



Improving efficiency to fight tumours and cancers

Introduction

The following is a summary of our approach towards assisting people who have cancer or tumours. Our intention is to broaden the client's options for removing a diagnosed cancer. We supply customised medications, provide therapies and act as tutors to improve specific and general immune defence against cancer-tumour cells. We create a series of lifestyle steps to follow, and these are specific to the individual. We work in with the individual's oncologist, general practitioner or naturopath. (In this text, the word cancer generally refers to both tumours and malignant tumours—cancers)

When people are told by their doctor that they have cancer, the options they are given for treatment are usually limited to surgery, chemotherapy, biological therapy or immunotherapy. Most of these are invasive therapies which target cancer cells but leave the person with:

- ❖ Little knowledge about the 'causal agents' that have transformed their once normal cells into cancer cells and which may still be acting in their bodies.
- ❖ Little information about the optimal lifestyle to adopt, or the medicines to take, in order to improve immune defence against these 'causal agents'.
- ❖ Little or no information about the background life influences that have allowed these 'causal agents' to become so strong that they have been able to overcome the body's natural defences against cancer formation and survival.
- ❖ Very little in the way of lifestyle therapy to neutralise these background life influences that could potentially cause a cancer to reform.

Although cancers are genetic diseases involving DNA manipulation of certain cells, they are not inherited from parents nor caught off some stranger while in a shopping centre. Ninety-eight percent of all cancers are created in various ways through the lifestyle that an individual has been following. It is not that the individual consciously chooses to create cancer in their body—just like the individual who has stomach ulcers doesn't intentionally create them—but the way their bodies may respond in a non-conscious way, often indicated by emotional stress to life situations, may be, and probably is, the major contributing factor to the depression of immune efficiency resulting in the survival of these unwanted cancer cells.

For a person with cancer at this moment, who really wishes to improve their chances for an extended life, once again free of this disease, it is imperative that they change certain aspects of their lifestyle—specifically those which have contributed to the formation of this disease.

The idea that a person can also assume responsibility for healing their cancer may also suggest to some that we are accusing them of causing their cancer, and this may make them feel guilty—this is not intended in any way. What we believe, from working with thousands of cancer clients over the last 15 years, is that the body can heal itself of these ‘rebel’ cancer cells through changes in lifestyle and a degree of assistance through therapy, removing certain foods from the diet, lifestyle change and natural medicines. Of course this varies from person to person and some certainly need chemotherapy, operations, radiotherapy and other ‘curing’ style interventions to tip the balance in their favour—and some simply do not have the will or the discipline to work at their healing response and certainly need these ‘curing’ methodologies. However in the long term, those people that take responsibility for their life situation have a far better chance of permanently removing cancers than those who abrogate their responsibility onto a doctor or therapist.

What is cancer?

Except for three very rare cancers, all other types occur as a consequence of a person living a particular lifestyle—such that some cells in their body become weakened to the point that they cannot defend themselves against viral manipulation of their genetic structure, some then lose the ability to prevent carcinogenic chemicals entering into them disrupting the accuracy of their cellular reproduction, and/or some cells cannot effectively repair damage to their genetic structure and are prevented from committing suicide (apoptosis)—they become abnormal cells ... cancer cells.

Keeping this in mind, a cancer mass survives when two cellular processes occur:

Part (A): Cancer cells evolve from a single cell which loses the ability to grow and function as a community member of an organ or body system and is prevented from undergoing natural cell death (apoptosis)—the offspring of this cell survive as non-communal 'invalid' cells.

Part (B): When, at the same time, the immune system loses the ability to identify these ‘invalid’ cells (known as antigenicity) and/or loses the ability to effectively destroy these cells (known as immunogenicity), then a cancer mass derived from the offspring of the original cancer cell will grow in particular parts of the body.

A growing cancer mass does not intend to kill the body. Rather the person dies because the cancer mass, as it gets bigger and bigger, eventually stops the functioning of an essential organ (such as the lungs, liver or brain).

Over the next generation, cancer is likely to become the most common fatal disease in industrialised countries. There are more and more scientific publications that support the assertion that a small number of very common human viruses, in combination with carcinogenic chemicals and low grade radiation, are the 'causal

agents' that induce changes to the genetic integrity of cells—which then leads to the formation of a cancer mass. More people will contract cancer with each new generation because the average person has a weaker immune system compared to those of the previous generations.

The good news is that keeping the body's immune system in tip-top shape will prevent the formation of a cancer mass through the efficient elimination of potential cancer cells. It is believed that those people who live a long life without cancer, have a strong and effective immune system that comprehensively identifies and eliminates infected cells and those with abnormal growth and behaviour through the ongoing process we know as 'spontaneous remission'.

The wise person who develops cancer does not simply rely on surgery, chemotherapy, biological therapy or immunotherapy to heal their body. They improve their chances of living into old age by using therapies that improve lifestyle, strengthen weaker organs and support the immune, nervous and hormonal systems. Essentially, they become students of their health and regain the life they once took for granted.

Spontaneous remission

Spontaneous remission really alludes to the process in which cancer cells are destroyed by the natural defences of the body. Every person with cancer hopes for this to happen. For spontaneous remission to occur, the immune system must re-gain the ability to identify and destroy cancer cells. It is unknown to what extent this is happening on a day to day basis in the general population—it probably is very, very common.

Medicines and therapies to broaden the approach to removing cancer

The orthodox treatment offered by cancer specialists

You must understand the consequences and side-effects of the orthodox treatments of targeting cancer cells. Most of the orthodox treatments assault the body and may leave you with permanent damage. To satisfy your understanding, ask as many questions as needed and read as much literature as possible.

Because of business pressures, your doctor may not have enough time to explain the treatment in detail, nor of the complications of the therapy. Your doctor may be reluctant to indicate the possible causal mechanisms that changed normal cells in your body into tumour cells and why your immune system was not able to remove them. To save time, doctors often say to their patients that the causes of their cancer are not really known—but probably will have 'a connection with their parents'.

If you develop a logical understanding of the causes of your cancer, you will have more of a focus to increase your motivation and determination to remove the cancer.

Focusing the immune system

The most elegant way to assist your immune system to eliminate cancer cells is to improve its ability to focus and identify these cells. For a cancer population to form, the immune system (specifically cytotoxic CD8 T-lymphocyte cells) must have lost the ability to correctly identify these cells. From the day you were born, cancer cells have occasionally formed and your immune system has identified these and destroyed them on a regular basis. For you to have developed cancer, something must have changed in the ability of your immune system to identify cells that act as non-community cells.

Immunotherapy aims to stimulate your immune system to re-identify cancer cells. Orthodox immunotherapy is only effective with a few types of cancers. A type of homoeopathic medicine known as an autoimmunisation, through clinical trials appears to be reasonably successful in assisting the initial coding of new CD8T-cells against most cancers and if taken regularly over a few months allows the majority of a new population of CD8 T-lymphocyte cells to correctly code to the existence of specific cancer cells. This type of immune stimulant is taken orally on the mucous membranes of the mouth once or twice daily until the cancer is under control-then it is reduced to once weekly for a year.

These homoeopathic immunisations are made from killed tumour cells, in combination with tumour viruses and homoeopathically derived anti-cancer compounds such as hydroxy urea (used with some leukaemias).

Improving immune inter-cellular communication

While only CD8 T-cells and Natural Killer cells can identify and kill cancer cells, there is a need for efficient communication between the CD8 T-cells and other immune cells such as CD4 T-cells. Without efficient communication, the immune system will do a poor job at removing cancer cells. Clinical evidence supports the idea that immune communication is improved through the use of herbal medicines.

There are about 30 herbs that are known to assist the strength and efficiency of your immune system. Because these are food concentrates, they rarely have the same toxic side effects that drugs have—unless the herbs are over-dosed or mixed with certain drugs. Have your practitioner test for the stimulating effects of these natural medicines. Attempting to take all known immune herbs together will probably give poor results—it is better to create, through testing, a combination of two to six immune boosting herbs that best relate to the client's biology. These medicines need to be taken daily while the cancer is active and for several months after the cancer is eliminated.

Increasing the display of cancer-tumour cell markers

The immune CD8 T-cells identify cancer cells via cell-surface identification markers known as MHC molecules in combination with the cells DNA peptides. The immune system does not look for specific cancer identification markers on the cell surface, rather they find cancer cells through identifying the occurrence of certain viruses infecting the cells. Cancer cells are often deformed in structure and often lack surface identification markers and other molecules that allow the immune cells to identify and adhere to their surface (selectins for example). Using particular homoeopathic and herbal medicines, cancer cells can be induced to display more cell surface identification—this greatly assists the immune system in its ability to eliminate these types of cells

Reducing angiogenesis in solid cancers

Angiogenesis (or neuro-vascularisation) is a term for a growth process in which existing blood vessels passing near to a cancer are induced by cancer cells to sprout new channels to extend blood flow to the inside of a cancer mass. The phenomenon of angiogenesis occurs naturally in healthy tissues during wound healing, ovulation, menstruation and pregnancy. It also occurs with malignant tumours, solid cancers, benign tumours, rheumatoid arthritis, psoriasis and eye diseases such as glaucoma and atherosclerosis.

By inducing the re-direction of blood vessel growth into a tumour mass, cells in the centre of a solid cancer mass have access to nutrients and medicines through the blood supply—this extends survival of the solid cancer mass, which in time becomes totally dependent on this supply. If these new blood vessels can be broken and blood supply to the centre of the mass eliminated, most of the inner cells eventually starve and die.

There are several herbs that are known to restrict angiogenesis by weakening arterial walls around the tumour site—these should be obtained if you have been diagnosed with a solid tumour which is reasonably large.

Increasing the strength of organ fields

All cells in the body depend on communication with other cells to survive as part of the body-brain. Communication occurs through the exchange of chemicals (peptides, lectins and others) containing information. This is a physical exchange of information. However cellular biologists for several decades continually suggest that types of 'life-fields', 'bio-fields' or 'organ fields' also appear necessary to explain the replication-orientation of cells for organ shape and mobile cell communication. It has been suggested that these bio-fields emulate the shape of organs, and initiate the signatures of cells within organs for immune identification. In theory, if these organ-fields are weak, immune cells such as the CD8 T-lymphocyte cells will not have a reference base to differentiate cells from different organs. they would then be less

likely to correctly identify the surface-cell identification of cancer cells within these weakened fields.

There is tentative evidence to link these 'organ fields' with sites where the physical effects of emotional stress are located. For example, the continuous feeling of anxiety in the stomach region felt over considerable time may be indicative of a weaker 'organ field' in that region.

Cancer does not occur randomly in individuals and many practitioners recognise that a period of ongoing emotional stress is experienced before cancer is diagnosed. In theory, this could be severely weakening the 'organ fields'.

Therapies and natural medicines that remove the basis of emotional stress appear to assist with immune efficiency in these body regions.

Strengthening the whole body with nutrients and catalytic medicines
In order to have the greatest chance of overcoming cancer, it is best to strengthen all organs of the body and one way to assist this is by providing a nutrient pool of essential chemicals and specific catalytic medicines. The essential chemicals are known as nutrients (vitamins, trace elements, enzymes and minerals) which are readily obtained in natural foods—however you may wish to insure that you always have enough of a reservoir of these nutrients, so obtain these and take the recommended dosage (preferably purchase organically derived nutrients). Catalytic medicines on the other hand are the proteins we know as medicines. Only trace amounts of these are needed and normally are obtained in foods such as herbs and roots. To obtain the best combination of catalytic medicines you will need specific combinations of herbs, usually obtained from your herbalist.

Changing the lifestyle

Only three rare types of cancer transfer from parents to offspring. What the cancer specialist refers to with a genetic connection to parents is known as a 'genetic predisposition'—this is the inheritance of organ cells that have genetic structure more susceptible to cancer formation than other cells. Cancers can only develop in the weakest body organs or those with weak bio-fields. A person cannot catch cancer from another person. People create the conditions to allow cancer to develop by not keeping their immune system healthy and strong.

To most people, the reasons why a cancer should develop in their body is somewhat of a mystery. Most people with cancer 'try so hard to do the right thing'. They follow the 'best' advice given on TV and in popular health books. They may not smoke, nor drink to excess and they may take vitamins and minerals. Most of those that develop cancer appear to have been coping with some form of emotional ongoing stress, of which they powerless to address.

Reducing emotional stress may involve changing a small part of the life pattern or it may involve changing something substantial such as a profession or contact with certain family members who cause upset. Individuals sometimes need to change a daily routine, diet, the spiritual approach to life, the material possessions of life, the unobtainable goals that have caused heartache over the recent past few years etc.

For many people this is the most difficult part of recommended treatment and this often takes considerable courage and determination to confront certain issues. Most people will have created comfort zones in their lifestyle and with the diagnosis of cancer, will cling ever more strongly to these—for simply the thought of venturing into the unknown may bring despair. One of the major challenges is to become fully focused on your own Self—your life and needs—rather than those of your family or others in society. Most people need assistance to change the focus of their life, to develop meaningful goals and enact the first steps.

Between 80 and 85 percent of all people who develop cancer have suffered several months or even years of intense emotional stress before their cancer was diagnosed—most cases have been involved with concerns with one or more family members. In many cases, the cancer 'victim' has difficulty associating their ongoing emotional trauma with the development of their cancer—they have suffered in their mind for such a long time, wishing things would work out for the best and then cancer comes along. Why should this mental suffering now evolve to physical suffering?

In emotionally stressful situations, our bodies increase the blood concentration of several types of hormones which significantly depress the sensitivity of our immune system (and certain 'organ fields' probably). During short-term stress, adrenaline is released from the adrenal glands without detrimental effect to the immune system. However, long-term stress produces consistently high blood concentrations of glucocorticoids and these strongly depress local immune responses. When an immune system is healthy, it always responds appropriately—when weak and inefficient, it may overact or underact producing localised symptoms occur such as aches, pains, itching, heat and rash or be unable to restrict the increase of viral, fungal or bacterial infections.

Short-term stress certainly does have its benefits, and a moderate level of short-term arousal (perhaps a better word than stress) is necessary to keep us motivated. Arousal is often needed to trigger and maintain the creative potential in our lives. It can keep us inspired and enable us to feel positive and in love with life. The essential point to keep in mind is that good health is maintained if short-term arousal is prevented from evolving into long-term stress. Contact a health professional who can isolate the long-term stresses that may have contributed to your weakened immune system. Follow the advice of the professional when they set a series of courses of action to permanently remove these stresses. It may take months of therapy.

Comprehensive exercising

Possibly the best forms of therapeutic exercises are Yoga and Tai Chi. They involve stretching, strengthening, balance, coordination, and static endurance but not dynamic endurance. Unlike gym exercises, the amount of focused intent in these types of exercises improves immune responses. There are many available classes and several different styles to choose from. Ask your practitioner for advice in enrolling in a Yoga or Tai Chi class. If you have been involved in martial arts when young, sometimes taking these up again on a more spiritual level is beneficial.

Changing the diet

On one specific food type has any real effect on the communication efficiency of the immune system. Only one type of food assists the growth of cancer cells. If these two are eliminated or controlled in the diet, the immune system will be able to function much better.

The grain foods

You do not want to be eating any type of food that weakens your immune communication. Our clinical research over the last dozen years, on more than 5000 clients, shows that the smallest amounts of cereal foods such as wheat, rice, corn, rye, oats, barley, millet and others, definitely reduce effective immune communication. It is best to undertake a controlled elimination and re-introduction trial to determine the extent of this disruption on the immune system. Specific advice can be given to you through a consultation.

Sugar foods

In 1931, the German medical scientist, Dr. Otto Warburg was awarded the Nobel Prize for Medicine when he demonstrated that all cancer cells cannot use the normal energy cycle utilised by healthy cells and they thus rely totally on the glucose cycle. Knowing this, the individual with cancer should be careful with all foods that release sugar quickly into your bloodstream—because high blood sugar concentration supports cancer development. It is known that when a solid cancer grows more than 2 mm in size, it is able to produce enough chemicals to reduce the sensitivity of the body's normal cells to the hormone insulin—this has the effect of reducing glucose uptake by normal cells. The body then responds by raising blood glucose concentration as well as blood insulin concentrations in order to buffer the higher glucose. This leads to swinging in blood glucose concentrations.

Up to 60% of cancer people have this (Rossi-Fanelli et al., 1991). Glucose is the principal source of energy for tumour cells, which have an inability to metabolise amino acids derived from protein/fats. (Rossi-Fanelli et al., 1991). Tumours also consume glucose three to five times faster than normal cells. High blood glucose

levels support the ability of tumour cells to grow and metastasise. (Demetrakopoulos and Brennan, 1982).

High glycaemic foods are: processed grain products, fruits, table sugar and juiced vegetables. Adjust your style of eating so that when you eat sugary foods you mix them with other foods to restrict glucose surging from the bowel into the blood stream and rapidly raising blood glucose.

If you wish to research this subject, the following should start you on your search

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21. Raised blood concentrations of glucose by the consistent intake of simple sugars has been associated with increased risk of colon cancer in humans and animals (Bostick et al., 1994; La Vecchia et al., 1993; Stamp et al.)
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Blood insulin concentrations and tumour development

When blood glucose rises beyond the normal range, a hormone called insulin is secreted to reduce it back to this normal range. This also occurs due to high concentrations of glucocorticoid hormones from stress as well as excess thyroid hormones. High blood-insulin concentrations changes normal cell function by stimulating the 'sodium-potassium pump and sodium-hydrogen exchange', increasing intracellular pH of the body—this promotes cancer cell growth.

The primary function of insulin is to allow body cells to uptake glucose as one of the energy sources. Insulin is involved in a variety of biochemical processes besides glucose uptake into cells—one of these is the normalisation of blood glucose when it is too high. Eating foods that rapidly increase blood glucose induces the secretion of insulin above the normal blood concentrations.

A sample of references on this subject

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2. Ingestion of high sugar-release foods may have other negative effects on a person's ability to defeat tumours. Ingestion of moderate levels of high sugar release foods have been shown to inhibit immune cell activity, possibly by competing with vitamin C for insulin-dependent membrane transport (reviewed by Murray and Pizzorno, 1991: 630

Murray M, Pizzorno J. Encyclopaedia of Natural Medicine. Rocklin, CA: Prima Publishing, 1991.

My own clinical investigations in autoimmune diseases has linked grain lectin proteins with depletion of immune resources which in essence weakens the immune system-see 'Improving immune strength and efficiency' 2000 published by NIBM.

For more information on the causes of tumour formation see:

(a) <http://www.med.sc.edu:85/lecture/RETRO.HTM>

(This site gives a basic lecture on within-cell causes of tumours and their relationship to T-lymphocytes)

(b) cancermed.com

(This site gives some reference books that will give alternative views on cancer and the treatment)

Lifestyle tutoring

Most people need a good deal of tutoring over months and possibly years to assist them to change their lifestyle and thus prevent cancer re-occurring. People who have had cancer have a much higher probability of re-contracting it again. Thus they must work hard to produce harmony in their lives. They must find a meaning for their existence, become fully integrated and feel at peace with themselves and their situations in live.

If you wish to enrol in a program to improve the strength and efficiency of your immune system to fight your cancer-contact the clinic for an appointment.

For more information

Read the book: 'The Melody of Healing-Improving Immune Strength and Efficiency' available on this website.