The following are excerpts from *Knockout: Interviews with Doctors who are Curing Cancer and How to Prevent Getting It in the First Place* by Suzanne Somers.

“Couple this with toxicity from the chemicals in our food—preservatives and artificial sweeteners, high-fructose corn syrup, animals fed with corn (making their meat high in less healthful omega-6s instead of rich in healthful omega-3s) and it all results in cellular destruction, which is a sure route to cancer.

We consume an excess of oils high in omega-6s-sunflower, corn, safflower, canola (ever see a canola plant?), peanut, and vegetable—which are damaging to each and every cell in the body. Omega-3s (found in olive, flax, and coconut oils) in cell membranes help keep the membranes elastic, protecting the cell, allowing for oxygenation and hydration, and promoting healthy cell function. An excess of omega-6s oils, however, can produce cell malfunction, and cell malfunction can lead to cancer.” (p. 41)

“Western medicine’s answer to this dilemma is to poison (with chemotherapy) the enemy that was created by poisons. Now how crazy is that?” (p. 42)

“…I’ve been studying the situation, the FDA has never approved any nontoxic drug, herb, vitamin, or anything like that for cancer. The rule seems to be that nothing of a non-patented, less profitable nature gets through the FDA system. The only things that get through are theses synthetic patented agents that are generally very toxic and ineffective.” (p. 46)

“Adriamycin is ineffective in up to 92 percent of women…” (p.48)

“…that much further away from the so-called enemy, which is inexpensive: natural, nutritional, usually nonconventional treatment. It gives them another reason to resist and I would say to hate the natural treatments, and they do.” (p. 53)

“…life to solving what he believes is the riddle to cancer, and his answer is antineoplastons. But our government interfered and initially tried to put him in jail. Now they interfere once again and force him to alter his approach.” (p. 61)

“…taking curcumin supplements or cooking with turmeric and genistein which is a substance available in soy…Coke can silence a good number of genes…” (p. 76)

“The queen honeybee lives sixty times longer than the worker bees because she is eating royal jelly every day.

Right. But it’s not the testosterone itself, but a derivative of the testosterone, DHT. You see, testosterone is metabolized in the body and it creates a much more active chemical which is causing prostate cancer. Until recently it was believed that
testosterone was causing the rapid progression of prostate cancer, but a publication just last week proved the value of testosterone for patients who have prostate cancer.” (p. 77)

“Penicillin comes from mold; digitalis comes from foxglove; Adriamycin, a major chemotherapy drug, comes from a bacterium-and these drugs have great acceptance today. Cut the present perception is that if the idea or the medicine wasn’t developed within the academic club, it can’t possibly be of benefit.

Considering the billions of dollars and thousands of highly trained researchers in the cancer wars, there should be a lot more success to show for it. Yet even with this poor track record, traditional medicine’s gatekeepers are arrogant toward natural therapies.” (p. 88)

“So that’s a limiting factor. If we had drug company support, we could actually develop injectable forms of enzymes, which have been available in the past but currently are not available in the United States by FDA edict, which is too bad because if we could use injectable enzymes we would implement them as a kind of natural chemo.” (p. 91)

“No. It’s interesting-when you drink coffee, it actually turns on the sympathetic nervous system. When the sympathetic nervous system turns on, it shuts the liver down. When you take coffee rectally as an enema it stimulates certain nerves that are only in the lower bowel that turn on the parasympathetic system, which through a reflex causes the liver to release all its toxins. When you drink it, it shuts the liver down temporarily, but when you take it as an enema it turns on the liver and increases its efficiency. When the liver works better, everything works better.” (pp. 92-3)

“We never allow our patients to drink coffee ever.” (p. 93)

“But everyone thinks regarding cancer that there is only one protocol, “standard of care”: surgery, radiation, chemotherapy, and the aftercare drugs. What made you walk away from that?” (p. 93)

“…he is like a lot of geniuses-extraordinarily eccentric and kind of half-crazed.” (p.93)

“…dishonest idiot…” (p. 94)

“The way Lance Armstrong has been promoted by the chemo industry is really unfortunate, and I’m really saddened that a man of that character would allow himself to be promoted that way. Testicular cancer is a rare cancer, not that many cases each year. There are 210,000 cases of breast cancer diagnosed yearly, and only 10,000 to 15,000 cases of testicular. It’s just not that common, and you are correct that it is one of the few cancers that respond to chemo. Hodgkin’s is the other aside from the three you mentioned. The fact of the matter is that for all the major cancer killers-metastatic breast, lung, prostate, and pancreatic-chemotherapy does absolutely nothing…zero.” (p. 95)
“Without chemo no one knows what to do about this epidemic. They’ve bet the farm on it. Medical schools have bet the farm on it and the makers of the poison own the lottery…You have to be an idiot not to be aware that for most of the cancers chemo isn’t doing anything. It’s in all the journals. It’s not like it’s a secret…The fact of the matter is that 95 percent of the patients who call my office have been brutalized by the orthodox system.” (p. 96)

“They have compared Gemzar to the previous ‘best’ chemo in pancreatic cancer, and median survival improved from 4.2 months to only 5.7 months—about one extra month of life for this expensive drug…plus the electromagnetic contamination and radioactive contamination. It’s everywhere…safe screens.” (p. 97)

“…chemicals, and the American diet consists of a lot of refined, processed, chemicalized food that couldn’t support a paramecium, let alone a human…they mean French fries or potato chips. Soda pop and French fries? Worldwide cancer is exploding, In the next ten, fifteen years it is predicted it’s going to become an epidemic nightmare.” (p. 98)

“People with strong parasympathetic systems tend to get immunological cancers like leukemia, lymphoma, myeloma, sarcomas.” (p. 100)

“Yes, and cell phones. I had a patient, thirty-three years old. a lobbyist in Washington, had three kids, and had glioblastoma, which is the worst kind of brain cancer. He lived on his cell phone eight hours a day. I told him he had to give it up. He said he couldn’t do that, and ultimately didn’t do my program. Three months later he was dead, having done chemo and radiation. I can’t prove it was his cell phone, but I’d be willing to bet that was the root of the problem. How can you have that electromagnetic force field two inches from the brain, which is the most delicate organ in the body, and not expect to have a downside to it?” (p. 101)

“Right. The sugar we’re taking in is creating fatty infiltration of the liver. We take in so much extra sugar that the liver in its wisdom doesn’t know what to do with it. So it converts it into triglycerides…” (p. 103)

“This was part of Kelley’s genius—he recognized that being too alkaline creates a whole other set of problems, like catastrophic depression, leukemias, and myelomas. The human body is the most exquisite engine ever designed, and you have to put the very best fuel in it for it to run properly. Yet most people don’t tend to think of it that way. As you said, people feed their dogs better than they feed themselves.” (p. 105)

“There are a thousand full-time paid drug industry lobbyists in Washington, D.C.; that’s not counting state capitals. That’s two for every senator and congressman. A thousand full-time drug lobbyists and they are all getting six-figure salaries.” (p. 106)
“The insurance would have paid for the medicines to kill me. It all just doesn’t make sense.” (p. 113)

“…any patient entering into a five-year chemotherapy program in the United States has a 2.1 percent chance of surviving after that five-year period. In Australia results are similar.” (p. 123)

“I’ve done studies on a number of natural supplements, including a substance called pawpaw from Nature’s Sunshine…with Poly-MVA…” (p. 124)

“Salicinium…Cancer cells only thrive on simple sugars. They cannot metabolize complex carbohydrates, fats, or proteins…a very strict low to no-simple-sugar diet. It’s very difficult because that means no fruit also. We stress alkalinization, which is a big factor: alkaline water and the green powders that contain wheat grass, ryegrass, barley grass, and algae. These substances alkalinize the body. Cancer cells thrive in an acid environment, and they don’t do well when the body is more alkaline.” (p. 125)

“Really? Horse estrogen A pregnant mare’s urine? A horse’s estrogen has no compatibility with a human female’s estrogen…The risk for breast cancer is really more complex than we can understand at this time. I suppose if you have breasts, you are at risk.” (p. 137)

“Young women don’t get cancer unless there is some genetic aberration or exposure to environmental toxicity.” (p. 139)

www.blaylockreport.com (p. 147)

“But if you look at the major cancers, the real killers- like lung, breast, prostate-they’ve made no significant inroads in reducing mortality. Plus, they are overdiagnosing cancers, meaning they are diagnosing…By overdiagnosing, they improve their statistics. It makes it look like the war on cancer has made headway, when in truth they haven’t made any headway. And then these poor patients go through all this hell, when in fact they had a prostate cancer that never would have escaped the prostate gland and never caused any problems. But now they’ve gone through this horrible surgery, radiation, ruined their bowel, ruined their bladder, and they have complications associated with it.” (p. 149)

“The most conservative estimate is 1 percent per year. Another estimate is 3 percent a year. Some radiologists say it’s even higher than that. But there is also a subgroup of women who have a strong familial history of breast cancer, and their rates are infinitely higher than that. The reason they have a high risk factor is that they can’t repair their DNA very well. They have BRCA1 and BRCA2, mammograms can induce not only cancer but also a very aggressive cancer.” (p. 150)
“Hemotologic cancers are sensitive to radiation, like myelomas and some liver tumors that are rapidly growing. Any rapidly growing tumor is radiosensitive. But the problem is if they are rapidly growing they also metastasize earlier, and they escape the radiation. The bad part is that the radiation is known to induce cancer, so then you worry if it is going to induce cancer in some other tissue, and that is always a concern.

With pregnant women just a couple of doses of pelvic X-ray will increase the risk of leukemia in their offspring dramatically, because that baby has been exposed to the radiation. We know at certain critical periods of life we dramatically increase the chances of cancer, and we know that a pregnant woman is much more sensitive to radiation effects than when not pregnant. Why is that? Progesterone increases your radiation sensitivity. And I’ve heard that the whole idea of smashing a woman’s breasts between the plates of the mammography machine can also be damaging…This is something I knew long ago, that no one ever talked about either. We were taught in medical school if a person has a tumor—say, a woman with a lump in her breast—you shouldn’t fell that lump except when you initially examine it, because every time they squash it, the cells are pushed out into the lymphatic system and also the blood vessels, and you are more likely to cause metastases.” (p. 151)

“If it were me, I would say I’m not having chemotherapy, and I’m not having radiation. I would let them surgically remove the tumor with a simple lumpectomy and then I would take care of the rest nutritionally.” (p. 152)

“If you look at the molecular action of flavonoid combinations and vitamin combinations, it’s all been worked out down to the exact cell signaling method—what happens in the cell, why it only affects cancer cells, and why it doesn’t affect normal cells. The beauty of flavonoid combination treatment is that it protects normal cells and kills and suppresses cancer cells…All cancer is caused by chronic inflammation. The number one link to cancer is aging…Number one, as you get older you undergo immune suppression because of the aging process, and because of the high intake of omega-6 fats—corn oil, sunflower oil, safflower oil, peanut oils. We know that vaccinations, particularly if they contain mercury [as a preservative], are an immune suppressant…So immune suppression associated with age is a leading cause, and then just nutrient depletion itself. We know that if you make animals chronically deficient in folic acid, they have a very high cancer incidence; same in humans. Humans who are chronically folic acid deficient develop a high increase in their risk of developing cancers of various types…Most folic acid is found in leafy green vegetables, particularly broccoli, Brussels sprouts, kale. Also cauliflower.” (p. 153)

“So yes, the strongest link to cancer is chronic inflammation…it’s known that melatonin is an anticancer substance, not just for the brain but for the entire body. So if your melatonin levels have decreased, you are at greater risk for cancer.
One of the real biggies is as you get older you become severely depleted in vitamin D³, and if I had to pick just one vitamin that would be the most powerful cancer preventer and inhibitor of established cancers, it would be vitamin D³. The elderly stay indoors; they’re cold most of the time, so they wear long sleeves. They avoid the sun, they wear hats. And so they begin to get severely vitamin D³ deficient, which puts them at enormous risk of developing cancer—and some of the worst cancers, like glioblastoma, which is a very malignant brain tumor. Studies found that if you gave people with this type of cancer large doses of vitamin D³ they lived about five times longer than with even the best medical treatment they could get. So it has a powerful influence, and unfortunately the elderly are severely depleted.” (pp. 154-5)

“…have very low omega-3 fat intake, which reduces inflammation…So it’s aging, bad oils, diet sodas, packaged foods, lack of sun, lack of vitamin D³, and chemicals in our food and environment—all of which have contributed to what is now an epidemic…So if we develop a tumor but we are eating right and we’re avoiding bad oils and chemical food and glutamates, it’s very likely that the tumor will just stay nicely tucked away…Let’s talk about sugar. I really find it appalling that some of the biggest cancer centers in the world tell their patients to eat sugars: pies, cakes, even cheesecake and birthday cake. They tell them this so that they don’t lose weight. All these things are filled with MSG and sugar.” (p. 155)

“…cancer is fueled by sugar…The problem with medical centers is two things. One, the medical centers get most of their funding or large blocks of their funding from pharmaceutical companies, and these companies produce all the major manufacturing chemotherapeutic agents and other drugs used in cancer patients. When you give millions of dollars, tens of millions of dollars, to universities such as Harvard or Yale or Columbia or Duke, you’re not going to have physicians who are dependent on pharmaceutical money criticizing chemotherapy. They’ll lose their grants and the president of the university will tell them, ‘We’re at risk of losing tens of millions of dollars.’ If they continue, they risk being let go by the university. Researchers and doctors in big universities actually depend on these grants both from government and from the private institutions for their survival. Who gives the grants? The pharmaceutical companies. Who controls the grants the government gives? The pharmaceutical companies. So both the government and the pharmaceutical companies are making billions of dollars off the improper treatment of cancers…our medical students are poorly educated and they don’t even realize it. They are ignoring a mass of knowledge, which is truly unfortunate. Now we have huge knowledge of plant extracts, flavonoids, vitamins, and minerals, and it is so extensive. The science is so well demonstrated, there’s just no excuse for not using it in everyday cancer patients.” (p. 156)

“Turmeric, one of the most powerful cancer inhibitors…normal cells. So nutritional therapies attack twenty, thirty, fifty, a hundred different sites, where the chemotherapy might attack it at two sites…For instance, indol-3-carbinol, found in
broccoli. And like I said, turmeric and flavonoids…The problem is that it has gotten to
be such big business. If we found the cure to cancer, there would be a terrible economic
impact. Hospitals would have to get rid of all their mammogram units; they would get
rid of a lot of the CT scanners and MRI scanners. Oncologists would be out of their jobs;
radiology units would close. The impact would be hundreds and hundreds of billions of
dollars.” (p. 157)

“This can manifest as depression, memory loss, and difficulty thinking clearly. They also suffer from fatiguability and other systemic effects. We also know that the
chemo damages the DNA in all cells of their bodies, especially those cells that divide the
fastest-such as bone marrow cells, cells lining the gut, and liver cells…They are also at a
greater risk of developing one of the neurodegenerative diseases, such as Alzheimer’s
disease.” (p. 158)

“A woman on tamoxifen is at a much greater risk of developing uterine cancer,
and the effectiveness of tamoxifen in preventing breast cancer recurrence is in question,
especially for black women. There are a number of studies that show tamoxifen
increases breast cancer in black women. So, while the women you speak of may seem to
be ’well’, it is very early in their course of treatment, and later in their lives they may pay
a heavy price for the chemo and radiation treatments.

As far as chemo working, it depends on your definition of working. For cancers
that have already metastasized, which includes a great number of cancer cases,
chemotherapy and/or radiation therapy is ineffective and there is growing evidence that it
may actually reduce survival times; that is it is killing the patients earlier. Chemo can
make a great number of cancers temporarily shrink, but then the cancer becomes resistant
to not only that particular cancer chemotherapy but also to all forms of chemotherapy-as I
discussed earlier, it’s called multidrug resistance. This makes the patient die faster,
because the chemo damages their immune system as well as body resistance to cellular
and organ stress. Suppression of immunity, all agree, speeds the growth and invasion of
all cancers. It gets rather involved, but new studies have shown that chemo causes the
tumors to shrink temporarily by killing the low-grade malignant cells and has no effect on
the cells generating the cancer-the cancer stem cells. This is why when the cancer recurs
it grows with a vengeance.

I know you don’t take patients anymore, but if you had a patient in front of you
who wanted to change their life and start today on a program to prevent cancer, what
would you tell them to eat? I would tell them to avoid red meat if they are at high risk for
cancer. Why? Because if you are at high risk for cancer, red meat is high in iron,
particularly the most absorbable form of iron we know of. Iron is a major carcinogen
because it triggers massive amounts of free radicals and inflammation. If you take mice
and have them breathe iron dust, a high percentage of them develop lung cancer.
Children with leukemia with” (p. 159)
“…high levels of iron in their system have a much higher death rate. Iron plays a big part in mortality, growth, and aggressiveness of tumors. So if you are at high risk of cancer, you should avoid it. Don’t let meat burn; don’t let it get charred, because it produces carcinogenic chemicals that are potent. Now, if you just love red meat, then be sure you eat it with vegetables, and they will dramatically reduce the iron absorption. Avoid omega-6 oils. Use extra-virgin olive oil or coconut oil. Don’t cook at high heat because heat oxidizes the oil and ruins it. Put turmeric in your olive oil and it won’t oxidize.

What other food protect us from cancer? Berries are very important: blueberries, raspberries, blackberries. I would take the densest vegetables, which I mention in my book, and put them in a blender and drink at least ten to twelve ounces a day, preferably with a meal. As I’ve said, flavonoids are extremely powerful cancer inhibitors of all kinds. They also prevent iron absorption.

Also drink purified water. Don’t drink fluoridated water, chlorinated water, or distilled water. But if you do drink distilled water, add a little magnesium citrate or magnesium malate to a gallon of water and that should be your main drink.

Red wine is good for the antioxidants, but not to excess. A couple of glasses a day is good and it relaxes you. And it prevents cancer. Avoid sugar, avoid artificial sweeteners. Avoid anything with MSG or any kind of excitotoxic chemicals and glutamates, as they have been found to be an enormously powerful stimulant for cancer growth and especially cancer invasion. Many tumors grow fast, like melanomas and certain types of breast cancer, ovarian cancer, pancreatic cancer—all are very glutamate sensitive.

Glutamates are excitoxins, or chemicals that are harmful to the brain, and are found in processed foods and have many names, such as hydrolyzed protein or hydrolyzed vegetable protein, soy protein or soy protein concentrates, soy isolates, MSG, caseinate, autolyzed yeast enzymes and autolyzed yeast extract, and ‘natural flavoring’… what they don’t tell people is soy has one of the highest concentrations of manganese.” (p. 160)

“Avoid all soy foods. Soy products have a very high concentration of fluoride and a very high concentration of glutamate. Studies show that if you feed soy to animals that have breast cancer, it makes the cancer grow faster. We know that manganese, fluoride, and glutamate are terrible brain toxins, and in my neuroscience journal it shows that giving soy formula to children is associated with Parkinson’s…

Women are told pretty much at every juncture that soy is breast cancer protective. They always point to the women of Japan and their lower rates of breast cancer and say, ‘It’s the soy.’ Soy has been shown to be a powerful aromatase stimulator. What that means is aromatase is an enzyme that converts testosterone into estrogen, and we know that breast cancers produce a lot of aromatase, and things that stimulate a breast cancer also stimulate aromatase. Almost all flavonoids, like curcumin, inhibit aromatase, and that’s one of the ways they prevent breast cancer. Soy massively increases aromatase, so that’s a reason not to consume soy.
The other thing is that most soy is genetically modified. Genetically modified foods have shown increased evidence that they induce sterility. So young women who are consuming it may find they are having trouble getting pregnant. That’s another reason not to consume a lot of soy products—question all paradigms—never to use the words *evidence-based medicine.*” (p. 161)

“I would tell them to think about the compromise and conflict of interests of medical schools being funded by pharmaceutical companies. And I would tell them to look to nutrition for their answers.” (p. 162)

“*Alternative Medicine: They Definitive Guide…*” (p. 163)

“*How to Thrive or Survive in a Toxic World…*”

“In 1900, cancer was maybe the sixth most common cause of death; by next year they predict it will be number one…there is a genetic element, but that’s only about 5 percent…” (p. 164)

“…toxins, plastics, hydrocarbons, and pesticides—that we now have in our bodies…Plasticizers are in the food wraps, plastic water bottles, new car smell, amongst other things…that’s phthalates. Cancer is an epidemic and it boils down to a mixture of poisons in the environment and poisons in our food, coupled with genetics…technology, and the environment…An overload in estrogen results not only in breast cancer and prostate cancer, but also brings you out of your equilibrium with your progesterone, testosterone, and estrogen. If you are not in balance hormonally, then there is a great chance that you will develop a tumor.” (p. 165)

“…dendritic cell therapy…” (p. 168)

“…like Wobenzym, which takes…”

“…with bisphenol A, a chemical poison. We think we can take in all these poisons and not get ill? What are we thinking?” (p. 169)

“Poly-MVA is a very interesting therapy. I was in Texas at a conference on cancer and I met a guy who was on Poly-MVA—which, incidentally, Dr. Forsythe administers within his protocol and does it very well. Anyway, this guy had multiple myeloma, which is a severe blood/bone cancer, a terrible cancer with cracks up the bones, and sadly, conventional medicine has had zero success with it.

So the oncologist gave this man three months to live, and naturally he was depressed. His wife was reading Dr. Stephen Sinatra’s newsletter where he was talking about multiple myeloma and said an effective treatment for this disease is Ploy-MVA treatment. So he tried the therapy and three months later he went back to his original oncologist and his doctor said, ‘Guess what? You don’t have multiple myeloma.’
Hydrazine sulfate is a chemical produced for industry…There is so much deceit exercised by the cancer establishment; hydrazine sulfate was discovered by Dr. Joseph Gold…” (p. 170)

“Ondamed machine…sugar, like pasta, bread, rice, potatoes. Cancer thrives on sugar.” (p. 171)

“…burton@burtongoldberg.com. I am giving away my film Cancer Conquest, on this subject, for free on the Internet. Thank you. We all thank you, Burton.” (p. 172)

“Aflatoxins, which as I said are produced by fungi. Overcooking, as in charred food; the technical name for that is heterocyclic amines. People don’t take this seriously, but there is scientific research which has shown that charred food can cause the production of tumors in the liver, stomach, small intestine, skin and oral cavities. So this is something we should be concerned about.” (p. 175)

“Hormone replacement is dangerous and ‘even fatal’. Well, what woman in her right mind would continue taking anything with that declaration?
Scientific studies suggest that bioidentical progesterone and estriol offer protection against breast cancer, but no one…” (p. 182)

“ Literally. And not only that, but sometimes they also cause trouble. That’s very well established with estrogen. If we swallow estrogens-even bioidentical ones-they raise our risk of blood clots, affect our cholesterol levels adversely, and even increase risk of certain cancers…had more estriol in their urine specimens than estrone and estradiol.” (p. 185)

“So they want to take away a big advantage of presently prescribed bioidentical estrogens-cancer-risk reduction with estriol-because women will buy the pharmaceutical products.” (p. 186)

“…Lugol’s iodine orally…estradiol/estriol quotient gets messed up.” (p. 187)

“By eating broccoli, cabbage, cauliflower, Brussels sprouts, bok choy, and other brassica vegetables…Yes. Indole-3-carbinol [I3C] and DIM, a supplement, are actually very concentrated forms of the natural active ingredients in brassica vegetables. Some people prefer supplements, and some physicians recommend that any woman using bioidentical hormones should automatically take DIM or indole-3-carbinol.” (p. 188)

“Another very important estrogen metabolite-again, only checkable at present with the twenty-four urine test-is an exceptionally potent anticarcinogenic estrogen called 2-methoxyestrogen, which is totally natural and made in every woman’s body. The
pharmaceutical companies also realized this is anticancer so they decided to try for approval by the FDA.” (p. 189)

“2-methoxyestradiol is a very potent anticancer hormone that our bodies make, so potent, in fact, that the drug companies want in on it even though it is a nonpatentable substance because it comes from nature. A drug company took 2-methoxyestradiol and changed the name to Panzem so it sounds like a drug, even though it’s 100 percent natural. Since they can’t patent it, they’re counting on the FDA to prevent or eliminate any competition from compounding pharmacies.

It’s being administered in huge dosages, a thousand times more than the body every made, to fight cancers, and it is being given orally, which is dangerous because when taken orally even bioidentical estrogens can create damage in the liver, create damage in the liver, create blood clots, and drive up inflammation in the body. So it won’t do as much good or be as safe as if it were given in a way closer to the way nature uses to circulate it into our bodies, which isn’t through our GI tracts and then past our livers first.

You are saying if the FDA would get out of the way of natural medicine, women and men could take 2-methoxyestradiol from a compounded pharmacy in its natural form in a cream base. It could be rubbed on to be received transdermally and it could provide huge anticancer functions.” (p. 191)

“Because medical schools teach about body chemistry, but when it’s time to teach how to work with body chemistry to treat illness, medical schools switch away from using chemicals naturally made in our bodies or introduced from nature—which our bodies are adapted to, with some exceptions, of course—and start teaching what to do about illness with patent medicines. By law, patent medicines can’t be naturally occurring.” (p. 192)

“…even though it’s natural and less hazardous than patent medicines, it’s still important to check both DHT and androstenediol if you’re taking saw palmetto for years and years. But before a man reaches for the saw palmetto, he should know that both supplemental zinc and some fatty acids—especially gamma-linolenic acid [GLA]—can inhibit 5-alpha reductase, too and should be tried first because they are both essential to life, and saw palmetto isn’t.” (p. 194)

“What about men whose bodies turn their testosterone into too much estrogen? I don’t think men understand this, but whenever I see a man with breasts and a big belly, I usually presume that it might be that too much of his testosterone has turned into estrogen. This is a dangerous scenario for men, isn’t it?

You see, this is where women are different: if we were experiencing equivalent symptoms, we would be at the doctor’s office immediately. Men will just accept these symptoms as normal and give in. If too much estrogen for a man is the problem, he can
easily pick this up with a twenty-four-hour urine test because the urine test can show estriol and other estrogens that a blood test can’t.” (p. 195)

“If a woman is using bioidentical hormones, she should be using a pattern that includes estrogen, progesterone, DHEA, melatonin, and likely testosterone and a little bit of thyroid. Men using bioidentical testosterone should likely be using DHEA, melatonin, and a little bit of thyroid too. Should women be using estrogen in a cycling pattern? Mimicking nature, just like when we were making a cycle naturally? It’s always safest to mimic nature.” (p. 196)

“Dr. Guy Abraham, who has led the revolution in iodine use, reminded us that a Journal of the American Medical Association article in the 1970s reported that women who take thyroid and do not take iodine had precisely twice the risk of cancer as those women who take thyroid and iodine. And on its own, iodine [not iodide] protects a woman against breast cancer. Two groups of researchers have reported that iodine actually helps kill some breast cancer cell lines. Well then that’s another area where I am protected. I take thyroid and iodine and iodide thanks to you. And it should be all three: thyroid, iodine, and iodide. Women who want to take advantage of iodine’s protective effects against breast cancer should check with a physician skilled and knowledgeable in natural and nutritional medicine and, if possible, knowledgeable in bioidentical hormones, too.

Dr. Cham has found substances that can penetrate and kill skin cancer cells, but can’t penetrate normal skin cells…our dispensary at the Tahoma Clinic.” (p. 197)

“Well, it does amaze me that we do not have that freedom in this country. Kind of boggles the mind. Because this is not at all what was intended by the Founding Fathers, nor what they wrote in the Constitution. It is also amazing that our Congress has allowed the growth of giant bureaucracies, giant government agencies, most of them federal, which are allowed to promulgate regulations without any congressional oversight. Those agencies then turn into judge, jury, and, in fact, executioner-no separation of powers. While they don’t actually cut off anybody’s head, they do impose enormous fines, they destroy businesses, and they can do all that by administrative process.” (p. 198)

“…the most important thing I can instill into the patient is the belief that he or she can get well…The Biology of Belief?…Yes, that if your intention and belief are strong enough, you can change your DNA.” (p. 201)

“Parcelsus was a physician in the Middle Ages who used to say that a doctor guides a patient on their track, and that a doctor doesn’t heal, only nature heals. He was right.” (p. 202)

“We gave this woman CoQ₁₀ and magnesium, plus IV vitamins, and she started to blink her eyes in three days…Bioenergetics by Dr. Alexander Lowen.” (p. 204)
“…electrically polluted from cellular phones…” The lung is the organ of grief. Don’t treat your infection.’ I said, ‘What do you mean?’ He said, ‘Look, when the lung develops bacteria or fungus or TB, it’s going to end up as cancer. When people have grief, they get cancer of the lung.’ …I knew I was in such a weakened state from all of the grief…” (p. 206)

“He said when people get lung cancer it’s because of grief, and a classic example is Dana Reeve [Christopher Reeve’s wife]. She developed lung cancer because she lost her husband…” ’Follow your intuition, think it through. Don’t worry about the diagnosis. Follow your inner voice.’” (p. 207)

“Crying is the most healing of emotions because when you go into deep sobbing, not only does it alleviate tension in your vocal cords, in your lungs, in your diaphragm, and in your heart, but also the tears themselves are healing. Tears contain endorphins, and these are healing chemicals. I realized men who don’t cry get heart disease.” (p. 209)

“There’s always opportunity in crisis…You must find the lesson and then you will heal.” (p. 210)

“…and the placebo is basically belief overriding biology. I always say to people…” (p. 213)

“One of the problems with chemotherapy is that it doesn’t kill the cancer stem cells, and that is something everybody is missing…leukemias in kids, testicular cancer, Hodgkin’s, and some other lymphomas are the ones that might respond to chemo.” (p. 214)

“Toxicity accumulates over time, whether it be nutritional toxicity, emotional, physical, mercury-induced, or environmental…oxygen to create energy. But with cancer, instead of utilizing oxygen, cancer cells revert to a primitive way of creating energy by fermenting sugar…acidic condition of the body even worse. Now you have both acids and toxicity, which increase total body acidity through fermentation. This was discovered in the twenties by Otto Warbug. He’s a German doctor who won a Nobel Peace Prize… and you do this with garlic, ginkgo, enzymes, and a natural blood thinner called nattokinase. The thinner the blood [like red wine as opposed to ketchup], the more nutrients and oxygen can get to the cells…you combined cottage cheese with flaxseed oil in the diet [a unique combination], you could increase oxygen supply to the cells.” (p. 215)

“You mix them together and then you can put them in a blender with berries or nuts. No peanuts…once a day, divided into two doses.” (p. 216)
“Dr. Issels, a German doctor, found that when he created fevers in cancer patients or when they got an infection with a high fever, they would survive. In fact, the cancer disappeared. Then he looked at people who had very high fevers in childhood, and he found that those whose temperatures got up to 105, never got cancer. This has always been one of the treatment modalities in cancer patients, whether the patient chooses natural treatments or radiation, because it is known that the higher your body temperature is, the healthier you are.” (p. 217)

“…but in this country we eat too much animal protein and too much animal protein causes too much cellular acidity…Dr. Rau at the Paracelsus clinic in Switzerland found that in one hundred breast cancer patients, ninety-six of them had a root canal in the molar tooth. Interesting. I had root canals on my right side, which is where I had breast cancer. Right, ninety-six out of one hundred people with breast cancer had root canals, a source of chronic infection in the root…he did tonsillectomies on these people…” (p. 218)

“…that by removing the tonsils it eliminated a source of chronic infection…some people also do intravenous hydrogen peroxide; others irradiate their blood or do ultraviolet radiations for the blood. These are all natural treatments and are very, very effective in killing viruses…The next one is the G in FIGHT. G is for geopathic stress…You don’t want to have your head anywhere near a computer that’s on. You also want to eliminate all electromagnetic stress as much as possible. The H in FIGHT is for hormones. You’ve got to have balanced hormones.” (p. 219)

“…patients have too much insulin [a major hormone] because they’re eating too much sugar…replace cortisol and DHEA at the same time you’re maximizing thyroid output…T is for toxins: mercury toxins from the teeth…in the atmosphere from coal burning…that blow from China…they also found that 10 to 20 percent of the population in New York City has highly elevated levels of mercury.” (p. 220)

“…live our lives with purpose, passion, and gratitude…going barefoot in the grass is very, very important. Taking hikes, walks on the beach…all these things connect you to nature…’First they ignore you, then they laugh at you, then they fight, then you win.’ I think this applies to you, Suzanne: first they paid no attention to you…” (p. 221)

“…want everybody to take a fresh lemon every morning, cut it in half, squeeze the juice out of both halves, pour it into six to eight ounces of water. Drink that down…vegetables have got to be consumed two, three, four times a day for liver health: carrots, beets, zucchini, squash, artichoke.” (p. 222)

“…or rebounder, or if you’re going to a gym use the elliptical machine, a jump rope, anything that bounces, because that causes the lymphatic system to be stimulated…
If the liver, kidney, and lymph systems aren’t working, you can’t pull toxins out of the tissues, because they go from the tissues to the blood to the liver, kidney, lymph system. Kind of like a bowel movement in a toilet bowl that won’t flush. Drainage is first, detoxification second. Detoxification: saunas, homeopathy, herbs, juice fasts, chelation (where you pull heavy metals out of the body again). You’re pulling them out of the tissues, into the blood, and out through the liver, kidney, lymph system. To do this I use intravenous vitamin C. Number one, clean the liver, stimulate the liver. Number two, stimulate the immune system.” (p. 223)

“Mistletoe [Iscador], for example, is a powerful anticancer treatment which builds up your immune system…There are other ways to build up the immune system: AHCC [a mushroom extract] or MGN-3 [a rice extract]. These activate the natural killer cells, which are key in trying to destroy the cancer cells…German researchers found that zinc supplements interfere with the treatment of cancer.” (p. 224)

“…such as Wobenzym…” (p. 225)

“…sugar (which is simply cancer fuel)” (p. 228)

“By the way, lycopene-found in tomatoes and watermelon-was found to do this, too. Researchers believe that the way lycopene reduces cancer development is by reducing cholesterol and mevalonate availability inside the prostate cells and possibly other cells…it is incomplete; it is missing the other tocopherols-beta, gamma-, delta-tocopherols. This is not good. ‘mixed tocopherols…”” (p. 231)

www.cspi.com (p, 232)

“I like Designs for Health Paleo Reds powder because it is an organic blend of eleven antioxidant fruits with additional vegetable extracts, elderberry, and enzymes, with very little sugar…

So how is sugar affecting cancer? The consequence of ingesting a lot of sugar quickly from any starch, high-glycemic index fruit, or high-sugar liquid, including pomegranate juice or watermelon, is that your blood sugar levels will quickly rise to a point that is damaging to health in general, but most important, it is causing a spike in the hormone insulin. First of all, this sugar is great fuel and stimulus for cancer cells waiting to be fed. High blood sugar is taken in by precancerous cells, which can now multiply faster than they would if less sugar was available. Second, the excess insulin produced by this high-sugar state acts as a stimulating factor that supports cell growth, cell division, and ultimately multiplication of these ‘bad’ cells.” (p. 236)

“…a blood test called glycated hemoglobin, or HbA1c…release various chemicals considered hormonelike substances…” (p. 237)
“…such as aflatoxins from peanuts, which can cause liver cancer…I have to say I am not a fan of peanuts because they are a source of oxidized fat, due to the roasting of the polyunsaturated fat they contain, and this is a source of free radicals that can cause DNA damage. Peanuts are also high in omega-6 oils, which tend to stimulate excessive proliferation of cancer cells. Keep in mind that omega-3 fats [from flax, walnuts, and fish oils] have the opposite effect- they reduce cancer cell proliferation. What matters at the end of the day is your personal ratio of omega-6 to omega-3. And there is a blood test for that, too? Yes, it is called the RBC (red blood cell) fatty acid profile, and it is performed by various labs, including Metametrix. I find this to be one of the most important tests that reflect many aspects of health status.” (p. 240)

“nutritional murder” (p. 241)

“…vitamins such as folate and B¹² in our diet and/or supplements, because they are necessary for making an accurate new copy of DNA for every new cell. It’s like building a puzzle…” (p. 242)

“Designs for Health Paleo Fiber…” (p. 244)

“Yes, we can measure urinary DNA damage markers such as 8-OHdG (or 8-hydroxydeoxyguanosine). We can also measure lipid peroxides, which are a marker of oxidized fat and are indicative of an excess of free radicals and the fact that we need more antioxidants. This may be the result of ingesting damaged fats (from fried foods, etcetera) or just too much polyunsaturated fats (such as margarine, sunflower, safflower, soybean and corn oils) or nuts like roasted sunflower seeds, cashews, peanuts, pine nuts.” (p. 246)

“www.cristianapaul.com, in a paper entitled ‘Herbal Extracts for Boosting Immunity.” (p. 247)

“Take in adequate omega-3s. Fatty acids and the ratio between omega-6s and omega-3s influence the rate of cell proliferation through hormones called prostaglandins. It’s important to take in adequate omega-3 fats from fish oils (also from flax and algae DHA, for vegetarians). Avoid excessive consumption of arachidonic acid from corn-fed animals and their dairy products as much as possible. Interestingly, cheese from Swiss cows was found to be high in omega-3 fats. This is because those are really ‘happy cows’ grazing in the Swiss Alps only on grass, which is a source of omega-3 fats. Unfortunately, most cows in the United States (except for specific brands) are fed corn, so their meat or dairy products (milk, cheese, yogurt) are high in omega-6 fats. Keep folate in balance. Excess folic acid or even natural folate may support excess cell proliferation, so it needs to be kept in an optimal middle range, as described earlier, and tested. Know your IGF-1 levels. Excess IGF-1, a marker of growth hormone, could stimulate excessive cell proliferation. However, adequate growth hormone in the normal
reference range may be beneficial because it boosts the immune system. **Keep cholesterol in check.** Monitor your cholesterol, as you may need to suppress excess cholesterol production. This is due to the fact that the body makes mevalonate on the same pathway with cholesterol, and they both support cell proliferation. One may need to use tocotrienols, lycopene, and red yeast rice to suppress this pathway if necessary. As I mentioned earlier, there is research showing that these three supplements can reduce prostate cancer risk and development, but they may work the same for many other cancers.” (p. 248)

“Isn’t red yeast like a statin? Yes, it contains molecules similar in function to statins, called monacolins. The similarity is that they all inhibit the enzyme HMG-CoA reductase. But statins and red yeast rice are metabolized a bit differently in the body. One study showed that red yeast rice resulted in ten times equivalent cholesterol-lowering dose of lovastatin. We could say that red yeast rice is a nicer, gentler statin-like compound, which may have the same cholesterol-lowering effects but with much fewer side effects than the equivalent dose of statin.

In Asia they take grams of red yeast rice in fermented foods, in drinks like rice wine, and in vinegar, and they use it in many foods for color and as a preservative in meats. In the United States, we use nitrates, which are carcinogens, for meat preservation and to retain color.

Red yeast rice is especially useful when all other nutritional and lifestyle interventions did not adjust cholesterol and other blood lipids to optimal levels, rations, and profiles. Red yeast rice may also be needed when there is a genetic tendency to have high cholesterol. But for cancer, the purpose is not only to lower cholesterol but also to reduce mevalonate, a compound that is made along the same pathway as cholesterol, because both are needed by the cancer cells to thrive. So, in summary, when the enzyme HMG-CoA reductase is inhibited by red yeast rice or a statin, both cholesterol and mevalonate will be reduced at the same time. Many studies have shown that reducing mevalonate availability impairs cancer progression. Anything else we can do to stop these crazy cancer cells? Yes, we can take in nutritional factors from foods and/or supplements that can slow down cell proliferation, as well as angiogenesis—the creation of new blood vessels that are brought in to feed the cancerous cells. That is Intervention G.” (p. 249)

“When vitamin D levels in the body are increased (through diet, sun, and/or supplements) while vitamin K status is deficient, studies have shown that this situation may lead to increased arterial stiffness and arterial calcification. The bottom line is that vitamin K and vitamin K are a great team in reducing cancer risk and have a multitude of additional health benefits for osteoporosis and heart health. **Know your botanicals.** Various botanicals reduce cancer cell proliferation and may actually induce them to die. Here is a list of the ones that I see the most compelling evidence for: resveratrol supplement or a little bit of red wine (not in excess); curcumin as a supplement or from turmeric used in cooking; green tea extract or brewed green tea;
broccoli (mature plant and sprouts) as food or as extracts (sulforaphane, DIM); a moderate quantity of grapes (while the skin is most concentrated in the beneficial compounds, eat the skins); grape seed extract; pomegranate extract or juice in moderation; quercetin extract (also found in onions, apples, grapes); CLA (conjugated linoleic acid, as a supplement or found in grass-fed beef and its dairy); luteolin (found in onion, broccoli, carrots, radish, celery, olives); ginger (as extract, supplement, or tea).

**Know your natural allies.** Here are a few more natural compounds that have been shown to reduce cancer risk through various mechanisms:

- Calcium, to reduce colon cancer risk
- CoQ¹⁰ reduce and help with remission of breast cancer
- Perillyl alcohol, found in cherries; similar in structure to limonene (found in citrus peel) and both inhibit cancer
- Garlic, effective against leukemia cells (onions contain anticancer compounds as well
- Iodine, as a deficiency may have a complex role in the risk of breast and thyroid cancer

Let food be thy medicine and medicine be thy food.” (p. 250)

“Avoid d,1-alpha-tocopherol…

- While supplementation with folic acid in people who are deficient can reduce the risk of various cancers, there’s a bid difference between synthetic folic acid and natural folates (found mainly in fruits, vegetables, and liver). Supplementation with high amounts of folic acid may promote growth of precancerous cells. As far as foods go, it would be best to get natural folates from fruits and vegetables, not folic acid from refined flour products.
- Pay attention to how many carbohydrates you consume at one time, as eating too many will increase your blood glucose level. Sugar fuels cancer and precancerous cells and produces excess insulin, which acts as a second stimulating factor for cell growth, cell division, and ultimately multiplication of these ‘bad’ cells. Exercising after a high-carb meal can help you burn the carbs immediately after they are absorbed in your body, so take a walk right after dinner if you’ve overindulged.
- As people age, cells multiply less accurately. We can protect our cells by making sure we have adequate vitamins such as folate and B¹² in our diet and/or supplements.” (p. 251)

“The second biggest killer in America is medical ignorance and it is the number one reason people die…Startling scientific findings reveal that cancer surgery can increase the risk of metastasis.” (p. 254)

“…250 percent! Therefore, it is critically important for a person undergoing cancer surgery to take measures that can help to neutralize the surgery-induced increase in cancer cell adhesion. Fortunately, a natural supplement called modified
citrus pectin can do just that…Modified citrus pectin also substantially decreased the adhesion of breast cancer cells to the blood vessel walls.” (p. 256)

“Cimetidine is a drug historically used to alleviate heartburn. Cimetidine also possesses potent anticancer activity. You can purchase this over the counter, and cimetidine inhibits cancer cell adhesion…” (p. 257)

“Fortunately, there are nutraceutical and pharmaceutical interventions known to enhance natural killer cell activity in cancer patients. One natural supplement that can increase NK cell activity is called PSK, a specially prepared extract from the mushroom Coriolus. PSK has been shown to enhance NK cell activity in multiple studies. PSK’s ability to enhance NK cell activity helps to explain why it has been shown to…” (p. 258)

“Garlic, glutamine, IP6 (inositol hexaphosphate), AHCC (active hexose correlated compound), and lactoferrin all help boost NK activity.” (p. 259)

“Yes. There are drugs proven to work, but most oncologists fail to utilize them properly. Pharmaceuticals used to increase NK cell activity include interferon-alpha and granulocyte-macrophage colony stimulating factor. These drugs are shown to prevent surgery-induced immune suppression when given prior to surgery, yet most oncologists wait until white blood cells drop precipitously before prescribing these immune-boosting drugs. Another immune-boosting drug for cancer patients to consider for preventing or treating metastatic disease is interleukin-2. if your readers have any questions about these immune-boosting drugs, they can go to your website, click on Life Extension, and scroll down to a group called International Strategic Cancer Alliance; or call 1-800-327-9009 twenty-four hours a day.” (p. 260)

“Various nutrients have been shown to inhibit VEGF. These include soy isoflavones (genistein), silibinin (a component of milk thistle), green tea (EGCG), and curcumin. In one experiment, EGCG-the active constituent of green tea-was administered to mice with stomach cancer. The results demonstrated that green tea reduced the tumor mass by 60 percent, while also reducing the concentration of blood vessels feeding the tumor by 38 percent. Remarkably, EGCG decreased the expression of VEGF in cancer cells by an astounding 80 percent! The authors of the study concluded that EGCG ‘is a promising candidate for antiangiogenic treatment of gastric cancer.’ …standardized green tea extract, curcumin, soy genistein extract, and other nutrients that suppress VEGF…” (p. 261)

“…who received regional and general anesthesia had a 75 percent…” (p. 262).

“…lymph node metastasis compared with the women who received regional anesthesia…Unlike morphine, tramadol does not suppress immune function. On the contrary, tramadol has been shown to stimulate NK cell activity. In one experiment…
Video-assisted thoracic surgery, a minimally invasive surgery, was compared with traditional open surgery. The five-year survival from lung cancer was 97 percent in the video-assisted thoracic surgery group.” (p. 263)

“An article appearing in the journal Cancer Research found levels of COX-2 in pancreatic cancer cells to be sixty times greater than in normal pancreatic cells. Levels of COX-2 were one hundred fifty times higher in cancer cells from individuals with head and neck cancers as compared to healthy volunteers. COX-2 fuels cancer growth by stimulating the formation of new blood vessels feeding the tumor. COX-2 increases cancer cell adhesion to the blood vessel walls. COX-2 also enhances the ability of cancer cells to metastasize, as experiments with mice revealed that colon cancer cells expressing high levels of COX-2 metastasized freely to the liver, while colon cancer cells expressing low levels of COX-2 did not metastasize to the liver…combined with Celebrex (a COX-2 inhibitor). For those individuals with cancers expressing higher amounts of COX-2, treatment with Celebrex resulted in a 66 percent reduced risk…” (p. 264)

“…not taken a COX-2 inhibitor. Remarkably, those who were treated with a COX-2 inhibitor were 90 percent less likely to develop bone metastases than those who were not treated with a COX-2 inhibitor…inhibit COX-2 include curcumin, resveratrol, vitamin E, soy isoflavones (genistein), green tea (EGCG), quercetin, fish oil, feverfew, and silymarin (from milk thistle)…on the optimal doses of nutrients and drugs that a cancer patient should consider during the pre- and postoperative period. As with the other information we’ve discussed, your readers can obtain a free copy of this report by visiting www.suzannesomers.com... Fish oil, garlic, and green tea…” (p. 265)

“Cancer patients with evidence of circulating tumor cells should also consider an injection of a bisphosphonate drug called Zometa to reduce the ability of tumor cells to bind to bone. Remember, the release of growth factors from bone into the bloodstream…” (p. 266)