

# The Cancer Process

By Anna Von Reitz



I recently mentioned-- in passing-- my success as a Cancer Mentor, teaching people how to cure their own cancers. That, in turn, has created a firestorm of inquiries from people who are suffering from this plague and family members of those suffering.

Let me begin by saying this --- loudly and in public:

Cancer has been cured many, many times using many different means. There are many roads back to health, not just one.

Some years ago (back in my college days when I studied Histology and had occasion to examine cancer cells on a daily basis) I began analyzing the phenomenon of "spontaneous remission" --- especially in elderly patients, eighty years old or older.

My research colleagues and I reasoned that if people in their eighties could go into spontaneous remission, it should be even easier for younger people with more robust immune systems --- and we were right. By studying these over-eighty patients, we were looking at "far spectrum" cases -- the least likely and most dramatic recoveries.

As the number of people who reach the age of eighty (or beyond) is limited and the number of people within that age group who develop any kind of cancer is also limited, we were somewhat caught in the haystacks looking for needles, but we did find a clinically significant study group, and we added to that initial group over a period of years, keeping in contact with those who recovered.

In very generalized terms, here is what we found:

Cancer is caused by overgrowth of cells in an unhealthy blood environment, not unlike the "bloom" of a candida yeast infection, only in this case, instead of the overgrowth

affecting a foreign yeast cell, it affects one or more of the over 200 tissue cell types in the body.

All the different kinds of cancer -- lung, pancreas, skin, etc.,--- are expressions of the same exact process impacting different cell types and having the same result ---uncontrolled overgrowth of that cell type.

So no matter what kind of cancer you may have, it's the same process and the same result.

We can dispense with the illusion that we are fighting all sorts of different kinds of cancer. It's the same problem no matter what primary cell type is involved, and so, we may safely assume that just as it is a systemic problem, it is subject to a systemic cure.

That is, we don't have to bother trying to hunt and peck for a cure for breast cancer and then a separate cure for stomach cancer and another cure for brain cancer.

All the apparent differences in how various cancers respond to various therapies can be accounted for simply as differences in the underlying cell types that make them more or less susceptible to the cancer process in the first place.

That is, we would expect that cell types that naturally regenerate quickly would be more susceptible to cancer's modus operandi than cell types that naturally reproduce slowly --- and that is exactly what we observe.

Skin cells reproduce constantly and at a rapid rate, so we would expect skin cancer, melanoma, to be very fast growing, and it is. Same thing with liver cancer and pancreatic cancer. Even in "stable organ" cancers, we find the same thing. For example, in the lungs, it is in the tender, rapidly replaced surface tissues that cancer begins and then spreads to the slower growing interstitial tissues below.

So cells that naturally regrow quickly are more likely to develop cancer. In retrospect this is a no-brainer, but at the time, it took some weeks for us to formulate this simple theory and begin proving it to ourselves and then some more months and years to profit from it.

When we began our research with our over-eighty patients who went into "spontaneous remission" we began finding odd anomalies in eating habits. These spontaneous remissions were occurring in concert with changes in seasonal diet. The Elders were gorging out on asparagus in the springtime, red raspberries in July, mushrooms in the fall --- and their cancers were going into remission shortly afterward.

Go figure.

There is a very definite connection between cancer and diet.

I personally believe that this connection is apparent because certain foods (and drinks) have detoxifying effects and change both the pH and the sugar content of our blood. Just like a candida infection, cancer requires sugar and an acidic blood pH to thrive. Change those parameters, and cancer dies instead of the patient.

So we were not surprised to find that many younger patients (albeit with less healthy eating habits) responded very well to The Gerson Diet --- a very simple, organic, fruit and vegetable based diet with restricted oils and proteins --- and, as odd as it appears, the use of coffee enemas.

Coffee enemas? It sounds bizarre, doesn't it? Yet, coffee is known to have many health benefits and "ingested in the other direction" it is known to stimulate the major nerve and nerve centers connecting the gut and the liver.

The liver and pancreas together are majorly responsible for removing toxins and regulating sugar metabolism in the body, but neither can function well if they are clogged up with an overload of fats, toxins, and sugar from a poor diet, and then additionally hindered by "hepatic return" --- basically, when people don't eat enough fiber, the little choo-choo train of feces that is intended to remove toxins from the bloodstream can't do its job, so the crap is recycled back into the bloodstream and back through the liver again and again and again.

This exhausts your liver and its capacity to function in your favor.

The Gerson Diet provides plenty of solid and soluble fiber to get the crud that is clogging your liver and bloodstream out of your body once and for all, and the seemingly oddball coffee enemas stimulate the liver to increase its production of enzymes and bile. The reduction of fats and oils also reduces the strain on your liver.

The Gerson Diet similarly assists the pancreas, as it vastly reduces sugar from carbohydrates as well as overt sugar consumption, and encourages a "slow, complete oxidation" of your food, and that gives steady energy instead of sugar highs and lows. This adds up as lower blood toxicity and lower, steadier, blood sugar levels.

Simply by going on The Gerson Diet and taking a few silly coffee enemas, we are well on the way to changing the toxicity, pH, and sugar content of your blood --- which is going to deprive cancer of what it needs to live anywhere in your body.

People who try this regimen often never go back to a conventional diet at all. Why? Because once you get used to it, you feel and look great. Many people find that migraine headaches disappear, skin conditions like eczema and psoriasis disappear, and the real cost of a poor diet becomes apparent.

Besides The Gerson Diet, what else serves to cure cancer and why?

Numerous Native American cures underline the same themes as The Gerson Diet --- eating things that stimulate your liver, and, additionally, things that destroy biofilms in the body.

So, what is a "biofilm"? Think of it as a thin coating, like plastic wrap, covering various internal surfaces of your body, composed of multiple kinds of bacteria and other kinds of microbes, all glued together by foreign proteins excreted by these bacteria and other microbes.

The plaque that forms on your teeth and which contributes to tooth decay is a familiar example of a biofilm, but there are many biofilms in the body, some of them helpful and some of them harmful. Cancer is associated with certain biofilms that assist in feeding the cancer cells--- sort of like a food conveyor belt that signals the vascular system to develop new capillaries and blood vessels to feed the cancer the nutrients it needs to sustain its rapid growth.

Without the biofilms the vascular system bypasses the cancer and the cancer starves, so getting rid of the biofilm is another way to deprive cancer of what it needs to grow and thrive.

Numerous Native American and Polynesian and Chinese cancer treatments use natural materials that break up and discourage biofilms from forming and which also change the pH of the blood toward a neutral or slightly alkalized status.

One of the most popular of these is Essiac Tea, a combination of three herbs and a mushroom, dried and steeped and taken as a tea. The herbs serve to stimulate the liver (again) and the mushroom has strong anti-cancer properties.

The first benefit of Essiac Tea for all cancer sufferers is that it reduces the pain. Even if it had no other benefit, it would be worth it for that alone.

Essiac is bland tasting and not at all unpleasant to take. It is now readily available from numerous herbal supply companies and private providers who blend and sometimes grow and harvest their own ingredients.

The mushroom, Turkey Tail Mushroom, is so-called because of its unmistakable scalloped fan shape and distinctive stripes, similar to a turkey gobbler's outspread fan-shaped tail feathers. Turkey Tail is native to hardwood forests and can be dried and ground and stuffed into gelatin capsules and ingested directly for its health benefits, as well as being taken as a component of traditional Essiac Tea.

Paul Stamets, our National Mushroom Icon, gave his Mother substantial amounts of Turkey Tail Mushroom (reportedly four large gel caps morning and evening) when she faced breast cancer several years ago. A recount of their journey is available as part of the movie, *Fantastic Fungi*, which I highly recommend to everyone, everywhere.

The chronic pain associated with cancer is one of the most discouraging aspects of the disease, so it is important to take Essiac and other pain-suppressing substances. I always recommend Essiac, and I always recommend Kratom, if you can get it.

Kratom is a Southeast Asian herb that has the pain-killing power of opiates, without the associated addiction and dependency problems. It's an excellent alternative for people who suffer from any kind of chronic pain and it is becoming more readily available in this country -- it's being distributed successfully through pot shops that also sell CBD products in many States.

If your State has legalized marijuana it is likely that the marijuana distributors also have kratom for sale. There are numerous kinds of kratom -- black, green, red, and white -- which have different levels of efficacy for pain. Ask the salesperson to explain, and try a couple different varieties to see what works best.

Don't be ashamed or fearful for seeking pain relief during a bout of cancer. If marijuana is still illegal in your State of the Union, ask a friend in a neighboring State to go to a shop and buy some Kratom for you. It's a small favor, but it can make a big difference. Beating cancer takes some courage and faith. Chronic pain and fatigue makes it difficult to maintain a proper positive mental attitude. Give yourself the added "edge" of comfort and freedom from pain.

Many Native treatments include traditional Bitter Herbs to stimulate the liver -- similar to The Gerson Diet, with the added kick that these herb and root extracts may directly kill cancer cells by "painting" them for destruction --- that is, identifying them as cancer cells so that the immune system can more readily recognize the MR1 protein on the cancerous cell's surface and target it.

The second most famous Native American cancer treatment is Black Salve made from the roots of the Bloodroot Flower, gathered in the right moon of the year, and pulverized in a stone mortar to make a gooey and very, very dark brown salve-like mixture. The

"blood" in the Bloodroot is naturally a bright reddish orange, but the maceration and exposure to air oxidizes it and makes it turn black in the same way that avocados turn brown.

This salve turns bad when metal of any kind touches it, so it is important to store it in glass containers, in cool, dark conditions, and never, ever touch it with anything metal, as it will immediately denature and become quite toxic.

Black Salve is a very potent antibiotic "drawing salve" --- its primary purpose in Native culture is to cure gangrene, with treatment of skin cancer and cancerous tumors slightly below the skin coming in a close second. The Native physician applies the salve to clean skin and covers it with a bandage. Over the course of three weeks, the salve will reliably draw out and destroy the infection and/or the tumor. Cancerous tumors and melanomas come to the surface as healthy skin grows in behind them, and finally fall off, leaving a small pit like an acne scar in the new skin and flesh, and the dried carcass of the cancer, that looks somewhat like a dead spider.

My Mother witnessed this process and I have witnessed this process. What I did not know early on is that Black Salve can be safely ingested in very small amounts, about the size of a small garden pea in a 00 gel cap, taken with the evening meal. The exact beneficial amount makes a person feel very slightly nauseous for a short time after ingesting it. Too much will cause vomiting. Too little will have no effect at all.

Within three weeks (nobody knows why it takes three weeks, but it does) every cancer cell in the body will be dead and the person will be feeling fine -- however, it's wise to continue a maintenance dose of the salve for three more weeks, because there is some indication that cancer forms "generations". It may be necessary to kill off a second batch of cells that has been protected under the surface of the original tumor or skin surface.

Once the cancer is killed off, of course, it is important to make the changes in diet and habits necessary to keep it from developing again. If you kill the cancer and still have toxic, acidic, sugar-laden blood, there is nothing to keep it from coming back.

Vitamin B17, otherwise known as Laetrile, is another Native American cancer treatment that is widely available now from health food and herb stores. The original source was a particular ruby-colored South American yam, but the same bitter tasting vitamin is also available from apricot pits, which is the source of most Vitamin B17 on the market.

B17 appears to work by strengthening the immune system response and, again, stimulating the liver to produce proteolytic enzymes. Enzymes are catalysts needed to drive certain chemical reactions in the body. Hormones can be considered enzymes and

vice versa. Early man got plenty of B17 from ingesting small amounts of dirt -- gracias to certain soil bacteria, but as our hygiene has improved, our access to this crucial vitamin has diminished. Taking Vitamin B17 during a bout with cancer is another weapon in your arsenal.

You can also obtain some B17 and other helpful enzyme precursors from orange, lime, and lemon zest --- used as a garnish or flavoring to simple salad dressings, you can double-up the health benefits.

Deep red, blue, and black berries contain pigments called anthocyanins that have similar antioxidant, antitoxin, pro-immune system effects, which may explain why two grandmothers, both past eighty and suffering from cancer, went into spontaneous remission after a successful season of gorging on red raspberries and blackberries. It has since been discovered that red raspberries in particular have anti-cancer properties.

Reducing the amount of toxins circulating in your blood and stimulating your liver, reducing the amount of sugar circulating in your blood, and bulking up your immune system are all commonalities in all the traditional cancer therapies. Increasing blood pH and oxygenation is the third leg of the journey back to health.

Cancer thrives in acidic environments and dies in alkaline environments.

Likewise, cancer can't stand oxygen saturated blood and is very susceptible to the hydrogen peroxide used by white blood cells to kill cancer cells --- IF there is enough oxygen in the blood for the white cells to produce hydrogen peroxide.

Atmospheric oxygen levels have decreased by roughly five percent over the past hundred years.

This is a most serious health threat to us and to our planet and it explains the buildup of excess carbon dioxide in the atmosphere, yet one hears almost nothing about this problem caused by widespread deforestation and pollution of the oceans.

It may even explain the explosive increase in the number of cancer cases we have seen in recent decades.

The white blood cells are our primary immune defense system, and hydrogen peroxide is the primary weapon of white blood cells used to kill bacteria and cancer cells alike --- what happens when the blood no longer carries enough oxygen for the white cells to produce the needed hydrogen peroxide?

For success against cancer, we need to both decrease blood acidity levels (increase alkalinity) and increase oxygenation.

There are numerous ways to increase the pH of blood. You can take a small amount of baking soda in gel caps, usually half a teaspoon or less, depending on body weight, or you can invest in a water filter that will produce alkaline water and drink that. There are inexpensive Litmus Paper test kits that you can use to test your spittle or urine and get a gauge on where your blood acidity level is and adjust it back to neutral or just slightly alkaline.

Oxygen therapy will also shift your blood pH, so you want to be careful when mixing both oxygen therapy and alkaline substance therapy as you can go too far toward the alkaline side of things. For optimum health you need to be at neutral (7.0) on the pH scale or just very slightly on the alkaline side.

Oxygen is a very powerful molecule and it has many different functions in our bodies, so I have never recommended extreme measures to increase blood oxygen levels as a means to combat cancer. Rather, I've encouraged people to think in terms of increasing their blood oxygen levels by natural, common sense means --- learning to breathe deeply and regularly, and training oneself to do so, is the quickest and most obvious means to safely increase blood oxygen levels.

Singing is excellent cancer therapy, as it forces one to be aware of breathing, increases the flow of oxygen, and uplifts the heart. Get a sing-a-long going with your favorite cancer patient and sing happy, feel-good songs. Get down your old Arlo Guthrie and John Denver and Campfire Favorites and go to town. Throw in some Gospel, "His Eye is On the Sparrow"--- and you can't go wrong.

We can also greatly enhance our indoor environment to increase our household oxygen levels by growing houseplants. A couple Spider Plants can purify vast amounts of indoor air and add significant amounts of oxygen. I have a double-tiered cart of the kind used in garages and pantries, filled with pots of houseplants under lights. We run our "household air purifier" all year long and enjoy the benefits of more oxygen and less pollution indoors. And during the long Alaskan winters, we feel less oppressed by the universal whiteness of the snow.

When you are facing a cancer diagnosis, you need to choose life and choose it with a vengeance, with certainty that life is what you value and cherish. And then, proceed to cherish it with joy. Two over-eighty cancer patients laughed their way to spontaneous remission watching old Abbott and Costello movies and "I Love Lucy" and "The Honeymooners". If they could do it, you could invoke your own favorite comedies and do it, too.



Happiness, laughter, positivity --- all bulwark the immune system and help it function better. Nobody knows why, but nobody needs to know why. We simply need to know this and make the most of it.

Listening to classical music and Whole Tones music is another anti-cancer weapon. Some music is deliberately designed to grate on and excite our nerves at a subliminal level, so that it subtly irritates our whole nervous system. This can exacerbate inflammatory diseases --- and cancer. Who would think that the quality of sound and the completeness of musical notes could impact our health? Yet dozens of completely credible studies and my experience as a Cancer Coach all say, yes, this is true. Yes, the music you listen to can have a profound effect --- both good and bad --- on your health.

For the past fifteen years, I have been coaching cancer patients. Among those that were willing to listen and act upon what I shared with them and what I have since shared with you, not a single person has died from cancer, and quite a few have experience a whole new lease on life--- a deeper connection to their bodies and to their emotions and to the meaning of their lives, and a deeper connection to the life of the Earth all around them.

They have been able to reach the "healthy balance" that naturally cures all diseases and results in radiant health. It may come as a shock, but there really is an "inner glow" that these people now possess --- and a cancer diagnosis was the surprising doorway into this whole new level of health and awareness.

I wish I could hand-hold everyone who is presently suffering from cancer or going through it with a loved one, but I can't. As I search my mind for the last scraps of advice and insight I can offer, remember these two odd facts about cancer recovery --- (1) you will often feel worse when in fact you are getting better; cancer recovery is a long series of "healing crises" events as your body detoxifies itself and goes through the necessary changes; (2) don't be alarmed by increased protein in urine and blood samples --- increased protein can mean tumor growth, but it can also mean tumor destruction. If you are on a therapy to kill aggressive cancer outright (like some of the Native American answers) any tumors and biofilms that are being destroyed are going to leave extra protein in the blood and urine as they go.

Even on the darkest days, if you've got someone who loves you, you have everything to live for. Hold hands. Hug --- and hug for at least twenty seconds. None of these little "there and gone hugs" strangers give each other at the airport. Hug and do it properly, for at least twenty seconds. It takes that long for the positive energy to hit home and do its work, and for the body to shake awake and say, hey, I'm loved!

As a Cancer Coach my Number One Job is always to let people know they are loved--- not in the romantic sense (though that could possibly enter into it as well if your boyfriend-girlfriend or spouse is involved) but in the friend-to-friend sense of solid goodwill and affection and care and willingness to help.

I can't count how many healthy smoothies, salads, salad dressings, and Gerson Diet meals and snacks I've prepared, how many trips to the organic grocery markets, how many funny movies or silly songs or hugs I've shared, but I can tell you it's quite a lot. And I can tell you that if you want to "fight cancer" it needs to be fought where people live and breathe, in their homes, in their gardens, and on their jobs.

I can also tell you that there is nothing quite like the look on someone's face when they realize that they have their life back, and that cancer isn't going to be a death sentence for them, isn't going to scar their loved ones, isn't going to ruin their dreams.

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