of nitrates is to make them yourself. Here's a web site with everything you need

to know to make sausages and hot dogs.

www.sausagemaker.com

If you eat a lot of sandwiches, it's really easy to make your own lunch meats.

To do this you'll need a meat slicer. Walmart has one called a Nesco 150 Watt Slicer (or get one wherever you like). Then, on a day when you have the time, bake a ham, a couple of chickens, a turkey, roast some beef or pork, or some combination of these.



Once the meats are cooled, simply slice them up and package them in portions small enough to use up before they go off, and stick them in the freezer. This way you will have great, non-cancer-causing sandwich meat.

Drinking and cooking water - I've been looking for the perfect solution to water quality since I moved to Texas, because we have a well. I had decided to install a Reverse Osmosis system in my kitchen until I had the area 'expert' over to tell us all about them. I asked him what the RO membrane was made from but he didn't know, so after he left I started researching what chemicals were used to make it. I was not impressed.

Some RO storage tanks (where the filtered water is stored) are made of plastic...more BPA. Some are made of stainless steel with a rubber bladder inside. The rubber bladder is made from Polyvinyl Chloride (PVC), Bisphenol A and Phthalates (those chemicals that causes cancer). These chemicals are Class A

carcinogens to humans, says the EPA (Environmental Protection Agency).

Rubber is a thin, milk-like, sap that comes from plants, mainly the rubber tree. Uncured, natural rubber is sticky, deforms easily when warm, and is brittle when cold. In this state, it's a poor material when a high level of elasticity is required. That's why it has to have Bisphenol A and Phthalates added to make it strong and elastic. Also, 'natural' rubber contains naturally occurring hormone disrupters that will fit into estrogen receptors.

The filter housing and the tubing that the filtered water went through to get to the faucet were made of plastic too (more BPA). I'm trying to get it out of my drinking and cooking water, so what's the use of paying \$800 to have it put back after filtration. So I decided against the RO system.

The Berkey type water filters are great because they're made of stainless steel, but they have a plastic screw and wing nut that holds the filters in place. The water drips through the filters very slowly and dissolves the plastic fittings. That allows BPA to get back into the water. There are no water filters on the market that do not have some sort of plastic parts that come into contact with the water.

www.youtube.com/watch?v=vkJ7CVTYKLo

So I did some more research and came up with a solution; not only to BPA, but all the other bad stuff in the water....activated charcoal. The charcoal will remove the chemicals, even BPA (see study below).

www.pubs.acs.org/doi/abs/10.1021/es0481169

So I made my own filter based on the Big Berkey filtration system.

- I bought two, two gallon, stainless steel stock pots at the dollar store. There are only myself, my husband and our cat in our family so if you have a larger family and use more water, buy larger stock pots.
- I bought a sheet of 100 mesh, stainless steel wire mesh from www.twpinc.com (for \$75).
- I bought 30 pounds of activated charcoal from the link below.

<http://www.amazon.com/Granulated-Activated-Carbon-1-cu-ft/dp/B001767708>

- I ordered a stainless a steel spigot from the link below. This spigot does have a rubber seal that the edge of one side comes into contact with the water, but it's so minimal that it will not cause a problem.

http://www.amazon.com/Signstek-Stainless-Beverage-Dispenser-Spigot/dp/B00KX1HIFQ/ref=sr_1_2/178-6269346-0534814?ie=UTF8&qid=1419013904&sr=8-2&keywords=stainless+spigot

- Once I had everything, I started by taking one of the pots to a local machine shop to have a whole drilled in it for the spigot
- Then I drilled one, small hole in the bottom of the other pot.
- Then I set both pots on top of the mesh and drew a circle around the bottom of each with an ink pen.
- Then I cut the circles out with a pair of scissors and put both in the bottom of the pot with the hole in the bottom.
- Then I filled that pot, to about 3 inches from the top, with the

activated charcoal.

- Then I sat that pot in the kitchen sink, on the wire rack from my roasting pan, and ran cold water through it until the water ran clear (you have to wash out the charcoal dust).
- Then I set the pot with the hole and charcoal on top of the one with the spigot and filled it with water.

Now, when I want BPA (and any other chemical) free water, I just turn the spigot and out it comes. You must keep this filter clean, so once a week I pour a large bottle of hydrogen peroxide through the charcoal to kill any bacteria that may be building on the charcoal from the water.

Bath and shower - household water is disinfected with a chemical called Chloramine, which is made by combining chlorine and ammonia. When the chloramine combines with organic substances in the water, it produces some very toxic byproducts... di- and tri-halomethanines, and one of the most common, chloroform. These compounds are toxic when consumed, inhaled, or applied to the skin.

Research conducted on the health effects of chlorinated drinking water have demonstrated a variety of toxicity issues. Several studies have found that communities using chlorinated or chloraminated drinking water have an increased risk of bladder, kidney, and rectal cancers. THM's (tri-halomethanines) from chemically treated water have been associated with a variety of birth issues such as miscarriages, birth defects and premature babies.

Chlorine and chloramine vapors are associated with greater risk of asthma, and may damage the mucosal lining of the respiratory

tract. Free radicals in chlorinated water have been linked to liver malfunction, weakening of the immune system and changes in arteries.

There are soooo many things wrong with drinking, showering, bathing and swimming in chloramineated water I can't write about them all, but the link below gives loads of studies that have been done on many different areas of the body that are effected by these chemicals, *and the results are not good!*

www.vce.org/ChloramineScience/ChloramineScience.html

Showering and bathing creates chlorine 'gas' which we inhale and absorb directly into our blood stream. Therefore, even if you filter your drinking water, the amount of toxins you're exposed to from your daily shower or bath, through inhalation or skin absorption, should also be of concern.

Research has demonstrated that the cancer risk associated with chlorinated water may actually be due more to showering and bathing, rather than to drinking the disinfected tap water.

aje.oxfordjournals.org/content/165/2/148.abstract

They found that many health risks of chlorine may be specifically related to absorption through the skin, or inhalation. In fact, the chloroform dose from a single, ten minute shower is equal to, or greater than, what you get orally from drinking two liters of chlorinated water a day.

The best way to handle this problem is to get a whole house water filtration system. Here is a good place to start your research

as this company has been in the water filtration business for many years.

<http://www.culligan.com/en-us/d/homes/whole-house-water-filters/total-home/>



Air - an ozonator is a great way to clean the air in your home. There are lots of companies selling ozonators but the one we use is from the company below because they're the leader in clean air technology.

http://ecoquestair.com/shop/living_air/living-air-classic

One thing to know about an ozonator is that you should not blast it all the time as ozone is like super oxygen and can oxidize the tissue in the lungs if you breath too much of it for too long. So make sure you follow the instructions from the manufacturer.

Also, see if you can find a HEPA filter for your A/C unit or at least the best ones you can find and change them on a regular basis. You can also buy HEPA air purifiers for the rooms you spend the most time in, like office, bedroom, living room.

Use a vacuum cleaner that has either a HEPA or cyclone filter system. This will keep the dirt and allergens from getting back into the air as you clean. The Hoover Windtunnel model is a good vacuum. Walmart carries them for about \$120.00.



Personal care and household products - replace your personal care, pet care, household, garden and industrial products with ones that have no toxic substances in them.

Hormone Replacement Therapy (male and female) - use bio-identical (the exact same chemical structure as in the human body) hormones ONLY.

Women should use only estradiol, when replacing their estrogens, and let their body make the other two from it, as it naturally does. If you're using supplemental hormones and have xenohormones in your body, they will block the supplemental hormones, you'll miss the full benefit of them (like the cancer protection benefit of progesterone) and just waste your money.

** See the back of this publication for a list of the xenohormones I have researched to date.*

**I'VE DONE THE RESEARCH,
NOW IT'S UP TO YOU**

It has taken me many years to find solutions to all these problems in my environment. Handling the food and air was the easy part because someone had already crated safe alternatives. But it has been the water, personal care, household, pet and industrial

products that have taken a long time to replace.

For years I searched for toxin free products made by other companies. I would research the ingredients, where and how they were derived, how they were processed and if they had any harmful effects on the body. And in all that time, I have only found 2 or 3 products that were clean enough to use.

Some of the products I researched said 'organic' on their label, but when I dug into it I found that the only ingredients that were organic were essential oils and/or herb extracts (both derived from organic plants but who knows what toxic chemicals were used in the extraction process (usually it's benzene). The rest of the ingredients were the same old petrochemicals everyone else was using. So don't be fooled by the word 'organic' on the label.

Once I hit this dead end, I realized that I would have to bite the bullet and make my own products. It took me over 10 years of research to develop 38 personal care, household, pet and industrial products that contain no carcinogens or toxic substances. Now you don't have to spend years researching how to decrease your 'toxic load', as I have already done it for you.

IT WASN'T EASY

Formulating chemical free, non-toxic products is difficult for two reasons:

1. Chemical free, non-toxic ingredients are very limited. I have only found a few companies that make ingredients that are totally non-toxic and made without petrochemicals. For instance, when I wanted to make chemical free mascara I wouldn't use synthetic

lacquer in it, but I couldn't find a non-toxic one to replace it. I searched for over two years and came up empty handed. One day I called an obscure little company for something else, and mentioned my problem to the owner, he told me that they had a natural shellac made from beetle casings that was chemical free and non-toxic. Now I could finish the mascara.

2. People want chemical free products but they expect them to work the same as the petrochemical ones. This has also been a great challenge and I cannot say that everything I make works exactly the same as the petrochemical laden, toxic products on the market; but they are darn close and I'm always researching new ingredients as they come on the market in an effort to improve them.

I've now replaced 98% of my personal care and household products with ones I make myself. I have just created a 2 ingredients laundry powder and am working on dish washer powder.

Unfortunately, I am not selling these products at this time but there will soon be a few companies on Amazon where you will be able to purchase them. I will inform you as soon as they're ready for sale. Meanwhile, this company has the next best thing.

<http://www.aubrey-organics.com>

CHAPTER 8

KILLING AND PREVENTING CANCER



Now I'm going to tell you about an amazing discovery I recently made. One of my wholesale customers has a customer who came to her with breast cancer, so I started searching for scientific studies about natural substances that kill cancer.

I came across several studies about two plant derived substances, Chrysin (derived from Passion flowers) and Biochanin A (derived from Red Clover). These two chemicals have been used in cancer research for many years because they....KILL CANCER CELLS AND KEEP NEW ONES FROM FORMING! (see references at the end of this publication). The largest scientific chemical company in the U.S., Sigma-Aldrich, sells both of these plant chemicals to scientists.

So I bought both of the substances and made the girl a three month supply of cream she could rub on her breasts. I sent them to her and asked her to get another cancer screening after she had used them. She was not taking chemotherapy or having radiation.

Prior to using the cream, each time she



had been tested for cancer her numbers had gone up. She was getting worse. But this time the numbers had stayed the same. A few months after that test she added 2 other products to her daily regimen, Black Cumin seed oil and the capsules I gave my neighbor.

The last time she went to her cancer doctor (about 6 months ago) to check her progress, he told her to keep doing whatever it was she was doing. In other words, she was getting better. I just got an e-mail from her today (3-26-14) and she said "I'm wanting to let you know that my cancer is looking good. My tumors are getting much smaller now and showing great progress." I am soooooo happy for her!!!!

MY NEXT DOOR NEIGHBOR

When I lived in Florida, my next door neighbor developed bone marrow cancer. Bone marrow is where red blood cells are made, and since the cancer had destroyed a lot of her bone marrow, she couldn't make enough red blood cells.

She needed to have an operation on her spleen and it could not be done with her blood count so low. So her doctor put her on a medication that was supposed to cause her body to make red blood cells...but it didn't.

When she told me about it I said that we make a product to help people with anemia (low red blood cells). She started taking it and her blood count rose to normal in just a few weeks. Her doctor was amazed! She had her operation and we didn't talk about her cancer for about 9 more months.

Four days before I moved from Florida, she came over to my house so excited she was almost jumping up and down. She said that she had just come back from getting the results of her last cancer screening. She said that she thought that she would be told that her cancer had gotten really bad, but instead she was told that there was no trace of cancer in her body. I replied, "Well, the chemo really worked", and she said "I didn't do any chemo". I asked her what she did and she replied that the only thing she had done was take the capsules I gave her.

First my eyes widened in surprise, then I became perplexed. "Are you sure?" I asked. "Yep", she said, "I took nothing else, not even an aspirin." I couldn't imagine that anything in the capsules could do anything to cancer cells...but boy, was I wrong!

Being in the middle of packing a 4 bedroom house, 3 storage units and a business for the move to Texas, I made a mental note to check out the constituents in the three ingredients in those capsules.

Moving to another state is a huge evolution, in and of itself, and we were also in the process of building our new house. So several months passed before I remembered to do that research, but once

I did, I understood what those capsules had done.

The three ingredients in the capsules were liver powder, Alfalfa juice concentrate and beet root powder, all chosen for their iron content (which is needed in order for the body to make red blood cells).



When I researched what chemicals were in the Alfalfa and Beet root I found that the Alfalfa has a ton of Biochanin A in it, as I mentioned before, scientific research has proven that Biochanin A causes cancer cells to self-destruct.

The Beet Root contains a pectin. (Definition: any of a group of water-soluble carbohydrates found in ripe fruits, such as apples, plums, and grapefruit, and used to jell various foods, drugs, and cosmetics). Yep, that stuff that thickens jams and jellies tells cancer cells to kill themselves. I guess that's where the saying "an apple a day keeps the doctor away" comes from (well at least the oncologist (cancer doctor)).



Remember the Chrysin I added to the girl's cream, it interferes with a cancer cell's ability to use sugar. It basically cuts off their food supply and they die, and if they're dead, they cannot reproduce. So Alfalfa and Beet Root have chemicals in them that tell the cancer cells to kill themselves, and starves them to death. Pretty cool huh?

So, with the intent to raise her red blood cell count, my neighbor accidentally cured her cancer by ingesting chemicals that starved the cells and told them to self-destruct.

OTHER PLANTS THAT KILL AND PREVENT CANCER

People should have as many anti-cancer tools in their bag as possible. I've been researching natural ways to kill and prevent cancer for about a year now and will continue to do so.

Just so you know, I do not read other people's web sites to get my information, I go to PubMed and other scientific research sites and read the actual studies.

One of my latest finds is Cocoa. It has been shown to kill cancer cells in research studies. The active cancer killer is pentameric procyanidin (the cocoa's brown color), it stops cancer cells from being able to reproduce. But the cocoa needs to be unroasted, because the high temperatures (300-400° F) that cocoa is roasted at will destroy its anticancer properties.

I drink a glass of chocolate milk (with raw milk) every morning while answering my e-mails. I make a syrup with the raw cocoa and put it in my milk. It's DELICIOUS! Much better than that junk you can buy in a grocery store, and here's the recipe.

HOME MADE CHOCOLATE SYRUP



Makes 1 quart

Ingredients:

3 cups organic Demerara (raw) sugar

1 cups organic unroasted cocoa

1 1/2 cups water

1 teaspoon vanilla

1/8 teaspoon salt

1/8 cinnamon (optional)

Procedure:

Combine water, sugar and salt.

Bring to a low boil until the sugar is dissolved.

Allow to cool a bit and incorporate cocoa and cinnamon with a stick blender.

Add vanilla and stir

Allow to fully cool and store in a glass jar.

Keep refrigerated.

Grocery stores have the sugar and vanilla, you can get the raw cocoa here.

www.wildernessfamilynaturals.com

Their 5 pound bag is the best price on the internet. And if you like organic coconut oil (I cook most of my food with this), they have that too.

Deodorant - also, I use a mixture of lemon and orange essential oils as my deodorant. Lemon is good for lowering your blood pressure and both are extremely antiseptic, so they kill the bacteria that causes underarm odor. Here's where to get really good quality essential oils for a great price

www.bulkapothecary.com

A lot of health food stores sell empty brown bottles with droppers or sprayers. Check your local store and if they don't carry them, there are many sites on the web that do.

WHAT DOES ALL THIS HAVE TO DO WITH ME?

Cancer cells are constantly being produced by the body, but our natural defense system kills them. That is, until that defense system becomes compromised or, overwhelmed with the amount of cancer cells being created. Because of all the cancer causing chemicals in our daily lives, no one is immune to cancer getting out of hand in their body.

Which brings me back to the 'Toxic Load' (all those cancer causing chemicals in your environment). Like I said, there are 1,000's of them in your daily lives. These chemicals are free radicals that damage the genes in the cells, allowing cancer cells to develop. Too many free radicals is the reason the defense system gets overwhelmed by the number of cancer cells being created.

Most people don't know that they have an over-growth of cancer cells in their body until the disease is so far advanced that they're having symptoms which force them to see a doctor.

Most people don't know that they have an over-growth of cancer cells in their body until the disease is so far advanced that they're having symptoms that force them to see a doctor.

HOW DO I KNOW IF I'M DEVELOPING CANCER?



Since it takes 10-12 years to be able to detect a cancer tumor with medical equipment, a person can be developing tumors for several years and not know it. Therefore, it's a good idea

to get a screening every year or two. That way if you do detect the growth of cancer cells, you can do something about it before it interferes with your life.

There are chemicals that are elevated if cancer cells are present. Those chemicals are different in different parts of the body. That's why there is no one test for cancer. Therefore cancer testing is done in what's known as a 'screening', several of the different chemicals are tested.

Our laboratory will be offering cancer screening in the future, but for now here's a lab where you can get one.

www.americanmetaboliclaboratories.net

WHAT SHOULD I DO IF I HAVE CANCER?

Legally I cannot advise you about that but I can say this, If I had a cancer screening, and it showed cancer cell growth, I would do the following:

1. I would take a product that contains; Alfalfa juice concentrate, Beet Root, Grape Seed Extract, Biochanin A 98% and Chrysin 98%, and the other natural substances in the 'reference' part of this publication.
2. I would drink a glass of chocolate milk made with unroasted cocoa syrup every day.
3. I would use Black Cumin Seed essential oil as a deodorant or a dropper full someplace on my body each day.

4. If I hadn't yet done so, I would rid my environment of the toxic chemicals I talked about in this publication. Because if you don't get rid of whatever caused the cancer, it will just develop again.
5. I would do this for 3-4 months and then have another cancer screening.
6. Once (or if) my body was free from cancer cells, I would continue to do all the things that I did to kill them so as to prevent any new growth in the future.

A WORD ABOUT DIE-OFF

Die-off, healing crisis, detox reaction, etc. are all slang terms for a physical event known as the Herxheimer reaction. When cells die they release chemicals that are toxic to the body, and the liver and immune system have to 'detoxify' the system. Normally this is not a problem as the liver neutralizes the toxins and the immune system disposes of the dead bodies. But, when there are too many for the body to handle, and the liver and immune system become overwhelmed, the person taking the treatment can develop flu-like symptoms, headache, joint and muscle pain, body aches, sore throat, general malaise, fatigue, brain fog, sweating, chills, nausea, and/or other symptoms.

Over the years of helping people with health issues, I have had many tell me that they were experiencing 'die-off' from one thing or another that was not actually die-off. You actually have to be taking something that is made to 'kill' some type of cells in the body, for instance: antibiotics, antivirals, anti-fungals, anti-cancer, etc. These substances can be herbal, nutraceutical, or pharmaceutical.

Many years ago someone told me that it was okay to drink water from hard plastic bottles. So for 15 years my husband would go every other month and fill up six 5 gallon jugs for our water dispenser. This water would sit in these plastic bottles as we used them up. Now I know that information was not true, and started to suspect we had a good amount of cancer cells growing in our bodies from the Bisphenol A we had been ingesting for so long.

So I started taking 3 capsules, of a blend of ingredients I told you about in this publication, two times a day and after about 7-8 days I woke-up one morning feeling like I had been run over by a truck. I ached all over, was depressed and couldn't think straight. I had slept 12 hours and was still REALLY tired. I ate a little something and slept 4 more hours. That night I slept another 12 hours and the next day felt 80% better. I still had a bad day but nothing as bad as the day before. The next day I was fine.

My husband started taking 6 a day about 5 days after I started, and in 5 days he had a really bad day too. Not nearly as bad as me but it was bad enough that we know we had both experienced die-off, which told us that we had, indeed, had cancer cells growing in our bodies.

I'm not sure how long it took for her 'die-off' to start, but when it did, a lady who has leukemia also experienced severe die-off, for a week she felt depressed, irritable, tired, her joints ached, she was dizzy, had enlarged lymph nodes, a bladder infection, and a herpes break-out that was worse than any one she had ever had. At that point she stopped taking the capsules. After I talked to her about die-off, she started again and soon had a clean bill of health from her cancer doctor.

A male who has a tumor in his chest (and was taking the capsules) experienced a tingling, aching sensation in his skin that began on his left side, under his arm on the side of his rib. That feeling spread to his whole upper torso...die-off.

The reason I'm telling you this is that the substances I have told you about in this publication are VERY good at killing cancer cells, so if you're using them and start experiencing negative effects, you will understand what it is. It's a GOOD thing, so don't stop, just go through it. It means that you're killing off a LOT of cancer cells.

LIST OF XENOHORMONES TO AVOID

(herbs, chemicals and foods that interfere with hormone function, or mimic hormones)

I'm a master herbalist, an expert on HRT, and a chemical free products formulator and manufacturer. I've been compiling a list of products, herbs, and phytochemicals (plant chemicals) that interfere with HRT for some time. It's not a complete list but it's what I have so far. The following are herbs and products that you should not eat or drink, whether you're using HRT or not, as they will block any hormones that your body is making and/or any that you're supplementing with.

Adrenal complex (Standard Process or any other brand) - blocks estrogen receptors.

Lindra 15 - blocks estrogen receptors.

Cinnamon pearls - blocks testosterone receptors.

Kavinance - this product is said to "provide GABA (gamma-

aminobutyric acid, a neurotransmitter in the brain) support", it does nothing of the sort. It contains no GABA and does not stimulate or replace it. It contains 4-amino-3-phenolbutyric acid or Phenibute (see next entry), a brain chemistry altering drug that is a tranquilizer and muscle relaxer.

Phenibute - neuropsychotropic (the 'so called' branch of science dealing with the relationship of the brain and physical disease or illness) drug developed in the 1960's in Russia. This is not GABA, it fits into one of the GABA receptors. It is a synthetic tranquilizer/muscle relaxer, and blocks chemicals and hormones in the brain. DO NOT take this product for ANY reason. If you want the effects of GABA, take GABA.

Woman's Formula - blocks estrogen receptors.

Acai - blocks estrogen receptors.

Alaria (seaweed - nori) - blocks estrogen receptors.

Ashwaganda - blocks estrogen receptors.

Astragalus (locoweed) - produces estrogenic effect and causes uterus to enlarge.

Black and blue cohosh - HIGHLY estrogenic, will cause bleeding and will contribute to estrogen dominance, fibroids and cystic breasts.

Blessed thistle (milk thistle) - produces estrogenic effect and can add to problems with estrogen dominance such as fibroids and heavy bleeding.

Chinese Rhubarb root - blocks estrogen receptors.

Chrysanthemum - produces estrogenic effect.

Clematis - blocks estrogen receptors, suppresses ovulation.

Comfrey - causes fibrocysts in the liver of rats.

Cyperus rotundus (nutgrass) - blocks estrogen receptors.

Dioscorea (active chemical in wild yam) - blocks estrogen and progesterone receptors.

Dong qui - Blocks progesterone receptors.

Eleutherococcus senticosus (siberian ginseng) - blocks estrogen, progesterone and cortisol receptors.

Flax seed - blocks estrogen receptors.

Geranium - HIGHLY estrogenic, will cause bleeding and will contribute to estrogen dominance, fibroids and cystic breasts. HIGHLY estrogenic, can cause very heavy bleeding, and contributes to estrogen dominance, uterine fibroids and cystic breasts.

Ginkgo biloba - blocks estrogen receptors.

Goldenrod - blocks estrogen receptors.

Goji - reduces the production of estrogen receptors.

Holy Basil - blocks estrogen receptors, lowers sperm count in men.

Hawthorn - blocks estrogen receptors.

Horsetail - blocks estrogen receptors.

Licorice - blocks estrogen receptors, reduces testosterone in men, lowers potassium and blood pressure.

Maca - produces estrogenic effect.

Mangostano - produces estrogenic effect.

Marshmallow - blocks estrogen receptors.

Milax glabra Roxb (sarsaparilla) - blocks progesterone receptors.

Noni - blocks estrogen receptors.

Opal Basil - blocks estrogen receptors.

Pygeum - blocks estrogen receptors.

Red raspberry - blocks estrogen receptors.

Resveratrol - blocks estrogen receptors.

Resveratrol's Interactions with Drugs

Resveratrol may increase the risk of bleeding when taken

with drugs that increase the risk of bleeding. Some examples include aspirin, anticoagulants (blood thinners) such as warfarin (Coumadin®) or heparin, anti-platelet drugs such as clopidogrel (Plavix®), and non-steroidal anti-inflammatory drugs such as ibuprofen (Motrin®, Advil®) or naproxen (Naprosyn®, Aleve®).

Because Resveratrol contains estrogen-like chemicals, the effects of drugs believed to have estrogen-like properties may be altered.

Resveratrol may also interact with antibiotics, anticancer agents, antiviral drugs, anti-inflammatory agents, cardiovascular drugs, cholesterol lowering drugs, drugs used for osteoporosis, lipoxygenase inhibitors, and photosensitizing agents (agents that cause sun sensitivity).

Resveratrol's Interactions with Herbs and Dietary Supplements

Resveratrol may increase the risk of bleeding when taken with herbs and supplements that are believed to increase the risk of bleeding. Multiple cases of bleeding have been reported with the use of Ginkgo Biloba, and fewer cases with garlic and saw palmetto. Numerous other agents may theoretically increase the risk of bleeding, although this has not been proven in most cases.

Because Resveratrol contains estrogen-like chemicals, the effects of herbs and supplements believed to have estrogen-like properties, such as phytoestrogens, may be altered.

Resveratrol may also interact with antibacterial, anticancer herbs and supplements, antioxidants, antivirals, anti-inflammatory herbs and supplements, cardiovascular herbs and supplements, cholesterol lowering herbs and supplements, herbs and

supplements used for osteoporosis, and herbs and supplements that cause sun sensitivity.

Soya (oil, beans, edamame, textured protein, protein powder, milk, etc.) - blocks: progesterone, estradiol, estrone, estriol, testosterone, DHEA, cortisol and thyroid receptors.

Wild yam - blocks progesterone and estrogen receptors.

IN CONCLUSION

What I want you to take away from this publication is this:

1. There are 100's of chemicals in your environment, comprising your 'toxic load', that can cause cancer cells to grow in your body.
2. You need to GREATLY reduce your 'toxic load', especially Bisphenol PA.
3. That even though you do everything in this publication to reduce your toxic load, because of our 'plastic' society, you will never be able to completely rid your environment of BPA. Therefore you should take preventative measures and take the ingredients I talk about, to kill any cancer cells that may be developing in your body and prevent new ones from growing.
4. It takes many years for cancer to develop to a point that will interfere with your daily life. So you should check your body now, and then every couple of years.
5. Understand that if you do have cancer cells growing in your body, it's easy to kill them (without harmful chemotherapy and radiation), and prevent new ones from growing again.

REFERENCES

1. **Biochanin A** causes cell death in cancer cells:

<http://cancerres.aacrjournals.org/content/53/23/5815>

Relevant section:

“The data suggests that Biochanin A is a unique natural compound which selectively targets breast cancer cells and inhibits multiple mechanisms associated with malignant transformation (becoming cancerous).”

2. **Chrysin** kills cancer cells:

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2885101/>

Relevant section:

“Chrysin is a natural flavonoid currently under investigation due to its important biological anticancer properties. In most of the cancer cells tested, Chrysin has shown to inhibit proliferation and induce apoptosis (cell death), and is more potent than other tested flavonoids in leukemia cells”.

3. **Alfalfa** juice contains Biochanin A.

<http://www.mskcc.org/cancer-care/herb/alfalfa>

Relevant section:

“Constituents: lutein, sojasapogenol A-E aglycones medicagenic acid, hederagenin formononetin glycosides, genistein, daidzein, biochanin A, coumestrol, 3'-methoxy coumestrol, lucernol, sativol, trifol, medicagol, sigmasterol, spinasterol, Cyanogenic glycosides”.

4. **Beet root** causes cell death in breast cancer cells:

<http://link.springer.com/article/10.1007%2Fs11705-013-1342-5#page-1>

Relevant section:

“At a concentration range of 12.5–25 mg/mL the pectic extract killed 80.6% of the cells, exhibiting a higher antiproliferative (against reproducing) activity than 4-hydroxytamoxifen (4-OHT), a classical anticancer drug, which killed 56.5% of the cells.”

5. **Grape Seed extract** kills cancer cells:

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2728696/>

Relevant section

There are so many relevant sections in this publication that you should just look at all the different cancers that have been cured with Grape Seed Extract.

6. **Cocoa** kills Cancer cells

<http://mct.aacrjournals.org/content/4/4/537.abstract>

Relevant section

“Our results show that breast cancer cells are selectively susceptible to the cytotoxic (cell killing) effects of pentameric procyanidin (the brown color of the cocoa) and suggest inhibition of cellular proliferation by this compound (it stops the cells from growing).“

7. **Curcumin** (turmeric extract) kills and prevents cancer:

<http://www.ncbi.nlm.nih.gov/pubmed/12680238>

Relevant sections

“Extensive research over the last 50 years has indicated this polyphenol can both prevent and treat cancer. The anticancer potential of curcumin stems from its ability to suppress proliferation of a wide variety of tumor cells. Evidence

has also been presented to suggest that curcumin can suppress tumor initiation, promotion and metastasis. Pharmacologically, curcumin has been found to be safe. Human clinical trials indicated no dose-limiting toxicity when administered at doses up to 10 grams a day.

8. **Black cumin seed essential oil**

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3252704/>

The most potent chemical in black cumin seed oil is Thymoquinone and the essential oil contains 37.5% by volume. Making it the best form to use.

The anti-cancer activities of *N. sativa* (black cumin seed) components were recognized thousands of years ago but proper scientific research with this important traditional medicine is a very recent story. More research works should be emphasized behind this because it is a safe and promising anticancer agent.

9. **Boswellia** kills cancer cells and tumor suppression. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3258268/>

“Similar to our previous observations in human bladder cancer cells, *Boswellia sacra* essential oil induces breast cancer cell-specific cytotoxicity (it’s toxic to cancer cells and they die). Suppression of cellular network formation and disruption of spheroid (tumors) development of breast cancer cells by *Boswellia sacra* essential oil suggest that the essential oil may be effective for advanced breast cancer. Consistently, the essential oil represses signaling pathways and cell cycle regulators that have been proposed as therapeutic targets for breast cancer”.

I HOPE THIS HELPS

No one is immune from cancer development. I personally know 6 people who have developed it, which is why I wrote this publication. I hope it has helped you to understand this subject and not be afraid of it, because I want to help you and your loved ones live a cancer free and healthy life.

If you have any questions or comments please feel free to e-mail or call me.



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