

Dear fellow Cancer Warrior,

The information I am sharing with you is just the tip of the iceberg regarding my ongoing research of **Non-toxic Cancer Treatments** that have, in many cases, proven effective in not only treating cancer, but preventing its onset in the first place.

I have written this brief, but hopefully...informative letter to encourage you to continue moving forward with your life after a cancer diagnosis or the recent failure of a Standard Medical Practices Cancer Treatment have driven you into a roadblock.

Remember, a cancer diagnosis is simply the **Check-Engine** light appearing on your dashboard. The **Engine is your Immune System** and the **cancer is simply the warning light**. Just as you would proceed with servicing your vehicle...you should proceed with servicing your Immune System. **Fix/restore the Immune System and the Check Engine light (cancer) goes away.** And...YES...it can really be that simple!

My research began as an outgrowth of concern I had for several friends and family members who had received dreaded cancer diagnoses followed by the inevitable **cut/burn/poison** (surgery/radiation/chemo) regimen that nearly all clinical oncologists have been recommending for over 60 years. Very few of those folks survived up to the watershed 5-year mark that the oncologists tout as a symbol of success in their industry.

As fate would have it...I, myself, would receive my first of two dreaded diagnoses in a year after a one-day illness sent me to a local emergency room with symptoms pointing to a bile-duct shutdown (which often signals the possibility of Bile Duct or Pancreatic Cancer). And, yes, it was **Pancreatic Cancer**. Don't worry, I was just as frightened as anyone might be, as you might be, but I already had in my research "toolbox" an assortment of "**cancer-fighting tools**" that would help me through the year-long misery of submitting to the cut/burn/poison regimen that I knew would nearly kill me.

My Pancreatic Cancer primary tumor required immediate surgical intervention. The cancer had fortunately not metastasized and a PET scan showed it isolated to one tumor site at the head of the Pancreas and operable. To survive, I knew I would have to submit to surgery and, not just any tumor removal surgery, but the dreaded WHIPPLE Surgery for Pancreatic Cancer. I'll spare you the horror of the details. Please feel free to Google it and prepare to be shocked at the severity of this surgical intervention. Survival rates to 30 days after a Whipple Surgery are dismal. Survival rates up to a year are also depressing.

I knew, even at age 56, that I was tough enough mentally, and hopefully physically to rebound and fit into the survivor category. That being said, my research showed me that the strongest chance of survival would have to include a good deal of personal commitment on my part. I would agree to the surgery and the follow-up chemo and radiation therapies...that would prove to be no picnic, indeed. I would also **concurrently begin a self-treatment, self-healing Anti-Cancer Protocol** that I would control from the comfort of my own home. This protocol was designed to diminish the worst effects of the cut/burn/poison regimen and ensure a restoration and transformation of my impaired immune system.

Standard Medical Treatments (cut/burn/poison) with **Adjunctive Cancer Therapies** i.e., **Cancer-fighting Vegan Diet, Immune System Stimulation**, and other **Nutraceutical Cancer-fighting Supplements** would be my course of action. I did not share what I was doing on my own time, at home, at my own expense, with my Cancer Treatment Team. Based on careful inquiries and conversations with them, they may not have comprehended what I was doing. Remember, these are the people who **never once mention** rebuilding your damaged immune system i.e., changing your diet; eliminating sugar consumption; altering your body's pH from acidic to alkaline rich, and supplementing with anything during your treatment cycles.

I always squirmed when I saw the well-meaning, but under-informed nursing staff bringing us (chemo patients) sugary treats and sodas while we were being infused. These good people (and they really were very kind to us all) simply did not know that they were encouraging the survival of cancer cells with their sweet treats. Remember, cancer must have simple sugars (glucose/fructose) to fuel its growth. **Cut out the sugar and starve the cancer.** The nuclear resonance material that is infused into us during a **PET scan** is mixed with **GLUCOSE (sugar)** as the delivering agent... because cancer cells are voracious consumers of sugar and the nuclear material lights up those areas in the body that are consuming unusually high amounts of sugar. Cancer thrives only on simple sugars. Cancer cells cannot metabolize complex carbohydrates, fats, or proteins!

I firmly believe the combination of Standard Treatments with the adjunctive therapies I had chosen...saved my life and, more importantly, have kept me cancer-free. I don't plan on just hitting the 5-year survival mark. I want the whole **One Hundred Twenty Years** that God, himself, said he would allow Man in the Old Testament. As an interesting aside...have you noticed, no one (since before Moses' time) has ever been documented to have lived past **One Hundred Twenty Years!** In fact, no one person is documented to have made it, yet, to that mark. That's OK...I just want my shot at it.

I want you to hit that mark, too! I also do not want you to lie around helpless...waiting for that next phone call from your oncologist's nurse to schedule your next consultation, blood-test, or any number of standard treatments they have in store for you. If you want to fix that Check Engine light that is flashing somewhere in or on your body...fix the Engine (your Immune System) right now! Don't wait. Whatever you can do right now, on your own, will up your odds for long term survival. Even if you choose...and it is your choice (not your oncologist's) to proceed with recommended cut/burn/poison type treatments, choose, also to **heal your immune system at home**, on your own time.

**Your oncologist will do nothing to heal your immune system.** Rest assured, chemo and radiation therapies will very effectively destroy it if you don't take action on your own to impede that destruction.

With all of that being said, I recommend you read at least two of my favorite books on the topic of healing yourself from a cancer diagnosis. The first and most important is: **"Cancer-Free...Your Guide to Gentle Non-Toxic Healing by Bill Henderson & Carlos M. Garcia, MD.** This is the #1 recommended book by nearly all of the alternative (or should I say...ADVANCED) Cancer Treatment Clinics worldwide. I know, because I have called them.

Second on this short list is: **"KNOCKOUT... Interviews with Doctors who are Curing Cancer and how to Prevent Getting it in the First Place" by Suzanne Somers with foreword by Julian Whitaker, M.D., founder of the Whitaker Wellness Institute.** I cannot say enough about how much these two books will change your life...and most likely...may save your life. If you want to get serious about hanging around a few more years...buy or have someone **buy these books...NOW!** The information you will absorb will answer all your questions about cancer, the Cancer Industry, reduce your fears, and guide you towards the remarkable concept of healing your own immune system which, for one reason or another, has failed to kill your cancer on its own...as it was intended to by the Creator.

My favorite Self-Treatment therapy was developed by **Bill Henderson** and **Dr. Carlos M. Garcia** of the **Utopia Wellness Center** clinic in Clearwater, Florida. Both men are internationally known for their advocacy of Natural Cancer Healing. Bill has been publishing books and newsletters and producing radio shows about cancer treatment since 1998. He has helped thousands of people in 86 countries deal with their cancers by phone and e-mail. Bill is a "reporter" and not a medical professional. Dr. Garcia, on the other hand, is a formally trained medical professional. He has broken out of that mold to become a wonderfully proficient holistic physician. (BY the way...the Queen of England and her recently deceased 100+ year old Queen Mother are treated by a **Court holistic physician!**). Dr. Garcia successfully

treats all types and stages of cancer and other conditions in his clinic every day. He and Bill Henderson share common beliefs about the best methods to heal cancer permanently. **Both of these remarkable men will actually talk to you on the phone!**

Bill's web site is at: <http://www.Beating-Cancer-Gently.com>

Dr. Garcia's is: <http://www.UtopiaWellness.com>

**The Henderson Protocol** or **Bill Henderson Protocol** developed by both Bill Henderson and Dr. Garcia is the result of eleven years of research and feedback by cancer patients who have had success following all or some elements of this protocol. Many were completely cured by just one particular component of the protocol or a combination of the treatments offered in the protocol. That was good enough for me. Additionally, this and many other similar self-treatment protocols are **AFFORDABLE** and are done at home as part of your daily eating and supplementation regimen. How great is that?!

If I know someone or can talk to someone who has, for instance, eaten a handful of dandelion greens and pissed into the wind for 6 months and is cured from Stage III or IV Cancer...rest assured, I will be foraging for dandelions and looking for a strong wind daily! **DO YOU GET WHERE I AM COMING FROM WITH ALL OF THIS?** I prefer to let my damaged body (& impaired immune system) be healed by itself with the food and supplements that God laid at our feet. These men (and women) who have had success with such Non-Toxic Healing have made our choices easier.

Remember, the long forgotten **Nobel Prize Winning Cancer Research of the early 20<sup>th</sup> Century involved holistic treatments and supplementation.** Dr. Garcia and others have re-discovered many of these successful, forgotten prize-winning treatment protocols. Did you know, for instance, that **Dr. Beard from England** was treating Stage III and IV Pancreatic Cancer patients successfully with pancreatic enzymes extracted from pig pancreas in the early 1900's? Of course you didn't. No modern oncologist or medical doctor would dare mention any of the cancer cure discoveries and successes of the early 20<sup>th</sup> century. Frankly, they don't even know about them. They are not mentioned in Med School. I know because my Father graduated second in his class from the University Of Chicago School Of Medicine in the late 1950's... the most prestigious Medical School in the world with no less than eight Nobel Prize winners on its faculty. Even with years of continuing education, he had never heard of **Dr. Beard** or **Dr. Johanna Budwig**, or any of the other dozen or so Nobel Prize-nominated or Prize-Winning physicians I had researched regarding their cancer treatment discoveries.

Remember, all Med Schools in America, all surgery and oncology conferences, all cancer studies, all major cancer treatment hospitals and research facilities are wholly or substantially funded by pharmaceutical companies. Yes, it is true! An oncologist that I respect told me that every conference and continuing education course he attends is funded by drug companies (alias BIG PHARMA). Are you getting the Big Picture?

**Dandelion greens don't fund anything.** Doctors don't get all expense-paid junkets to Cabo San Lucas or the French Riviera because you went out and ate some stuff growing in your neighbor's yard. If it wasn't so pitifully true, I'd be laughing my a.... off right about now!

**Dr. Nicholas Gonzalez** of New York City is one of my cancer-fighting heroes. He knows about Dr. Beard's work and every other successful cancer-curing therapy out there. His clinic, which is holistic, has one of the most successful treatment rates with stage IV cancers in the world! He has the distinction of having successfully treated the only known, clinically-verified, Stage IV, fully-metastasized Pancreatic Cancer survivor...32 years and cancer-free in her eighties!!! The head of prestigious Sloan-Kettering Research Hospital in New York called this case the only known definitive cancer cure in modern history. **And, Dr. Gonzalez and his patient, did it all without any surgery, chemo or radiation!** You can't make this stuff up. Why in the world wasn't this Front Page News!? I saw this woman on the Dr. Oz show and just about fell out of my chair! And, yet, you have probably never heard of him or his clinic. Read about Dr. Gonzalez and many other doctors and clinics in this country that are actually successfully treating cancer and helping us to restore our own immune systems to keep cancer and other debilitating conditions at bay. Their names and stories can be found in these two books I have recommended.

There is hope and the news is finally getting out there. **Ty Bollinger's** remarkable web site and authored books will steer you into a world of discovery about successfully restoring your immune system and curing cancer at: <http://www.cancertruth.info/>

Ty was one of the sponsors and speakers at a recent national Cure-To-Cancer conference in California that brought together the biggest names in cancer-fighting success in the world. Over 2 million viewers crashed the YouTube site after signing up to watch the 7-night series of interviews that Ty hosted with some of the conference participants. Those are some big, viewing numbers. Bill Henderson was one of the people interviewed by Ty Bollinger. I watched all seven shows and was energized and motivated by what I heard. Other similar conferences are in the works in the near future. Anyway, there is a lot out there on the web now, and in bookstores that can help you in recovering from having that Check Engine light come on.

I hope all of this has been some help to you. Please feel free to call me if you want to talk about any of this. I can give you tips on reducing food costs, where to locate organic foods and recommended supplements locally, etc. Cancer can be survivable. It doesn't matter what "stage" or type of cancer you have been diagnosed with. All patients with cancer have a strong chance of overcoming it and can live out a normal lifespan. Bill Henderson and Dr. Garcia say that people who believe this, with all their heart and soul, GET WELL. Those who doubt it...DON'T. I believe them. It's that simple!

Two things seem to characterize patients with cancer that get well from following the Henderson Protocol or other adjunctive therapies: First, they have decided to take charge of their own health care; and second, they have fully committed to a well thought-out dietary regimen which includes clean(organic), nutritionally rich foods and non-toxic, anti-cancer supplements.

I sincerely hope you are reading this because you have decided to take charge of your healing from a cancer diagnosis and refuse to become another statistic. **If an oncologist has told you that you have a certain amount of time left...never speak to or see that oncologist again!!!** In one fell swoop, they have shattered your hope. Go back, if you dare, and show yourself off to the good doctor and their staff, once you are cancer-free...from self-healing. That is a moment you can truly hope for and is certainly attainable...if you choose.

There are many physicians out there who are treating cancer and other diseases **successfully with non-toxic therapies**. Please read about them in the recommended books and seek them out if you are so inclined. Remember, there are also thousands of cancer survivors who have self-treated themselves with non-conventional, non-toxic adjunctive therapies over many years.

I am a Cancer Warrior, not a medical professional. I have successfully healed myself through two bouts of cancer by combining Standard Medical Practices treatments with natural, adjunctive anti-cancer therapies. I actually like my two cancer surgeons, my three oncologists, and all of the support staff who helped with my Standard Medical Practices treatments. They are good people who truly believe they are helping us all. They are simply not miracle workers. **The miracle is within you and just needs to be fixed and put back in fine-working order.** Live long & live happy!

## Cody

Continued.....

**\*\*\*The following protocol that I follow is based largely upon the "Henderson Protocol" and other similar protocols. Please attain a copy of "Cancer-Free" by Bill Henderson and Carlos M. Garcia, M.D. for more information on this very effective anti-cancer, immune system restoration protocol. I have tailored this to my needs, and again, one should consult the developers of this protocol and/or their book to determine what might work best for you. Consulting with an M.D. or N.D. would be beneficial if they are receptive and knowledgeable in the nutritional components of a reliable anti-cancer regimen. This protocol or a similar one that encourages exceptionally healthy nutrition and anti-cancer natural supplementation would likely be of great benefit to anyone, regardless of whether or not they are cancer patients or consider themselves to be healthy.**

**-Transfer Point Beta-1,3d Glucan.** Powerful Immune System restorative developed by pharmacist, A.J. Lanigan. The peer-reviewed and clinically tested formula. One 500mg capsule per 50 pounds of body weight daily – in the morning, 30 minutes prior to any eating or drinking. Source: <http://Ancient5.com> or call Phyllis Pipkin at (855) 877-8220 or (678) 653-8532 (Eastern Time). (Standard dose would be just one capsule per day in the morning as above)

**-Flax Oil/Cottage Cheese (FOCC) "Smoothie."** The major nutritional component of Dr. Johanna Budwig's Nobel Prize-nominated research. Three tablespoons of flaxseed oil mixed with a single-blade immersion mixer with about six tablespoons of organic, 1% or 2% fat cottage cheese. Let set for 5 mins. after mixing. Place in a blender with frozen berries (strawberries, blueberries, raspberries), sweeten with stevia and thin with as much cold, pure water as you desire. You may also thin with almond milk or coconut milk. Drink immediately after blending. **Barlean's** brand flaxseed oil was originally recommended by Dr. Budwig. It may be available at a local health food or organic food store. You may order it directly from Barlean's at (800) 445-3529 (Pacific Time). I take this mixture twice daily...breakfast and evening. Take once daily if you are cancer-free for optimum health benefits.

**-Barley Power.** Twenty tablets per day. Take 6 or 7 about 15 minutes before each meal. If you are not eating three meals a day, take the rest two hours after eating. (Maintenance dose would be 10 tablets spread throughout the day) Source: Green Supreme, Inc. (800) 358-0777 or (724) 946-9057 (Eastern Time) or <http://GreenSupreme.net>

**-Anti-Cancer diet.** Avoid the following foods as much as possible: sugar; processed food; dairy (unless grass-fed and reduced quantities) and gluten. Try raw, whole vegetable dishes and vegetable juices (carrot, celery & beat combinations) at first. Nutrient-rich, organic green smoothie mixes like "RAW MEAL" by Garden of Life are excellent ways to ensure all the RDA's of vitamins, minerals, protein, etc. are consumed daily. Modify with small portions of animal protein if you feel your system demands it. White chicken, wild-caught Alaskan salmon, or grass-fed lean beef would be preferred...in small quantities. For variety, eat gluten-free, sprouted bread products, flaxseed crackers (Mary's Gone Crackers brand is great!), cereals (millet, quinoa, etc. without gluten and moistened with unsweetened almond milk), lentils, beans, seeds and nuts (no peanuts).

**-Vitamin/Mineral Supplement.** I get my daily required vitamins and minerals from the previously mentioned "green drink" called RAW MEAL by Garden of Life. Any good quality, natural/organic vitamin supplement would be acceptable. Your local health food store should carry several varieties. I drink a glass of RAW MEAL once or twice daily...depending on what my overall food intake has been.

**-D3.** 10,000 I.U. per day [remember: gel cap only] seems to be the amount recommended by most anti-cancer protocols. I will take this amount indefinitely. (**Cody note: All cancer patients are D3 deficient. Sources: This can be found everywhere. Dollar General has the Rexall brand of D3 gel caps for under \$5/bottle**).

**-Sunshine.** Getting 10 minutes per day of sunshine, exposing at least half of your skin surface will adequately boost your body's own manufacturing of Vitamin D. Dr. Johanna Budwig's research into the remarkable healing effects of sunshine on cancer patients who were supplementing with the Flax Oil/Cottage Cheese (FOCC mixture) is very encouraging. For the most part...modern man does not get enough, if any sunshine these days...thus, the pronounced Vitamin D deficiencies.

**\*\*\*The above anti-cancer treatment protocol is the THERAPEUTIC DOSAGE recommended for people with active, diagnosed Cancers.**



**Anyone else would take half-doses of the treatments to boost and maintain their immune systems.**

Proponents of the Henderson and other similar anti-cancer, non-toxic protocols believe following such a regimen **diligently** will not just improve your condition; you could become **"cancer-free" in a matter of weeks...** if you have not submitted to conventional cancer treatments (chemo, radiation, or surgery). If you have received any of the above treatments, this type of regimen has been known to work over a much longer time period. You would need months to overcome the after-effects of your conventional treatments.

If at any time, you feel this regimen or a similar non-toxic protocol is not working for you, there are hundreds of other non-toxic treatments you can try. Bill Henderson and Suzanne Somers discuss many of these other treatments in their books. The WEB is full of anti-cancer therapies. Become pro-active. Do your own research, find a cancer coach or a naturopathic physician to help you find treatments that are tailored to your own, particular situation. Successfully fighting cancer is a multi-pronged attack. The more you can do to self-heal yourself...the better.

In my battle against both Pancreatic Cancer and a subsequent Tongue/Throat Cancer, I and all the medical professionals observing my progress, noted that most of the worst, predictable side effects of surgeries, chemo and radiation were offset by my "special diet and supplementation". I never lost any hair. I never got sick. If a Whipple surgery for Pancreatic Cancer won't make you sick...nothing will! I recovered from everything my surgeons and oncologists threw at me remarkably fast with virtually no side-effects. As they have said..."You are either a genetic freak, or, whatever you are doing on your own...keep doing it"! Well, with that being said...I am continuing with "whatever" and have every hope that I will remain cancer-free!

**\*\*\*Notes from Cody: The 3 most powerful components of this protocol are without a doubt:**

- **Flax Oil/Cottage Cheese (FOCC) mixture invented by Dr. Johanna Budwig (7 Nobel Prize Nominations in the 1950's). I divide this dose into two separate servings, one in the morning for breakfast and the other in the evening. You may make a FOCC Smoothie (as described above) or make a yogurt-like concoction using the 3 Tbsp. of Flax Oil blended with 6 Tbsp. of Cottage Cheese. It's always a 1 to 2 ratio. Once that is**

emulsified with a wand mixer, I add about 8-10 organic strawberries, sweeten with *Sweet Leaf* brand organic Stevia, sprinkle a Tbsp. of fresh ground golden flax seed on it... and give it a light stir with a spoon before eating. It is actually delicious!

- **Beta-1, 3d Glucan** (only the Transfer Point brand has been clinically proven effective). This supplement has the most clinical research of any immune-booster behind it. Take this as soon as you wake up in the morning 30 mins. before eating anything. I start my day with this supplement and begin making my FOCC breakfast about 15 mins. after taking the BetaGlucan. When the FOCC is ready, my 30 mins. have passed...EASY!
- **Barley Power**, again...barley grass has clinical trial support behind it as an immune booster. It also puts the body into an alkaline pH balance...optimal for cancer-fighting. Remember, cancer needs sugar, which is an acid fuel to thrive and cancer cannot survive in an alkaline-rich environment. Most cancer patients will find their pH levels at below 6.0 (with saliva test strips first thing in the morning). Optimal pH for cancer-fighting is at least 7.0 to 7.4. Barley Power will get you to that level very quickly. Take 15-20 caps per day if you are actively fighting cancer. Take half that amount once you are cancer-free...for the rest of your life. Barley grass contains all 3,000 of the known enzymes that exist within our bodies. Enzyme deficiencies are always evident in patients with active cancers.

If you can only afford to do 3 self-treatment therapies... do these three. All of the components of the Henderson Protocol and what I am specifically doing have (each on their own) been effective in stopping cancer. The more you can do...the better. Take charge of fixing your broken down immune system. BEST WISHES!