



JUNE 2006 - LEADERSHIP LETTER #9

How to Fight Cancer and Win
by William L. Fischer

Hello all ...

For my June letter to clients, colleagues and friends, I've pulled together a summary of things that seem particularly "good to know" from William L. Fischer's book: ***How to Fight Cancer and Win***, published by Agora Health Books, Baltimore, MD in 2000 (ISBN #1-891434-01-2). It's \$20.00 + shipping (available at www.agorahealthbooks.com).

Fischer has found, collected, organized, and made easy to read, a lot of important and applicable information on this topic. My interest was spurred by the untimely deaths of some of our clients' family members and friends as well as our own.

I hope you find it interesting and helpful!

Regards,

Mel

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**AMAZING FINDS AND FACTS FROM:
HOW TO FIGHT CANCER & WIN**

by William L. Fischer

Agora Health Books, 2000

Dr. Johanna Budwig, famous all over Europe, has an amazing and simple cure for cancer, heart disease and many other western ailments. An **everyday** serving of ...

- non- or low-fat cottage cheese (for **sulfur-based proteins**) mixed with ...
- unrefined, cold-pressed flaxseed oil or flax seeds (for **essential fatty acids**).

To this, add nuts, raw fruits and/or veggies and herbs to suit your taste. So easy!

Our “edible” oil-processing industry methodically destroys **all** the needed nutrients in the various healthy seed and vegetable oils and then leaves in various toxic substances used to “process” it to make it ... clear, pretty, non-congealing, convenient and ... toxic.

Those, along with animal fats, are responsible for many of our ailments (cancer, heart and liver disease, arthritis, diabetes and more) compared to certain Asian populations that still eat unrefined natural foods.

The best oils for healthy living are:

- Flaxseed oil (unrefined)
- Olive oil
- High-quality salmon and fish oils

Garlic: The Japanese have known for centuries of the healing powers of sulfur. Large amounts of sulfur occur naturally in garlic. These compounds stop cancer-producing cells from forming **and** stop the enzymes that encourage metastasis ... the spread of cancer.

Doctors have found that garlic and onion consumption play a significant role in reducing deaths from cancer. Garlic also helps maximize the body’s immunity to most illnesses, due to high concentrations of allicin.

Tomatoes, too, are very good for you. Tomatoes are a major source of lycopene, a potent antioxidant, and are a factor in reducing certain cancers such as bladder cancer.

Oranges and other citrus fruits are a complete package of cancer inhibitors. Their high Vitamin C content may ward off breast, stomach and pancreatic cancers.

Dr. Linus Pauling also found Vitamin C + L-Lysine to be very effective at reversing and preventing heart disease (plaque buildup in the arteries). L-Lysine is available in vitamin stores. His findings are patented, but not the ingredients!

Dr. Virginia Livingston discovered (1) a shortage of abscisic acid and (2) form-changing microbes (*p. cryptocides*) in **all** of her cancer patients and laboratory animals with cancer. She has her cancer patients eat plenty of **raw** fruits and vegetables which are high in abscisic acid, including:

cauliflower	limas	leafy greens
tomatoes	dwarf peas	onions
potatoes	asparagus	tangerines
sweet potatoes	grapes	strawberries
spinach	nuts	chard
pears	kale	bananas
oranges	soybeans	romaine lettuce
celery	cabbage	melons
corn	large lettuce	beet and mustard greens
grapefruit	papaya	beets
apricots	apples	whole grains
carrots	radishes	flaxseed
turnips	artichokes	
mangos	avocados	... raw or gently cooked!

Cholesterol is much misunderstood. The human body makes its own cholesterol, up to 1.5 grams daily, which it does if the diet reduces cholesterol in foods. The trick is to keep it in a liquid state so it isn't deposited on arterial walls. The body does this very nicely when it's provided with the high-density lipoproteins (HDL's) lecithin and linoleic acid! Many of the "forbidden foods" (butter, milk, eggs, cheese and marbled beef) **also** provide more than enough HDL to keep cholesterol moving and safe.

Royal jelly / bee pollen has been much studied by Russian scientists, especially among those citizens who've lived to be over 100 years old. A storehouse of nutrients, the USDA has determined that bee pollen contains an active anti-cancer element that slows the development of cancer **and** greatly reduces the side effects of radiation therapy. A natural antibiotic, it provides increased resistance to infection.

Healthy Diet: Our bodies have evolved to eat mostly grains, beans, and local fruits and vegetables. Because new cells can only be manufactured from the elements in our diet, inferior cells are produced by an inferior diet (which many Americans have become addicted to). Complex, natural carbs fill you up, but not out.

The inferior diet also impacts our bodies' ability to **eliminate** waste products and toxins, which are then accumulated in the tissues of the body, making for an even worse situation, where cells degenerate and malignancy flourishes. The natural fiber in complex carbs helps to avoid colorectal and intestinal cancers.

Macrobiotic diets have proven to conquer cancers where surgery and chemotherapy have already failed! This diet **also** improved the general health of its followers, including resolving PMS, hypoglycemia, chronic back pain, blocked sinuses, hemorrhoids, acne and psoriasis.

Macrobiotic foods and diets **differ** for different individuals suggests the Kushi Institute (Becket, MA, 413/623-5742).

Visualization Therapy: Dr. Carl Simonton explains that cancer, in particular, will flourish in a body when the owner is in a deep state of despair. The mind can either help to cause or cure cancer. Dr. Leslie Salov is a very effective teacher of visualization therapy, even for children.

Dr. Jonas Miller, also an ordained minister, says it is first necessary to honestly recognize your illness, then reject it, and then feed it a complete picture of robust good health at least twice every day for 20 minutes. Visualize your illness being conquered and eliminated by strong forces of good.

Dr. Hans Nieper, world-famous German researcher and author of *Revolution in Technology, Medicine and Society*, has identified critical causes and preventions of diseases including cancer.

Causes:

Overeating
Obesity
Meat
Cheese
Sausage
Flame-broiled or smoked foods
Sugar
Refined carbs
Shellfish
Tobacco use
Apple juice
Sugar substitutes (except Stevia)
Sodium (salt)
Low frequency electric pulses
Fluoride
Alcohol (especially Scotch and Bourbon)
Blood type A

(Type A blood types naturally have a higher susceptibility toward cancer and will benefit even more from taking preventative steps like cancer-fighting foods.)

Preventions:

Undereating
Carrot juice (fresh)
Millet and oatmeal
Other whole grains
Fruit and fiber rich veggies
Wheatgrass juice
Coldwater fish
Squash and apricots
Garlic
Beta Carotene
Vitamin B Complex
Vitamin C
Vitamins D and D2
Vitamin E
Magnesium
Potassium
Molybdenum
Copper
Selenium
Phosphorus
Choline
Lecithin
Methionine
DHEA
Urea
Iron
Zinc
Blood type O

Many alcoholic beverages (wine, beer, liquor) naturally contain urethane, a known carcinogen; drinkers have higher-than-normal cancers of the mouth, throat, bladder, breast, and liver.

Healthy Living:

Healthiest foods include ...

Flaxseeds and oil of flaxseed
Garlic and onions
Carrots and fresh carrot juice
Fiber foods (roughage)
Raw fruits and veggies
Bee pollen (cold processed)
Coldwater fish

Suspect foods include ...

Sugar and sugar substitutes (are in everything!)
Chemical food additives
“Enriched” breads
Eating out (sulfites)
Irradiated foods
“Fast” foods

Cows Milk: Of all the sacred cows about food and drink, this one is firmly entrenched. The human enzymes needed to digest milk gradually disappear by age 3. Calcium in cow’s milk is hard for our bodies to assimilate. Fruits, veggies, nuts and seeds are excellent sources of digestible calcium.

Another voice: Dr. Julian Whitaker (**Health and Healing**) reports on a book by Dr. John Abramson of Harvard Medical School (***Overdosed America***). Here are some pithy quotes ...

- According to the World Health Organization (WHO), the US ranks an unbelievable 22nd out of 23 among industrialized countries, when it comes to “health life expectancy,” just in front of the Czech Republic.
- “Our poor performance doesn’t come cheap. Each year, more than \$6,000 is spent on health care for every man, woman and child in this country, more than twice as much as other developed countries spend. Yet, when the WHO takes these expenditures into account, our health system’s performance is ranked 37th among the nations of the world. In other words, we are paying the most to be the worst.”
- Dr. Whitaker believes the problem of American health care can be “laid squarely at the feet of the pharmaceutical industry, which has compromised virtually every aspect of medicine, medical education, clinical guidelines, and scientific research.”
- No surprise ... the primary mission of the drug corporations is to make money, and their big cash cows are the latest drugs, which are touted to physicians and consumers via salespeople, television and ads.
- “Medical journals contain more drug advertisements than articles. Doctors’ offices are full of samples and propaganda from pharmaceutical reps that entice them to prescribe the newest products. Medical conferences have become tradeshows for drug pushers, and the experts that lecture are no more than paid skills.”
- “Even clinical practice guidelines, the ‘standards of care’ that most physicians follow, are polluted by the pharmaceutical industry. Three out of five ‘experts’ who help craft these guidelines get consultation fees from the drug companies.”

Mel Hensey, 2006