

# CAROLINA ARAMBURO

## CarolinaAramburoAndFriends' TOPIC OF THE WEEK

### Hello Health, Fun and Well-Being Partners!

In this 230th Newsletter, I want to give us a chance to consider the world of **CANCER**, and the effects it has on people's physical, mental, emotional and even our spiritual well being. In order to put the rest of the **newsletter in context**: This conversation makes more sense if you've watched my [1st Health Proposal](#) and my [2nd Health Proposal](#). So if you haven't, please pause, go back and watch them. This week we have also included articles on hypoglycemia that you can read in full [HERE](#).

We are going to go **beyond the obvious** as we EXPLORE the topic of **CANCER**. Even though you may have no **history** of Cancer in your family or may not currently have Cancer; please read this entire newsletter so that you can know about **preventing** it, detecting it, and curing it even if it is to be able to **support** friends or family that may be dealing with this illness now or in the future. Then you can, if you wish, **introduce** our recommendations into your or their wellness practices and diet to achieve and maintain **optimal** physical well-being, emotional, mental and spiritual balance and vibrant energy.

### CANCER is Preventable and we can totally HEAL from it Naturally and HOLISTICALLY!!!

What I am going to present in this article are the facts, as **traditionally** recorded, about cancer – the possible treatments and the contro-

versy – **conventional** and not conventional. Before you make up your mind about this article and this Newsletter, I request that you consider the fast growing and ever increasing hundreds of people that are **healing** from cancer naturally with a raw vegan living foods nutritional plan plus many **holistic** treatments and a whole redesign of their lifestyle such they start living in a **conscious** balanced way that causes an ever expanding state of wellness.

There is much **controversy** about the standard slash, cut and burn treatments. Many studies show that Cancer is curable without conventional treatment. According to Webster Kehr, Independent Cancer Research Foundation, Inc., "In primary Cancer, with only a few **exceptions**, the tumor is neither health-**endangering** nor life-threatening. What is health endangering and life-threatening is the spread of that disease through the rest of the body. There is nothing in surgery that will prevent the spread of Cancer. There is nothing in radiation that will prevent the spread of the disease. There is **nothing** in chemotherapy that will prevent the spread of the disease."

The **prominent** Cancer researcher and professor at the University of California, Dr. Hardin Jones, admitted: "Patients are as well, or better off, untreated ... My **studies** have proven conclusively that Cancer patients who refuse chemotherapy and radiation actually live up to four times longer than treated cases, including **untreated** breast Cancer cases."

Remember that disease is a message about **imbalance** in the body resulting from improper diet, toxins



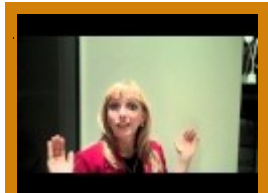
CAROLINA ARAMBURO

in the environment, and energy blockage. As Michio Kushi put it in the title of an article, "Civilization is the disease; Cancer is the cure."

According to the **World Health Organization's 2014** report on Cancer:

- Cancers **figure** among the leading causes of morbidity and mortality worldwide, with approximately **14 million** new cases and 8.2 million Cancer related deaths in 2012GHJKL;LJKJHF .
- The number of new cases is expected to rise by about **70%** over the next two decades.
- **Among men**, the 5 most common areas of Cancer diagnosed in 2012 were lung, prostate, colorectum, stomach, and **liver**.
- **Among women**, the 5 most common areas diagnosed were breast, colorectum, lung, cervix, and stomach.

A b o u t **30%** of Cancer deaths are due to the 5 leading (Cont. on next page)



[CLICK HERE TO VIEW VIDEO](#)

[CLICK HERE TO VISIT CAROLINA ARAMBURO & FRIENDS NOW](#)

## CANCER is Preventable and we can totally HEAL from it Naturally and HOLISTICALLY!!! (Cont.)

behavioral and dietary **risks**: high body mass index, low fruit and vegetable intake, lack of physical activity, tobacco use and alcohol use.

- **Tobacco** use is the most important risk factor for Cancer causing over 20% of global Cancer deaths and about 70% of global lung Cancer deaths.
- Cancer causing viral **infections** such as HBV/HCV and HPV are responsible for up to 20% of Cancer **deaths** in low and middle-income countries (2).
- More than **60%** of the World's total new annual cases occur in Africa, Asia and Central and South America. These regions account for 70% of the world's Cancer deaths (1).
- It is **expected** that annual Cancer cases will rise from 14 million in 2012 to 22 million within the next 2 decades (1).
- Cancer arises from one single cell. The **transformation** from a normal cell into a tumor cell is a multistage process, a progression from a pre-Cancerous lesion to **malignant** tumor. These changes are the result of the interaction between a person's **genetic** factors and three categories of external agents, including:
  - Physical **carcinogens**, such as ultraviolet and ionizing radiation;
  - **Chemical** carcinogens, such as asbestos, components of tobacco smoke, aflatoxin (a food contaminant) and **arsenic** (a drinking water contaminant);
  - **Biological** carcinogens, such as infections from certain viruses, bacteria or parasites.

According to the WHO (World Health Organization): Over **30%** of all Cancers can be prevented by healthy **lifestyle** or by immunization against Cancer causing infections (HBV, HPV).

Other Cancers can be **detected** early, treated and cured. **Modifying** or avoiding key risk factors can prevent Cancer. These risk factors include:

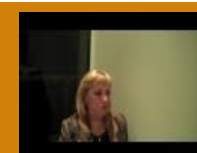
- **Tobacco** use
- Being overweight or **obese**
- Unhealthy highly caloric diet with low fruit and vegetable intake, rich in unhealthy fats, refined carbohydrates and animal protein
- Lack of **physical** activity
- Alcohol use
- **Sexually** transmitted HPV-infection (Human papillomavirus), which infects at least 50% of all people who have sex at some point in their lives.
- Infection by HBV (Hepatitis B)
- Ionizing **radiation**
- Non-ionizing radiation
- Air **pollution**
- Indoor smoke from household use of solid fuels.

The International Agency for Research on Cancer (IARC) is part of the World Health Organization. The primary goal of **IARC** is to identify the causes of Cancer. They have **classified** causal candidates into 5 groups: Carcinogenic to humans, Probably carcinogenic to humans, Possibly **carcinogenic** to humans, Unclassifiable as to carcinogenicity in humans, Probably not carcinogenic to humans. Over 100 candidates have been tested and **classified** as "carcinogenic to humans." and over 900 have been classified in the combined categories of Carcinogenic to humans, probably carcinogenic to humans and possibly carcinogenic to humans. Classification Testing is a **challenge** as there are many factors to test and isolating certain candidates can be very difficult.

Carcinogens are in the air we breathe, the cleaners we use in our homes & offices, the food we eat and even the **clothes** we wear. Let's look at some of the more obvi-

ous Cancer-producing agents that we encounter everyday and some non-obvious ones that we may not even be aware of:

**Tobacco**: The lung Cancer risk for regular smokers as compared to non-smokers relative risk, (RR) is between 20 times and 30 times higher. In countries with a high percentage of smokers and where (Cont. on next page)



[CLICK HERE TO VIEW](#)

To ENHANCE, elevate and EVOLVE your wellness I have two very important **recommendations** for you:

- 1) Listen to your body in a specific way\*.
- 2) Find an extraordinary **Holistic Health/ Wellness Coach**.

\*In my second health proposal, I proposed that you can improve your health by **listening** to your body and becoming aware of what it needs. I don't mean listening to your body's cravings, mostly just out of habit.

There is a **specific** way that this needs to be done and to learn 'HOW' please watch my video by clicking **HERE**.

My 2nd recommendation is that you find an **extraordinary** Holistic Health/ Wellness Coach. In our Radical Results WELLNESS COACHING DIVISION we are ready to create **Top Wellness**, with and for YOU, by designing completely **customized** nutritional, exercise plans that work for your unique body!

If you would like to **find out more** about coaching with our Health, Fitness & Quantum Healing Division click here:

© Carolina Aramburo, 2014  
[www.CarolinaAramburo.com](http://www.CarolinaAramburo.com)

## CANCER is Preventable and we can totally HEAL from it Naturally and HOLISTICALLY!!! (Cont.)

many women have smoked cigarettes throughout **adult** life, roughly 90 percent of lung Cancers in both men and women are attributable to cigarette smoking. For **bladder** and renal pelvis, the RR is five to six time higher, but this means that smoking causes more than 50 per cent of Cancer cases. The RR for Cancers of the oral cavity, pharynx, larynx and **squamous** cell carcinoma of the esophagus is greater than six times higher and three to four times higher for carcinomas of the **pancreas**. Additional Cancers with a relative risk of two to three times have been identified as being associated with **tobacco** smoking, including Cancers of the stomach, liver, uterine cervix, kidney (renal cell carcinoma) nasal cavities and **s i n u s e s**, **e s o p h a g u s** (adenocarcinoma) and myeloid leukemia.

**Food:** The World Health Organization report also states that given the multi-faceted impact of diet on Cancer, many **countries** should encourage consumption of locally produced vegetables, fruit and agricultural products and avoid the adaptation of **Western** style dietary habits. The Western lifestyle is characterized by a high caloric diet, rich in fat, refined carbohydrates and animal protein.

**Processed** foods and foods that have been genetically modified (GMO), fuel carcinogens into our bodies. Eating highly **processed** foods prevents the body from receiving oxygen. Every bite taken from most foods that come in a container, box, can, **bottle** or bag contributes to Cancer. They are most likely very processed with many chemicals and other drugs to prolong the **shelf life** of the food while shortening the life of your body. They create a perfect **environment** for the microbes that cause Cancer in the blood, organs and even inside cells themselves.

**Dairy products** and animal protein by-products are filled with high amounts of saturated fat, hormones,

chemicals and bacteria and fungi. Finally, there is an Insulin-like **Growth Factor** 1 (IGF-1), which is found in cow's milk. IGF-1 is what makes baby calves grow to full size in ten months. Human beings do not want their cells dividing that fast. There is now plenty of **re-search** (for example, by the Karolinska Institute in Sweden) linking this hormone to increased risk of Cancer. A study in the 2004 "American Journal of Clinical Nutrition" reports that lactose, the sugar in milk and dairy products, may **increase** your risk of developing ovarian Cancer. The National Cancer Institute recommends that other foods that should be avoided or limited with ovarian Cancer, and other forms of Cancer, are foods high in fats and **proteins** along with red meat.

**Sugar** is a Cancer-feeder. By cutting off sugar it cuts off one important food supply to the Cancer cells. Sugar **substitutes** like NutraSweet, Equal, Spoonful, etc. are made with Aspartame and these too are very harmful.

**Alcohol** limits the blood's ability to carry oxygen. Alcohol also places strain on the liver to detoxify the blood and remove alcohol from the body.

**Non-organic food** - Approximately 75% of all non-organic produce tested positive for various pesticide residues.

**Salt** - Sodium, in excess, poisons your cells and sets up pre-Cancer conditions, reducing oxygen and increasing acidity.

**Obesity:** Obesity is a spreading epidemic throughout the World. It represents a chronic energy imbalance and is an independent predictor of increased Cancer risk, particularly for carcinomas of the uterine endometrium, **kidney** and gall bladder.

**Infections:** In developing countries, up to 23 per cent of malignancies are caused by infectious agents. These include the **hepatitis** B and C virus (liver Cancer), human papillomaviruses (cervical and ano-genital Cancers), and Helicobacter pylori (stomach Cancer). In **developed** countries, Cancers caused by chronic infections, only amount to approximately 8 per cent of all malignancies. The following **infections** are also known to be carcinogens:

- Clonorchis sinensis (infection with), also known as the Chinese liver fluke
- Epstein-Barr virus (infection with)
- Helicobacter pylori (infection with)
- Hepatitis B virus (chronic infection with)
- **Hepatitis C** virus (chronic infection with)
- Human immunodeficiency virus type 1 (HIV-1) (infection with)
- Human papilloma virus (HPV) types 16, 18, 31, 33, 35, 39, 45, 51, 52, 56, 58, 59 (infection with) (Note: The HPV types that have been classified as carcinogenic to humans can differ by an order of magnitude in risk for Cancer). This infects at least 50% of all people who have sex at some point in their lives.
- Human T-cell lymphotropic virus type I (HTLV-1) (infection with)
- **Kaposi sarcoma** herpes virus (KSHV) (infection with), also known as human herpes virus 8 (HHV-8) (infection with)
- Opisthorchis viverrini (infection with), also known as the South-east Asian liver fluke
- Schistosoma haematobium (infection with)

**Ionizing radiation:** Includes: Visible light, Infrared light, Near (Cont. on next page)

## CANCER is Preventable and we can totally HEAL from it Naturally and HOLISTICALLY!!! (Cont.)

ultraviolet light, Microwaves, Radiowaves, Waves produced by mobile phones, A campfire's heat, Thermal radiation, Power lines, MRI, LEDs, Lasers, Light bulbs, Light from the sun, **Remote** controls, Cordless phones, Radio-frequency radiation such as televisions, FM and AM radio, Shortwave and CB's, Infrared lamps use to maintain food temperature in restaurants, **Computer** screens, TV screens, other electronic equipment such as electric blankets, electric heating pads and electric waterbed heaters.

**Non-ionizing radiation:** Ultraviolet light, X-rays, Gamma-rays, particles from radioactive decay, Cosmic rays, Medical imaging equipment, Ionization of food, sterilization of medical tools, nuclear power **production** and metal mining can result in exposure to ionizing radiation. Coal mining and power production from coal, **Nuclear weapons**, Radiation therapy for specific forms of Cancer, CT scans, Nuclear medical scans, X-Rays, Airport security scanners (in extremely high usage) are also sources of this radiation.

**Air Pollution:** Includes diesel engine exhaust, solvents, metals, and dust. The WHO now classifies outdoor air pollution – as a whole – as a **carcinogen**. It also classified another major component of outdoor air pollution – called particulate matter – as a carcinogen on its own. Particulate matter is a **combination** of extremely small solid particles and liquid droplets that are found in the air. **Particulate** matter can include things like dust or smoke, as well as chemicals and chemical trails from jets. The IARC evaluation showed an increasing risk of lung **Cancer** with increasing levels of exposure to outdoor air pollution and particulate matter. Air pollution, mostly caused

by **transport**, power generation, industrial or agricultural emissions and residential heating and cooking, is already known to raise risks for a wide range of illnesses including **respiratory** and heart diseases.

**Clothing:** Our synthetic clothing is killing us with highly processed manufactured fabrics made from such things as chemicals, synthetics and **plastics**. Any clothes that are not natural and organic are feeding carcinogens into our bodies. Studies have associated bras made from synthetic fibers with breast Cancer.

**Home Pesticides:** A 2005 study conducted at the US Army Institute of Surgical Research and Texas Tech University Health Science Center in Lubbock Texas found that Cancerous human breast tissue **contained** the chemical heptachlor epoxide (found in the common home pesticide chlordane) at levels 4 times higher than non-Cancerous breast tissue. **Chlordane** was the primary termite prevention pesticide used in over 30 million U.S. homes between the mid 1950's and 1988. An estimated 50 million U.S. residents are currently exposed to the **volatization** of this chemical from previously treated pre-1989 homes on a daily basis. 100 gallons of chemical pesticides are **soaked** into the soil per 1000 square feet of home area prior to pouring of concrete foundations. Research now shows these chemicals enter into the home years later and are breathed **continuously** by home occupants. Glyphosate, commonly known as Roundup, is the world's most widely used herbicide. It is estimated that for 1998, over 112,000 tons of glyphosate was used worldwide.

**Metals:** Including those found in aluminum cookware and mercury dental fillings.

**Chemicals:** Found in household and office cleaning supplies, certain toxic chemicals in body care products such as toothpaste and shampoo.

**Emotional Causes:** Including emotional imbalances such as acute stress and serious, acute-dramatic and isolating conflict-shock experiences (emotional-mental causes that remain unresolved over long periods of time).

Here are some facts about Cancer:

1. **Every person** has Cancer cells in his or her body. These Cancer cells do not show up in the standard tests until they have multiplied to a few billion. When doctors tell **Cancer patients** that there are no more Cancer cells in their bodies after treatment, it just means the tests are unable to detect the Cancer cells because they have not reached the detectable size.
2. **Cancer cells** reach a detectable level 6 to 10 times in a person's lifetime.
3. When the person's **immune** system is strong the Cancer cells will be destroyed and prevented from multiplying and **forming** tumors.
4. When a person has Cancer it indicates the person has multiple nutritional **deficiencies**. These could be due to genetic, environmental, food and lifestyle factors.
5. To **overcome** the multiple nutritional deficiencies, changing diet to a raw plant based diet will strengthen the immune system by giving it the **building** blocks it needs.
6. **Chemotherapy** involves poisoning the rapidly growing Cancer cells and also destroys rapidly growing **healthy** cells in the bone marrow and gastrointestinal tract, (Cont. on next page)

## CANCER is Preventable and we can totally HEAL from it Naturally and HOLISTICALLY!!! (Cont.)

and can cause organ damage to liver, kidneys, heart, lungs as well as other organs.

7. **Radiation**, while destroying Cancer cells also burns, scars and damages healthy cells, tissues and organs.

8. **Initial treatment** with chemotherapy and radiation will often reduce tumor size. However prolonged use of chemotherapy and radiation does not result in more tumor destruction.

9. When the body has too much toxic burden from **chemotherapy** and radiation the immune system is either compromised or destroyed. The person can then succumb to **various** kinds of infections and complications.

10. Chemotherapy and radiation can cause Cancer cells to mutate and become **resistant** and difficult to destroy. Surgery can also cause Cancer cells to spread to other sites.

11. An **effective** way to battle Cancer is to starve the Cancer cells by not feeding it with the foods it needs to multiply. This can be done by fasting or creating an alkaline environment by eating a raw green leafy diet.

**Cancer** can be prevented and cured. A combination of a Balanced Raw Living Foods Diet and Mindful lifestyle practices can have a huge effect on maintaining OPTIMAL Health and **Wellness**.

## A CANCER-FREE LIFE is possible by following a NUTRITIONAL Plan and a LIFESTYLE that BOOSTS your IMMUNE SYSTEM and keeps it SUPPORTED!!!

According to Dr. Brian Clements, Director of the Hippocrates Health Institute – “Support and strengthen your **immune system**. The immune systems’ #1 objective is to make sure you never die. It will constantly **support** you.”

However, what most people do not understand is how **sophisticated** and potent the immune system is if it is fully functioning. In fact, it is extremely rare when someone’s immune system is fully **functioning**, which is why so little is known about the **power** of the immune system. It is a fact that if a person’s immune system were fully functional no one would ever get cancer.

What is known is that the immune system creates two key **anti-cancer** molecules called: interleukin and interferon. These molecules are called neuropeptides or nerve proteins. There are more than 2,000 **different** types of neuropeptides in the body, but the cancer-fighting effects of most of them are unknown.

Interleukin and **interferon**, and likely several other neuropeptides, are absolutely deadly to cancer cells!! The problem is that the human body generally does not produce an optimal amount of these neuropeptides. In fact, the body only creates a very

**small** number of these neuropeptides. The reason our bodies do not create more of these cancer killing proteins is because of microbes that live in our bodies. These are different **microbes** than those found inside of cancer cells. The average person has about 2 pounds of microbes in their bloodstream and in other places in their body. It is these microbes, which interfere with the immune system’s ability to create these key **neuropeptides**.

It has been known for many years that some plants and other natural **substances** help build the immune system without getting rid of the microbes in the **bloodstream**. Certain mushrooms have been particularly identified as being helpful for the immune system.

According to Webster Kehr, Independent Cancer Research Foundation, Inc, a cancer patient must do three things until their immune system is fully **operational**:

1. **Supplement** their body’s ability to kill cancer cells (or revert them into normal cells) until their immune system is fully operational,
2. Continue to **build** the immune system with supplements and diet.
3. Make sure their **stomach** and

colon can properly process nutrients from foods and supplements.

Here is a **high-level** list of things that can rebuild your immune system:

1. Get rid of every microbe in the body. The immune system communicates by using electrical signals. However, microbes also emit **electrical** signals, which interfere with the immune system communicating with itself. There are several ways to **remove** many of the microbes from the body including colloidal silver (or another safe form of silver) and vitamin C. Keeping microbes under control has actually cured many cancer cases by freeing up the immune system.
2. **Heavy metals** (some of which come from dental amalgam, vaccinations and other sources) are another MAJOR cause of immune system suppression. Zeolites, Vitamin C, EDTA chelation by I.V., and other chelating items, are the key to removing heavy metals from the body.

(Cont. on next page)

## A CANCER-FREE LIFE is possible by following a NUTRITIONAL Plan and a LIFESTYLE that BOOSTS your IMMUNE SYSTEM and keeps it SUPPORTED!!! (Cont.)

This includes (hopefully), removing **dental amalgam** from your teeth by working with a biological dentist or holistic dentist (if you are going to remove the dental amalgam, do it at the same time you are using high levels of **chelating** items). (These items have actually cured some cancer cases by freeing up the immune system.)

3. **Root canals** are a safe-haven for microbes. The immune system CANNOT kill microbes living inside of root canals. If you **kill** the microbes in your body, but not the ones in the root canals, they will come out of the root canals and **infect** you again. Hopefully, you will have them removed by a biological dentist or holistic dentist.

It is possible that by using a 3% food grade **hydrogen peroxide** in your mouth (covering the root canals) may take care of these microbes, but this is **pure theory** at the current time. It is known that hydrogen peroxide will almost always stop a toothache in its **tracks**, so it does penetrate through the tooth wall.

Actually, microbes can "hide" in many places in the body.

4. **Nutrients** for the immune system include liquid ionic minerals (including trace minerals, which are no longer in our soil). These nutrients can be found in plants along with other nutrients, especially those rich in **glyconutrients** and polysaccharide, and other supplements (including adequate levels of iodine).
5. An absolutely key nutrient is **MSM** (Methylsulfonylmethane) and other supplements high in methyl molecules, which are critical for the **neurotransmitters** to function and for numerous other chemical reactions in the body.

The immune system is **critical** when fighting cancer. While some treatments kill cancer cells and other

treatments revert the cancer cells into normal cells, the immune system still has to be fixed before the patient is whole. The **approach** of fixing the immune system is multifaceted:

1. **Kill microbes and parasites** in the organs (this is sometimes called a "liver flush"). These microbes and parasites weaken the organs and the weak organs weaken the immune system.
2. The microbes and **parasites** in the organs also weaken the immune system because they excrete highly acidic mycotoxins.
3. **Supplements** focused on helping the immune system.
4. Kill microbes in the **bloodstream** (this is normally not used because it can be a slow process, but when it is used it is very effective)
5. Use **enzymes** to strip the enzymes off of cancer cells so the immune system can better identify the cancer cells.
6. **Energize** the cells in the organs (and thus energize the immune system) by using electromedicine. This should be done after the microbes and parasites in the organs are killed.
7. **Heavy metal** chelation can also help build the immune system.
8. Special **minerals** can be used to help build the immune system.
9. **Herbs** (e.g. echinacea) also help build the immune system.
10. Colon **flushes** can help strengthen the immune system.

Here are some of the things that **damage** the immune system: Obesity depresses T-cell response and movement of the macrophages. **Cadmium** (a heavy metal) slows down the speed of the B-cells producing antibodies in the immune system. **Lead** (the heavy metal) slows T- and B-cell response. **Mercury** (e.g. from dental amalgam) reduces the number of T-cells and reduces activity in the immune system. Cadmium, Lead and Mercury

reduce the activity and speed the macrophages, thus increasing susceptibility to **infection**. The main reason the immune system is weakened is primarily because of microbes and parasites in the organs. By killing these microbes and parasites, the immune system can function again and deal with the cancer cells.

Raw foods **build** the immune system, but many fruits and vegetables also have **nutrients** that kill cancer cells and/or stop the spread of cancer. While the term "raw food" means food eaten without **cooking**, in the context of a cancer diet, a "raw food" diet is a vegan type of diet, where the vast majority of fruits and vegetables that are **consumed** are known to kill cancer cells, directly or indirectly. In other words, to fight cancer, do not use a random selection of uncooked vegetables and fruits, but a very **selective** subset of vegetables and fruits specifically selected to treat cancer. There are food diets perfectly capable of curing cancer. All you need is a juicer and perhaps a food **processor**.

A few of the cancer cell **killing nutrients** (direct or indirect) in vegetables and fruits:

- Raw **carrots** (alpha carotene, (Cont. on next page)

If you would, please go to this link and give us/me your feedback:

[CLICK HERE OR SEE http://carolinaaramburo.com](http://carolinaaramburo.com)

That will make a major difference for me/us. We are not selling you anything. The commitment is **giving and receiving of information** and we appreciate your contribution. Thank you so much for the opportunity to learn together.

## A CANCER-FREE LIFE is possible by following a NUTRITIONAL Plan and a LIFESTYLE that BOOSTS your IMMUNE SYSTEM and keeps it SUPPORTED!!! (Cont.)

- beta carotene, Vitamin E, etc.)
- Raw **broccoli** (sulforaphanes/isothiocyanate)
- Raw **cabbage** (isothiocyanates).
- Green **asparagus** (saponins).
- Cauliflower
- **Beetroot/red beets** (proanthocyanidins (PAC's or OPC's)
- **Peppers**: red, yellow and green Raw pineapple (bromelain and peroxidase)
- Whole **purple grapes** with seeds and skins (ellagic acid, catechin, quercetin, oligomeric proanthocyanidins (OPC) or procyanidolic oligomers (PCO), originally called pycnogenol (seeds), resveratrol (skin coloring of purple grapes), pterostilbene, **selenium**, lycopene, lutein, laetrile (amygdalin or Vitamin B17) (seeds), beta-carotene, caffeic acid and/or ferulic acid (together they kill cancer cells), gallic acid
- **Apricot seeds** (laetrile) Strawberries, red raspberries, black raspberries (laetrile and ellagic acid).
- **Blueberries** (ellagic acid, anthocyanins, OPC)
- **Turmeric** (a spice) (curcumin).

It should be added that there are thousands of **phytonutrients** (i.e. nutrients from plants that are not otherwise categorized) that have not yet been **isolated** and studied. In other words, there may be hundreds of phytonutrients that kill cancer cells, but have not yet been identified and tested.

There have been studies that have also proven the following:

1. That **lycopene** helps reduce prostate cancer symptoms by up to 40 per cent (Harvard)
2. That **curcumin** could stop metastases in prostate cancer; that pomegranate did the same; or sulphoraphanes killing cancer cells
3. That **Indole 3 Carbinol** and DIM

could act against hormonally directed cancers through one pathway and all cancers through another.

4. That **Vitamin D** can have a significant benefit when incorporated in treatment programmes and can act against triple negative breast cancer (Harvard Medical School)
5. That **Ellagic Acid** (eating raspberries!) can help with Cervical lesions (Johns Hopkins)
6. That 4-10 cups of green tea per day can **stop leukemia** in its tracks (The Mayo Clinic; although I'm really not sure I believe that one!)
7. That **Vitamin K** stopped liver cancer progression in 6 of the 30 cases in clinical trials (Washington Uni/Tokyo)
8. That beneficial bacteria in **clinical** trials had a significant benefit for colon cancer patients - as vitamin D.
9. That grape seed extract was easily the **top performing** immune booster in the VITAL study
10. That women with the highest blood plasma levels of **carotenoids** kept their breast cancer from returning.

**Juicing** makes the nutrients in a fruit or vegetable more digestible, meaning more of the nutrients are extracted from the vegetables or fruits. Also, you can consume a greater **quantity** of vegetables (particularly vegetables and fruits with cancer killing nutrients) in a shorter amount of time and with a lot less effort. Juicing is an excellent way to consume your fruits and vegetables. The bad thing about juicing is that the **nutrients** are not extracted sufficiently from the seeds or skins of some key vegetables and fruits. If you are eating a food where the **seeds and/or skins** contain key cancer fighting nutrients (e.g. purple grapes), you should not use a juicer for these foods, but rather a food processor or a **hand grinder**, to grind the seeds and skins to make mush. It is recom-

mended to use 80% fruit and vegetables for juicing, like those listed above, that have the best **cancer-killing** nutrients. Some whole vegetables should be eaten in order to get the fiber. Fiber is critical to a cancer treatment. Salads are a good source of this fiber.

A Raw Food diet does kill cancer cells, but it primarily works by building the immune system. It is a superb **treatment** for someone with several months to live, particularly if they have not been on chemotherapy, but for those given a shorter time to live by doctor's **diagnosis** it should be supplemented with a treatment that primarily kills cancer cells without the immune system.

**Stress** is a major root cause of cancer and must be reduced and eliminated. Removing stress from your life allows the body to do what it was **designed** to do; be healthy and disease free. Identifying stressful areas in your life is the first step toward reclaiming your health. Lack of **enjoyment** for life, money issues, worry and fear build stress. But the most common stress on the body is eating and abusing harmful foods. **Abusing** foods is the most common stress to the body. People consume foods that were never meant to be in our body, they eat foods in **amounts** that the body can't manage, and they eat at times they shouldn't be eating.

**Vitamins and minerals** that have been proven to be important in cancer treatments are:

1. **Vitamin C** - Vitamin C, by itself, has been shown to increase survival time of terminal cancer patients by 6 times or more. It is important to "buy time" to give the other treatments more time to (Cont. on next page)

## A CANCER-FREE LIFE is possible by following a NUTRITIONAL Plan and a LIFESTYLE that BOOSTS your IMMUNE SYSTEM and keeps it SUPPORTED!!! (Cont.)

work. Vitamin C is actually a liver metabolite and will also protect the liver.

2. **Vitamin B12** The combination of Vitamin C and Vitamin B12 is actually a treatment for cancer.
3. **MSM** - MSM is critical to reduce inflammation and swelling, to build the cell walls and make them flexible and for chemical reactions in the body. Most MSM brands contain fillers, added by the **manufacturers**, which neutralize or impair the effectiveness of MSM. It is critical that you buy a brand that has NO FILLERS; even in it's manufacture.
4. **Vitamin E** - There are also reports that natural vitamin E aids the action of tamoxifen
5. **Niacin**
6. **Zinc**
7. **Selenium**
8. **Vitamin D** - For example, Harvard Medical School has done a lot of research on omega 3 (fish oils) and vitamin D. One study has stated that there would be 25 per cent fewer fatalities from Breast Cancer if women took adequate daily levels of vitamin D.
9. **Magnesium – Potassium** - Deficiencies in potassium and magnesium, heightened by excesses of sodium, help to poison our cells, increasing their acidity and decreasing their **oxygen** levels. This, in turn, weakens the energy production system and weakens the p53 gene, which defends the cells from becoming cancer cells. US research in 2005 showed that 40 per cent of US citizens were magnesium **deficient**; this is likely the case in the UK too. Magnesium and potassium are plentiful in nuts, whole grains, greens, apricots, carrots, apples and all the foods young people rarely eat any more.

Here are some seeds and nuts that have been studied and shown to be valuable in cancer treatment. Always make sure you **soak seeds** and nuts before eating:

**Sunflower Seeds** - High in zinc and vitamin E. Zinc helps vitamin C do its work and accelerates healing time. It is important to a healthy prostate. Sunflower seeds will also provide a little selenium.

**Pumpkin Seeds** - Can be mixed with the sunflower seeds in your morning muesli. 5 tablespoons will each provide 20 mgs of vitamin E, the **ultimate** cancer buster, which inhibits cancer cell growth and protects immune cells from free radicals. Vitamin E boosts your immune system's fighting abilities.

**Brazil Nuts** - Six cracked nuts will give you your daily selenium. Selenium is a very potent anti-cancer agent. Onions, broccoli and tomatoes contain selenium too.

**Garlic** - It is a truly wonderful food. It seems to act to stop the spread of cancer in a number of ways, for example by stopping **blood supply** forming for tumors. Garlic has a number of active ingredients. It contains selenium, tryptophan and sulphur based active agents that attack cancer cells.

These are some **herbs** that have proven to be effective in cancer treatments:

1. **ASTRAGALUS** (Huang Qi): A Chinese herb; an immune system booster, known to stimulate body's natural production of interferon. It also helps the immune system identify rogue cells. Work with the herb in both cancer and AIDS cases has been encouraging. The MD Anderson Cancer Centre in Texas conducted research showing that taking Astragalus when having Radiotherapy doubled survival times.
2. **BERBERIS FAMILY** (e.g. Podophyllum peltatum): Slow active purgative. Research has shown these herbs to have a strong action against cancer and they have been used with many can-

cers, especially Ovarian cancer.

3. **BLOOD ROOT** (Sanguinaria canadensis): Research shows consistent anti-neoplastic activity. It is effective against cancer tumors, can shrink them; and has proven useful with sarcomas.
  4. **BUTCHERS BROOM** (Ruscus aculeatus): The active ingredients of this herb have been found to be the **ruscogenins** which have tumor-shrinking and anti-oestrogenic abilities. Thus its use in the treatment of breast cancer.
  5. **CAT'S CLAW** (Uncaria tomentosa): An adaptogen and powerful immuno-stimulant, it enhances the white cells clean up process (phagocytosis). It is an excellent companion to astragalus, curcumin and echinacea. Research indicates it can reduce tumor size, particularly with skin cancers. It also helps reduce the side-effects of chemo and radiotherapy.
  6. **CHAPARRAL** (Larrea mexicana): Cancer Watch covered a major research study from the US, which heaped praise on this herb. It appears to boost the immune system, stop metastases and reduce tumor size. It is also an anti-oxidant and anti-microbial, with low toxicity.
- CURCUMIN** (Turmeric): This spice (Curcuma longa or Tur (Cont. on next page)

If you would, please go to this link and give us/me your feedback:

([CLICK HERE OR SEE http://carolinaaramburo.com](http://carolinaaramburo.com))

That will make a major difference for me/us. We are not selling you anything. The commitment is **giving and receiving of information** and we appreciate your contribution. Thank you so much for the opportunity to learn together.



**A CANCER-FREE LIFE is possible by following a NUTRITIONAL Plan and a LIFESTYLE that BOOSTS your IMMUNE SYSTEM and keeps it SUPPORTED!!! (Cont.)**

meric root) has been shown to have significant anti-microbial and anti-inflammatory impact.

That alone seems enough for certain hospitals in America to consider using it in the treatment of polyps and colon cancer. However new research shows that it can both shrink cancer tumors and inhibit blood supply growth to tumors. It is a powerful **antioxidant** with liver protective benefits, and outperformed several anti-inflammatory drugs without side effects in research.

8. **DANG SHEN ROOT**

(*Codonopsis pilosula*): increases both the white blood cell and red blood cell levels, so can be extremely helpful to patients having chemotherapy and radiotherapy, or to patients whose cancer diminishes levels of either.

9. **ECHINACEA**:

Another known immune system booster, it gained a populist reputation in treating colds. There is research on its helpfulness with brain tumors apart from its abilities to increase the levels of certain immune white cells in the body.

10. **FEVERFEW**:

This herb caused a storm when research from Rochester University in New York showed it to be more effective than the drug **cytarabine** in killing leukemia cells. The US Food and Drug Agency put the active ingredient, parthenolide, on to its fast track program. Nothing has yet been released. But then, the FDA has never approved an herb for use as a cancer treatment.

11. **GOLDENSEAL**:

One cause of stomach cancer can be the bacterium *Helicobacter pylori*. This burrows into the mucous lining of the stomach to hide from gastric acids, and then causes irritation, acid reflux, ulcers and even cancer. Goldenseal is generally **anti-microbial** and is used in the Caribbean and South East Asia against parasites. Goldenseal, helped by the mineral Bismuth,

will kill *Helicobacter pylori*. Vets seem to know this, even if doctors don't.

12. **MILK THISTLE**:

Known for years to be helpful to the liver, this herb has now been shown to be capable of protecting the liver during chemotherapy. Research in America showed that **leukemia** patients who took milk thistle had reduced liver toxicity and chemo side-effects. There is some evidence that it has its own anti-cancer activity too.

13. **PAU D'ARCO**:

This tree bark was original thought to be a strong anti-cancer agent, but then its actions were clarified as strongly anti-bacterial, anti-yeast and anti-microbial. That alone might be enough in some cases of cancer. But new research on the differing ingredients has shown the quinoids possess immune strengthening abilities and seem to help in cases of blood and lymph cancers.

14. **RED CLOVER**:

Research from a number of centers including the Royal Marsden has shown its potential as a part of a treatment program against oestrogen-driven cancers, from breast to prostate. One active ingredient in the so-called Herb of Hippocrates is the anti-oestrogen Genistein.

15. **SHEEP'S SORRELL**:

Used in Essiac and other herbal remedies it is a cleanser and aids healthy tissue regeneration. There is some suggestion from research that it helps normalize damaged cells and tissue. It is also a highly praised 'vermifuge' - intestinal worms have little or no resistance to this herb.

16. **SKULLCAP** (*Scutellaria barbata*):

Research has shown action against many cancer types, for example against cancers of the lung, stomach and intestines.

17. **SUTHERLANDIA** (Cancer Bush):

Peer reviewed research studies indicate that this herb is anti-inflammatory, anti-viral and anti-fungal. It boosts the immune

system and inhibits Tumor Necrosis Factor, known to drive wasting in cancer patients.

18. **THOROWAX, or HARES EAR**

(*Bupleurum scorzoneraefolium*): Research has shown its ability to enhance the production of natural interferon and it seems especially useful in bone cancer.

19. **WHEATGRASS**:

One of the top private hospitals in South East Asia extols the benefits of freshly juiced wheatgrass. One shot gives you the **chlorophyll** of some 12 or more kilograms of broccoli. It acts as a blood purifier, and liver and kidney-cleansing agent. After two weeks of daily use, blood and tissue oxygen levels improve, as does circulation. And oxygen is the enemy of the cancer cell, as Otto Warburg told the World.

20. **WORMWOOD**:

Another Chinese Herb, this has outperformed certain anti-malaria drugs and is now used by the aid agencies. It is strongly anti-microbial and anti-yeast and can be used as an effective part of an anti-candida diet.

**CANCER CELLS FEED ON:**

- **Sugar is a cancer-feeder.** By cutting off sugar it cuts off one important food supply to the cancer cells. Sugar substitutes like NutraSweet, Equal, Spoonful, etc. are made with Aspartame and are very harmful. The directors of HHI (Hippocrates Health Institute) recommend that all people healing cancer should **avoid all sugars**, even sugars found in fruits. Most people are aware that processed sugars are not healthful, but knowledge is lacking in regards to natural sugars, such as those found in fruits.
- **Milk** causes the body to produce mucus, especially in the gastro- (Cont. on next page)

## A CANCER-FREE LIFE is possible by following a NUTRITIONAL Plan and a LIFESTYLE that BOOSTS your IMMUNE SYSTEM and keeps it SUPPORTED!!! (Cont.)

intestinal tract. Cancer feeds on mucus.

- Cancer cells thrive in an **acid environment**. A meat-based diet is acidic. Meat also contains livestock **antibiotics**, growth hormones and parasites, which are all harmful, especially to people with cancer.
- Avoid **coffee**, tea, and chocolate, which have high caffeine. Green tea is a better alternative and has cancer-fighting properties. Water - best to drink **spring water**, or filtered/purified water to avoid known toxins and heavy metals in tap water. Distilled water is acidic and should be avoided.
- **Meat protein** is difficult to digest and requires a lot of digestive enzymes. Undigested meat remaining in the intestines become putrefied and leads to more toxic buildup.
- Cancer cell walls have a tough **protein covering**. By refraining from or eating less meat more enzymes are free to attack the protein walls of cancer cells and allows the body's killer cells to destroy the cancer cells.
- Cancer is a disease of the mind, body, and spirit. A **proactive** and positive spirit will help the cancer warrior be a survivor. Anger, resentment and bitterness put the body into a stressful and acidic environment.
- Cancer cells cannot thrive in an **oxygenated** environment. Exercising daily, and deep breathing help to get more oxygen down to the cellular level. Oxygen therapy is another means employed to destroy cancer cells.

Four things to keep in mind if you want to overcome cancer by Paul Nison, Author/Speaker and Raw Food Gourmet Chef:

### 1. Eating high quality food.

If you have cancer you must treat your body the best way possible. This means only consuming food **raw, ripe, fresh organic and live.**

Once you are healed, you can cut back to 80% of your foods meeting this criteria, but 100% is still best.

The main part of your diet should be raw **vegetables and sprouts**, such as leafy green vegetables, wheatgrass, algae, sea vegetables, and sunflower sprouts. The reason these green foods are so beneficial for the body is that they contain chlorophyll the blood of plants. **Non-sweet** fruits such as cucumbers, zucchini, bell peppers and squash are also allowed.

Also in your diet should be nuts and seeds. **Soaking nuts** and seeds for 6 to 12 hours releases enzymes, which allows for easier digestion. It's very easy to consume too many nuts, so be careful. Whole grains and legumes can be eaten but its best to eat grains that have been **sprouted** first, so they are easier to digest. The least healthful grains are rye, spelt, basmati rice, white rice, wheat, barley, and corn. The most healthful grains are: millet, quinoa, amaranth, teff, **buckwheat** (hulled).

Of all the foods mentioned that are okay to consume, **sea vegetables and sprouts** are the most beneficial. These are the highest quality land and sea vegetation for our nutrients. Some popular sea vegetables are alaria, arame, dulse, hijiki and nori.

**Sprouted** food is any type of seed, nut, grain, or bean that has been soaked in water, exposed to air and indirect sunlight, and if rinsed daily, has started to form a new plant, beginning with a sprout. Some examples include: almond sprouts, buckwheat sprouts, sunflower sprouts and mung bean sprouts. Sprouted foods are one of the **highest forms** of food you can put into your body. They are very helpful for the building of new cells, and provide the cells with oxygen. Green sprouts are very high in

chlorophyll.

### 2. Eating at the right times

We have all the tools we need and all the intelligence to know the best schedule for us to enjoy a healthy, long, **satisfying** life. While there are many ideas and concepts regarding nutrition and what foods are most nutritious for the human body, the majority of people have not taken into consideration the times of eating for best **digestion**.

When the sun is up, feel free to eat; when it is down, stop. I can't make this advice any simpler than that! Eat your meals as long as the **sun is up** and it is light outside. But when it is dark and the moon is rising, your meals should end for the day. If you stick to this important principle, you will see excellent results in your health, energy, sleep and your whole being, because this is how we have been designed to eat. Nighttime is for resting and **sleeping**.

### 3. Eat the right way

When eating, being in a relaxed environment is very important. It's never healthy to eat when stressed no matter how good the food is. In **addition**, along with the amount of food, number of meals, quality of food, and times you eat that all affect digestion; there is (Cont. on next page)

If you would, please go to this link and give us/me your feedback:

**(CLICK HERE OR SEE <http://carolinaaramburo.com>)**

That will make a major difference for me/us. We are not selling you anything. The commitment is **giving and receiving of information** and we appreciate your contribution. Thank you so much for the opportunity to learn together.

## A CANCER-FREE LIFE is possible by following a NUTRITIONAL Plan and a LIFESTYLE that BOOSTS your IMMUNE SYSTEM and keeps it SUPPORTED!!! (Cont.)

more that needs to be done to keep your body healthy.

Digestion begins in the mouth. Saliva contains an enzyme that helps break down the food and jump-starts **digestion**. Chewing helps the body more readily extract the nutrients from the food and cuts down on the work the digestive system has to do. The less work the digestive tract has to do, the more efficiently it will do its job. When we don't chew our food well, it can **ferment** in our digestive system. The more food is chewed, the easier it is to digest, and the healthier it will be for the body. Even raw foods can cause problems if they're not properly chewed.

#### 4. Food combining

The types of food we eat together, called food combining, play a big role in good digestion. Eating the wrong foods together or in the wrong order can sap our energy and cause **fermenting** and putrefaction in the digestive system.

Food **combining** allows for easier digestion and fewer digestive conflicts. It works like this: Every food takes a certain amount of time to digest. Eating similar foods with similar **digestive** times helps the body digest meals more easily; these foods are said to combine well. For example, watermelon takes about one hour to digest; **almonds** may take up to five hours. In view of this, eating watermelon and almonds at the same meal is not a good idea, so it is known as a poor combination. Eating too many meals like this may cause **constipation**, bloating, and gas, which may lead to more serious issues.

Enzymes are key in cancer treatment. Two of these, **trypsin and chymotrypsin**, were key to stripping proteins from the exterior of cancer cells so that the body's im-

mune system could kill the cancer cells. In recent years even more powerful enzymes have been discovered.

Sprouts are a core food at HHI, where people have been healed from cancer for over **50 years**. This is because sprouts, depending on the variety, are anywhere from 10 to 30 times more nutritious than the best organic vegetables you can grow in the best organic soil in your yard and they are packed with enzymes.

**Sunflower seed** and pea sprouts tend to top the list, in terms of their nutritional profile, each being typically about 30 times more nutritious than organic vegetables. While you can sprout a **variety** of different beans, nuts, seeds and grains, sprouts in general have the following beneficial attributes:

- Support for cell **regeneration**
- Protection against free radical damage
- **Alkalinizing** effect on your body, which is thought to protect against disease, including cancer (as many tumors are acidic)
- Abundantly rich in **oxygen**, which can also help protect against abnormal cell growth, viruses and bacteria that cannot survive in an oxygen-rich environment

Phytonutrients, found in **raw foods** such as sprouts, are key for reversing disease with food. This is such a common-sense approach to health, yet modern day living has clouded the vision of so many people. Cooking destroys the enzymes in the vegetables and makes them far less **digestible** and far less effective in treating cancer. Pasteurizing any food or drink also does this. A word about sprouts: Even sprouts purchased in health food stores have been shown to have very **dangerous** bacteria in them. Wash them very well, but it is even better to grow them yourself.

Wheatgrass is a **miracle food**. The number of ways it deals with cancer is incredible. First of all it contains **chlorophyll**, which has almost the same molecular structure as hemoglobin. Chlorophyll increases hemoglobin production, meaning more oxygen gets to the cancer. **Selenium** and laetrile are also in wheatgrass; both are anti-cancer. Chlorophyll and selenium also help build the immune system. Furthermore, wheatgrass is one of the most alkaline foods known to mankind.

**Wheatgrass** contains at least 13 vitamins (several are antioxidants), including B12, many minerals and trace elements, including selenium, and all 20 amino acids. It also contains the hormone abscisic acid (also called: dormin), the antioxidant enzyme SOD (Superoxide Dismutase) and over **30 other enzymes**, the antioxidant enzyme cytochrome oxidase, laetrile, and great deal of other nutrients.

Wheatgrass can be purchased or you can grow it yourself if it is not readily **available** near you. It is important that you get it fresh. Juice wheatgrass and drinking it as soon as possible will guarantee than you get the most nutritional value possible from it.

While there are many different things that "cause" cancer, in every case a **pleomorphic** yeast/fungus that thrives in a highly acidic diet is the final cause of cancer. It is essential in any cancer treatment to take away much of the power of the cancer which comes from these things.

Another reason to deal with these **parasites** is that they may "feed" on many of the same things that cancer cells feed on, because of their similar anaerobic metabolism. (Cont. on next page)

## A CANCER-FREE LIFE is possible by following a NUTRITIONAL Plan and a LIFESTYLE that BOOSTS your IMMUNE SYSTEM and keeps it SUPPORTED!!! (Cont.)

This means some of the cancer-killing nutrients may be diverted to the yeast/fungus and not get to the cancer cells. This theory is verified by the fact that many cancer-killing foods are also **antifungal** and anti-yeast. The faster the yeast/fungus/mold are killed, the faster more cancer-killing **nutrients** will become available to get to the cancer cells. Some studied and known parasite killers include:

- **Undecylenic** Acid (saturated fatty acid), from dehydrated castor oil
- Caprylic Acid (saturated fatty acid)
- Olive Leaf Extract
- Whole Leaf Aloe Vera Extract
- Oil of **Oregano**
- Grapefruit Seed Extract (not to be confused with Grape Seed Extract, which is used for a different reason by cancer patients)
- **Turmeric** (aka curcumin) was the best substance to kill the specific microbe that causes cancer.

In regards to shrinking tumors; microbes and **parasites** inside the organs must be killed in order to strengthen the immune system to insure the tumor will not return after it has been shrunk. The root cause of a **weak** immune system is microbes and parasites in the organs.

Ideally, during a cancer treatment, if foods are allowed on a particular diet, **100% of everything** you eat should be in the category of "Foods that contain nutrients that kill the cancer cells, stop the spread of cancer, or in some other way help treat the cancer." Whenever you eat a food that is not in that category, you are **interfering** with your cancer treatment! This is why so many cancer diets are very high in certain raw vegetables and certain raw fruits. Just as there are some things you must not eat, there are some things you MUST eat.

By default, if it is not specifically allowed to be eaten in the treatment plan, don't eat it!! As a general rule, **ALL vegetables should be organic**, if possible. Green vegetables, including grasses (generally juiced) and sprouts, MUST be the foundation of a good cancer diet. The fiber, enzymes, chlorophyll, **minerals**, and many nutrients are necessary for your cancer diet.

But also understand that not all vegetables and fruits are equal at treating cancer. Some vegetables do not **contribute** significantly to treating cancer and some fruits do not contribute significantly to treating cancer. On the other hand, some vegetables are very potent cancer killers, as are some fruits.

### LIVER

The bottom line is that in designing a treatment plan, the cleansing the liver is critical. If the toxins in the liver build up and are not **removed**, it can cause the death of the liver, which means the death of the patient. There are also a number of herbs that help the liver with its **detoxification** tasks. These include dandelion root, yellow dock, burdock, chickweed and barberry – which are more effective when taken in combination than singly.

### LYMPH SYSTEM

Another thing that will ease the burden on the liver is the lymph system. The lymph system also helps **remove** toxins from the blood, but the lymph system does not have a "pump," such as the circulatory system has (the "pump" of the **circulatory** system is the heart). The lymph system is only pumped by exercise.

The lymphatic system is critical to the immune system, to the treatment of cancer and to taking a burden off of the liver. Many cancer

patients, for a variety of reasons, are in no condition to go for long walks, jog, or do other types of exercise. However, the good news is that the **arm muscles** are just as good, and perhaps better, at pumping the lymphatic system as are the legs. Thus, lifting hand weights can accomplish much in helping the lymphatic system.

### COLON

Prior to cleansing the liver of toxins, the colon must be cleansed so that the **toxins** can be dumped into the colon so that the body does not store them in the liver causing damage to the liver!! This means that at the beginning of any alternative cancer treatment, there must be a colon cleanse.

### REMISSION

When treating cancer the focus is usually on killing cancer cells. Some primary alternative cancer treatments start to **rebuild** the cells, and others have other goals. However, when a person thinks their cancer is cured, the focus is different. The focus is on killing lingering cancer cells and making sure your cancer never returns.

There are **several goals** you (Cont. on next page)

If you would, please go to this link and give us/me your feedback:  
([CLICK HERE OR SEE http://carolinaaramburo.com](http://carolinaaramburo.com))

That will make a major difference for me/us. We are not selling you anything. The commitment is **giving and receiving of information** and we appreciate your contribution. Thank you so much for the opportunity to learn together.

## A CANCER-FREE LIFE is possible by following a NUTRITIONAL Plan and a LIFESTYLE that BOOSTS your IMMUNE SYSTEM and keeps it SUPPORTED!!! (Cont.)

- need to achieve while in remission:
- Meditation.
  - Music therapy.
  - Relaxation techniques.
  - Tai chi.
  - Yoga.

- **Goal #1)** Supercharge your immune system,
- **Goal #2)** Kill any left-over cancer cells that might still be in your body (continuing to build your immune system will probably take care of that but there are other treatments that can be found to do this also)
- **Goal #3)** Start rebuilding your cells so they can develop a resistance to future bouts with cancer,
- **Goal #4)** Maintain a diet that does not put you at risk for a return of the cancer.

There are many alternative cancer treatments have shown some promise in helping people with cancer:

- Acupuncture.
- Aromatherapy.
- Biofeedback.
- Hypnosis.
- Massage therapy.

In addition make sure you include in your lifestyle:

1. **Exercise.** Exercise may help you manage signs and symptoms during and after cancer treatment. Gentle exercise, such as walking or swimming, may help relieve fatigue and stress and help you sleep better. If you haven't already been exercising regularly, check with your health-care providers before you begin an exercise program. Start slowly, adding more exercise as you go. Aim to work your way up to at least 30 minutes of exercise most days of the week.
2. **Sunlight exposure** - we need sunlight in order to boost our immune system. An hour a day is recommended, preferably in the early morning. Proper nutrition

will protect against skin cancer from solar radiation, and sunlight is claimed to actually decrease the size of internal cancer tumors.

3. **Fresh air** - we need a fresh air environment because cancer grows faster when a person breathes re-circulated indoor air.
4. **Proper rest at proper time** - we have to rest at a proper time, as this is when our immune systems are most active.
5. **Stress relief** - we require time to relax, especially after stressful work.
6. **Attitude of gratitude** - thinking positively and being happy makes healing more effective.
7. **Spiritual benevolence** - do what is good and right not only to yourselves, but to others.

## MASTERFUL BUSINESS & PERSONAL COACHING

Using various methodologies, I have been coaching both large groups and one on one, since 1991. This includes, but is not limited to Landmark Education's Ontological Methodologies, Silva, that of J. Rohn of Herbalife, and MY OWN.

In 1999 I began coaching people in Landmark Education inside of various leadership roles using Ontology (Landmark Education's methodology). In the years that I was leading the Landmark Forum, I coached, 3 weekends a month, different groups in rooms filled with 150+ to 1200 people, in many different cities and countries. I coached individual people who came to the microphone for coaching on their personal lives and professional performance. I coached and lead the group as a whole producing a common "simultaneous UNPRECE-

DENTED transformational shift", for every group no matter what their circumstances. In addition to this, I coached teams of people who worked with me in both group and individual settings. These mostly included managers, supervisors and leaders. This coaching/consulting was mostly on business performance and production.

Thus, after 20 years of outstandingly successful practice, and after coaching hundreds of thousands of people and consistently exceeding their expectations 94% of the time, I have the confidence to say that I can coach anyone, in anything, and under any circumstance and have YOUR SUCCESS in ANY ARENA be a foregone conclusion while also having it be a deliciously fun and FULFILLING ADVENTURE!!

[CLICK HERE TO JOIN MY FREE VIRTUAL COACHING PAGE](#)



[CLICK HERE TO VIEW VIDEO](#)

CONNECT WITH ME



© Carolina Aramburo, 2014  
[www.CarolinaAramburo.com](http://www.CarolinaAramburo.com)

## Being **BALANCED MENTALLY, EMOTIONALLY** and **SPIRITUALLY** is both **PREVENTATIVE** and **HEALING** for any type of **CANCER** and at any stage of **CANCER!!**

The two **mental /emotional** causes of cancer that have been studied and documented are acute high stress traumatic shocks and chronic long term **negative stress** called distress. Traumatic shocks, which are totally unexpected, cause a mind, brain and body reaction that can trigger the formation of cancer. By **balancing** ourselves mentally, emotionally and spiritually and by knowing how to prepare for shocks one can either prevent or heal this emotional root of cancer.

The first mental/emotional cause of cancer is chronic distress or negative stress that causes the hormone **cortisol** to go out of balance and weaken the immune system. This opens the door to cancer growth.

The second type of stress that can stimulate cancer **formation** is emotional traumatic shock. Many cancers can be linked to an emotional trauma one to two years before the onset of the cancer. One of the most **successful** mind/body treatments is German New Medicine (GNM). In GNM these traumatic shocks actually cause a lesion in a very specific area of the brain, (which can be seen on a CT scan) which **corresponds** to a very specific organ, gland or tissue in the body. In a sense the unexpected shock blows a fuse in the brain, which causes a stress response in an associated organ, which we know as cancer. In GNM each type of cancer is **associated** with a particular area in the brain that also correlates to a particular emotion or thought, hence the true brain, mind, emotion, body connection.

Emotional causes that can trigger cancer:

- Loss of **spouse** (divorce or death) or loss of child (separation or death) can trigger breast cancer
- **Fear** of death (including the shock of being diagnosed with cancer) can trigger lung cancer

- Loss of **territory** (wife leaves or man loses his job) can trigger prostate cancer
- Failure to let go of some past issue can trigger **colon** cancer
- Failure to accept the situation can trigger **stomach** cancer

There is a body of research on how **psychological** processes and the central nervous system interact with the immune system. Thought processes involve chemical communications among neurons in the brain and central nervous system. The **immune** system also communicates chemically with the central nervous system to perform a variety of functions.

Research indicates that stress can alter immune system function. In turn, immune system function can alter tumor growth and **response**. Disease and treatment are stressful, and this stress may also alter immune function. Stress reduction, imaging, and **visualization** techniques are thought to be useful in cancer treatment because of this linkage.

Cancer patients typically experience three types of psychological difficulty: the "Damocles Syndrome" which refers to **uncertainty** about one's health and the fear that cancer may return; the "Lazarus Syndrome" which refers to the **difficulty** patients have being treated normally as they re-enter the healthy, productive world; and the "Residual Stress Syndrome" which refers to the anxiety that comes from having had cancer.

These are normal **consequences** of having cancer. In part, just as you may have a physical scar from surgery, you have a "mental scar" from your cancer experience.

The traditional Chinese medical view of cancer **etiology** holds that

there are several possible contributing factors, and that one of the principal causes is internal factors, namely emotions.

According to TCM and many other holistic approaches to cancer, cancer patients, most often have **suppression** of the emotions. Although some patients have good results after treatment, emotional stimulation may cause them to decline again and then the previous treatment would have been in vain. Some people have a severe **phobia** about cancer. Before they know the real disease, they have a lot of suspicion. Once they know they have the cancer, their whole physical, emotional, mental and spiritual body **breaks down**. This kind of emotional, mental and spiritual state is very difficult for the treatment.

Louise Hay author of You Can Heal Your Life believes that all disease/disease in the body has an underlying emotional cause. In the case of cancer, the underlying cause is **holding on to resentment**, which eats away at the spirit as cancer eats away at the body. Cancer can also indicate deep hurt, deep grief eating away at the self or carrying hatreds. In order to free oneself of these, (Cont. on next page)

If you would, please go to this link and give us/me your feedback:  
[\*\*\(CLICK HERE OR SEE http://carolinaaramburo.com\)\*\*](http://carolinaaramburo.com)

That will make a major difference for me/us. We are not selling you anything. The commitment is **giving and receiving of information** and we appreciate your contribution. Thank you so much for the opportunity to learn together.

## Being **BALANCED MENTALLY, EMOTIONALLY and SPIRITUALLY** is both **PREVENTATIVE and HEALING** for any type of **CANCER** and at any stage of **CANCER!! (Cont.)**

Hays says it is **necessary** to forgive oneself and any others.

Holistic counselor, Ellen A. Mogensen writes, "Cancer is the outcome of failing to take action to solve long standing life **conflicts**. Cancer is known as the "butterfly disease". Like a butterfly, the cancer patient has to **struggle** to break out of the "cocoon" of their disease or die in the attempt. More often than not, the cancer "victim" has a pattern of long standing life problems that have been "eating them up **inside**". Their inability or unwillingness to effectively deal with these problems is what created the cancerous cocoon to begin with. Often, cancer is the manifestation of the person's **conflicting** desires to escape the situation and to "keep things as they are" because change would be too painful. Cancer becomes the means of escape that many take by doing nothing to stop it from leading them to a "final solution".

In his book, Prevention and Treatment of **Carcinoma** in Traditional Chinese Medicine, author Jia Kun says, "Emotional changes, such as worry, fear, hesitation, anger, irritation, and nervousness should be prevented. Mental exhaustion is harmful and life should be enriched with **entertainment**."

Shi Lanling and Shi Peiquan mention the etiology of various cancers in their book about Experience in Treating Carcinomas with Traditional Chinese Medicine, "The etiologic **factors** of the disease involve chiefly the disturbance of the seven emotions, especially melancholy, anxiety, and anger, which are **liable to impair** the spleen and the liver. Impaired by melancholy and anxiety, qi will be stagnated and the spleen will lose the function of transformation and transportation, leading to disturbance of water **metabolism** and

the subsequent accumulation of phlegm-dampness, while, impaired by anger, the liver qi will be stagnated. The stagnated liver qi, as qi is the commander of blood, may give rise to blood stasis if not relieved in time. Thus, emotional disturbance, **in-coordination** between the ascending-descending movement of qi of the zangfu organs, sluggish flow of qi and blood, and the ensuing obstruction of dampness, phlegm, and blood stasis are the **fundamental** pathogenesis of the disease."

**Stress** is both a contributing cause of cancer and can be an effect of cancer. Stress can build, influencing how you feel about life. Prolonged stress may lead to frustration, anger, hopelessness, and depression. To reduce stress:

- Keep a positive **attitude**.
- **Accept** that there are events you cannot control.
- Be **assertive** instead of aggressive. "Assert" your feelings, opinions, or beliefs instead of becoming angry, combative, or passive.
- Learn to **relax**.
- **Exercise** regularly. Your body can fight stress better when you are physically fit.
- Eat well-balanced meals.
- Rest and sleep. Your body needs time to **recover** from stressful events.
- Don't rely on **alcohol** or drugs to reduce stress.
- Keep your medical appointments.

There are a number of exercises that you can do to relax. These include **breathing**, muscle and mind relaxation, relaxation to music, and biofeedback. A few that you can try are listed below. In order to do these exercises: First, be sure that you have a quiet location that is free of **distractions**, a comfortable body position (sit or recline on a chair or sofa), and a good state of mind. Try to block out wor-

ries and distracting thoughts.

### **Two-minute relaxation**

Turn your thoughts to yourself and your breathing. Take a few deep breaths, exhaling slowly. Mentally scan your body. Notice areas that feel tense or **cramped**. Quickly loosen up these areas. Let go of as much tension as you can. Rotate your head in a smooth, circular motion once or twice. (Stop any **movements** that cause pain.) Roll your shoulders forward and backward several times. Let all of your muscles relax completely. Recall a pleasant thought for a few seconds. Take another deep breath and exhale slowly. You should feel relaxed.

### **Mind relaxation**

Close your eyes. Breathe normally through your nose. As you exhale, silently say to yourself the word "one," a short word such as "**peaceful**," or a phrase such as "I feel quiet." Continue for 10 minutes. If your mind wanders, gently remind yourself to focus on your breathing and your chosen word or phrase. Let your breathing become slow and steady.

### **Deep breathing relaxation**

Imagine a spot just below your navel. Breathe into that spot and fill your abdomen with air. Let the air fill you from the abdomen up, then let it out, like deflating a balloon. With every long, slow breath out, you should feel more relaxed.

Andreas Moritz, a medical intuitive; a practitioner of Ayurveda, iridology, shiatsu, vibrational medicine and author of Cancer Is Not A Disease writes, "Cancer can be your **greatest opportunity** to help restore balance to all aspects of your life, but on the other hand, it can also be the harbinger of severe (Cont. on next page)

## Being **BALANCED MENTALLY, EMOTIONALLY and SPIRITUALLY** is both **PREVENTATIVE and HEALING** for any type of **CANCER** and at any stage of **CANCER!! (Cont.)**

trauma and suffering. Either way, you will discover that you are always in control of your body. To be able to live in a human body, you must have **access** to a certain amount of life-sustaining energy. You may either use this inherent energy in a **nourishing** and self-sustaining or in a destructive and debilitating way. In case you consciously or unconsciously choose negligence or self-abuse over loving attention and self-respect, your body will likely end up having to **fight** for its life.

Cancer is but one of the many ways the **body tries** to change the way you see and treat yourself, including your body. This inevitably brings up the subject of spiritual health, which plays at least as important a role in cancer as physical and **emotional** reasons do. Cancer does not cause a person to be sick; it is the sickness of the person that causes the cancer."

According to Darren Starwynn, OMD, after years of taking histories and **treating** cancer patients, writes, "The idea that emotional trauma was the prime cause of cancer was met with considerable skepticism by the medical establishment in the past. But, that has been changing as research studies have been **published** in medical journals validating the cancer mind-body connection. In recent decades a new medical specialty called Psychoneuroimmunology has sprung up with its own schools, organizations and journals. Called PNI for short, this field deals with "the study of the **interactions** between psychological factors, the central nervous system, and immune function as modulated by the neuroendocrine system." Many PNI studies validate how emotional imbalances lead to the formation of cancerous tumors."

One such article in the European Journal of Cancer linked emotional

stress with **down-regulation** of the immune system. It explored how depression could suppress killer T cell formation in the body, retard repair of **damaged DNA** and trigger apoptosis (cell death). They concluded "psychological or behavioral factors may influence the incidence or progression of cancer through psychosocial influences on immune function and other **physiological** pathways."

Starwynn suggests **associations** of the PNE centers with the various forms of cancer. This is simply to give **examples** of those associations. His work confirms many other TCM and scientific findings:

- **Thyroid** - Disempowerment, lack of expression - Throat
- **Lung** - Fear of dying or suffocation, unrelenting grief - Throat and Heart
- **Lymphatic** - Loss of self-worth, pervasive fear - Sacral and Solar
- **Breast** - Separation conflicts, nurture issues - Heart
- **Stomach** - Stuffing anger, "swallowed" too much negativity - Solar
- **Pancreatic** - Anxiety, family conflicts, lack of sweetness - Solar and Heart
- **Liver** - Fear of starvation, long-standing anger/frustration - Solar
- **Colon** - Conflict, inadaptability - Root, Sacral or Solar
- **Uterine** - Sexual conflict & abuse - Sacral
- **Cervix** - Severe frustration - Sacral
- **Bone** - Lack of self-worth, inferiority complex, issues with "will" - Root or Sacral
- **Melanoma/skin** - Feeling violated, out of touch, lack of integrity - any PNE center

A number of spiritual teachers contend that a human's **spiritual growth** is the most important thing in our life, and that challenges of all types always contain a hidden gift in the sense that they can help a person grow as a human being,

put them on the **path** of their "true purpose", make them healthier and/or benefit them in other important ways.

There are numerous real-life stories that illustrate the "hidden gift" concept. There are many (former) cancer **patients** who think in similar ways and actually consider their cancer diagnosis and healing as a beneficial wake-up call.

Whether this "**hidden gift**" concept indeed is true to fact or not, it would seem that the best and most constructive attitude to take any challenge in life, be it on the physical, **emotional** or on another plane, is trying to find what opportunity may be concealed inside our challenge, rather than considering oneself the helpless victim of (un)just circumstance and giving up.

We can **maintain** optimal health through a Balanced Raw Vegan Living Foods diet, and practices that include managing our stress, meditation and prayer, yoga, QiQong, **exercise**, connecting to nature, journaling, and time alone to nurture and love your self. These **practices** will give YOU the BIGGEST chance to CREATE not only OPTIMAL wellness, but also add **Holistic balance** to your life such that your WHOLE SELF can thrive as it was DESIGNED to do!!

I invite you to take on these **practices with me, and I invite you** to give yourself the gift of thriving and absolute wellness the way that our body, as the temple of our minds, souls, and hearts was designed to have, if we **gift ourselves** the right ingredients and the right conditions for this robust wellness that most of us don't let ourselves experience.