

# DIETARY HEALING

A SIMPLE REFERENCE/RESOURCE  
GUIDE  
FOR THOSE WITH  
CHRONIC DEGENERATIVE  
DISEASE OR CANCER

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It is recommended that you seek advice from a licensed professional, qualified in dietary healing and detoxification practices, before you embark on this protocol. This booklet is not intended as handbook, but simply provides an overview into the dietary healing protocol. Dietary healing in chronic degenerative disease and cancer may be fraught with difficulties for the patient and can be dangerous when applied incorrectly. Modifications may be required throughout the therapy depending on the progress the patient and therefore ongoing medical and diagnostic follow-up is essential.

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# How Dietary Healing Works

The aim in Dietary Healing is to restore and strengthen the integrity of the body, to bring it to a point where:

**the resistance of the body is stronger than the resistance of the cancer/disease**

We know that disease only arises when the metabolism of the cell becomes damaged. Therefore restoring the metabolism becomes the main thrust of treatment.

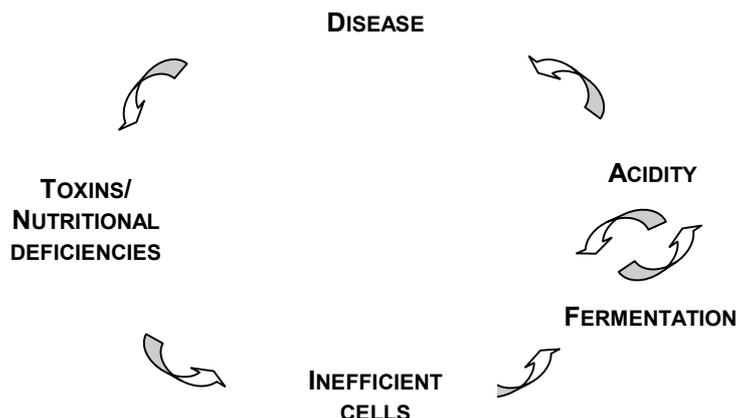
A healthy cell will take up nutrients and oxygen, use fuel for energy and repair, and discard its waste. This constant flow of activity, the intake and the output, is dependent upon meeting energy requirements (nutrients) and maximum efficiency of the enzyme systems.

The enzymes are the workers of the cell. They require nutrients as the tools of their trade. Without their “tools” the conveyor belt of activity may grind to a halt and intermediate products build up. These products are acidic and toxic to the cell. We are describing a situation of nutrient deficiency.

Similarly, toxins may enter the cell, such as heavy metals (aluminum, lead, mercury) or man-made chemicals. These may paralyze the enzyme systems or stimulate a new set of instructions changing the programming of the cell.

A vicious cycle begins. The toxic or nutrient-deficient cell becomes inefficient; the “burning of fuel” is compromised; oxygen is not utilized efficiently; the cells drop into fermentation and create excess acidity that cannot be removed – and this is when disease sets in. The cycle will perpetuate itself. Once the cell becomes damaged it cannot take up, utilize or recycle its nutrients. Damaged and toxic tissues perpetuate this cycle of deficiency.

## CYCLE OF TOXICITY



Can we reverse this cycle? Yes. Absolutely. But we must ensure a four-fold thrust:

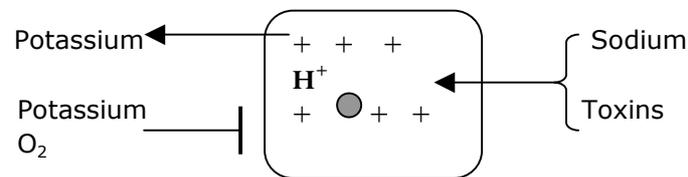
- Restore the oxidative function of the tissues
- Ensure a reactivation of the immune system
- Support elimination of toxic products
- Continue the program until the entire body is restored

Addressing the first two arms of treatment may give control of the disease, but without alleviating the body of its toxic burden, then no true healing will occur. Similarly, to cease the program prematurely, before the organs and tissues are fully restored, may lead to a recurrence of the disease.

### RESTORING OXIDATIVE METABOLISM

This is very simple. When a cell becomes acidic, it becomes more positively charged (acidity is a measure of the free hydrogen ions –  $H^+$ ). This positive shift repels oxygen and potassium, and sodium, water and toxins drift into the cell. This puts the fire of metabolism out. The cell will drop into fermentation and “stew in its own juice.” The acidic cycle is perpetuated.

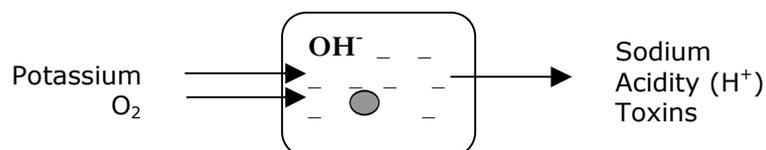
#### Potassium, Oxygen and the Acidic Cell



*Rising acidity renders the cell more positive due to the presence of free hydrogen ions ( $H^+$  - these are the measure of acidity). This has a two-fold outcome: entry of potassium and oxygen is inhibited, and both sodium and potassium drift down their concentration gradients. The cell loses its integrity as sodium enters the cell along with acidity and toxins. The acidic cycle is perpetuated.*

If we wish to reverse this situation we must change the pH to more alkaline state. This will increase the negative potential as the alkaline compounds carry a negative charge. A vegetable diet, along with a high intake of fresh, living vegetable juices with added supplemental potassium (of a specific formula), will not only increase the alkaline reserves within the cells, but also mop up the acidity. Once the negative potential is restored, oxygen is drawn into the cells (oxygen always seeks the negative charge) along with potassium. Then a curious thing happens. As the electrical state of the cell is rectified, potassium binds at special association sites, which in turn, generates its own electrical field. This field pulls water molecules into a formation – they line up in tight layers leaving no room for toxins or sodium. The cell is naturally purified.

#### Purification of the cell on a high potassium, high alkaline-forming diet



*As the cell becomes increasingly alkaline ( $OH^-$ ) (due to the high potassium, high alkaline forming diet) its negative potential increases and potassium and oxygen are drawn into the cell. The oxidative cycle is restored, and sodium, acidity ( $H^+$ ) and toxins are driven from the cell.*

Cancer cells have a fermentative metabolism; they do not use oxygen. They secrete copious amounts of lactic acid which damages adjacent, healthy tissue and burdens the liver. The high pH dietary protocol, not only protects healthy tissue inhibiting the spread of cancer, but it also creates a massive exodus of sodium, water and toxins from the poisoned tissues and the area surrounding the lesions. This reduces the oedematous swellings, and as a consequence circulation, oxygenation and immune activity is increased at the site ensuring destruction of the malignancies/and or damaged cells. Restoration and healing then follows.

In some cases it is necessary to boost the free energy and oxidizing capacity of the cell further and medications such as thyroid and Lugol's solution (iodine) may be recommended. Many patients with cancer or chronic degenerative disease have sluggish metabolism which may reflect low thyroid hormone activity. CoQ10 and niacin also enhance oxidative capacity.

## **RESTORING THE IMMUNE FUNCTION**

Stimulation of the immune system used to be invoked (and still is today) through the use of vaccines. This would create a fever and inflammation which invariably had a positive effect on cancer. Remissions in cancer were regularly experienced using these methods. Nowadays, with the greater toxic burden and deeper nutritional deficiencies, this is no longer the case. However, we find that once the body is detoxified it is able to generate a natural and non-specific spontaneous healing inflammation. In essence, this is an indication of a reviving immune system that can mount a response without a "false" stimulus. These healing inflammations are commonly referred to as flare-ups or healing crises and may indicate a favourable prognosis. Flare-ups may recur at intervals, are often accompanied by symptoms of toxicity, and require appropriate management so that the healing achievement can be brought to its full potential. The activation of the immune system in this way is critical for cure, as the immune system is responsible for detecting and digesting tumoural masses.

### **Protein and the Immune Profile**

Furthermore, using dietary manipulation we can influence the activity of the immune system. Calorie and protein restriction will increase the immune response to cancer and viral infections, and positively affects to progress of auto-immune disease, often leading to complete remission. With protein and calorie restriction the T-cell count (the branch of the immune system that fights tumours, viruses and TB) shows increased activity. In more recent times, the work of several scientists (Dr. Robert Good, Waldorf and Weidrich) have proved the beneficial effects of these restricted diets on animals suffering from cancer or auto-immune disease. They discovered that T cell activity was increased, while B cell activity was depressed. Specifically, animals genetically predisposed to developing tumours or specific auto-immune diseases, on a protein and calorie restricted diet did not go on to develop the disease and even if the cancer or auto-immune disease was allowed to develop it could be regressed by initiating protein and calorie restriction.

A dietary healing program will restrict protein, particularly at the start of treatment to encourage an enhancement of T cell activity and the suppression of the B cell population which can produce serum blocking anti-bodies which normally cover antigenic sites on tumour tissue, thus protecting them from T-cell immune destruction. Depletion of these blocking antibodies exposes the tumour to T cell activity. Protein and calorie restriction:

- affects the T-cell branch of the immune system positively and
- reduces serum blocking anti-body, which enables more efficient destruction of the tumour by the T-cells.

### **Further comments on Protein and Fat restriction**

Too much protein in the diet inhibits sodium, water and toxin elimination, and therefore detoxification and healing will be delayed. To ensure effective elimination of toxins and sodium it is necessary to eliminate practically all dietary protein at the beginning of treatment. Protein also "feeds" tumours.

### ***Fat restriction***

Fat is also restricted as it also feeds tumours. You must be vigilant about fat intake, but small amounts of flaxseed oil are permitted.

## **DETOXIFICATION: THE COFFEE ENEMA**

The capacity of the liver to detoxify is paramount to the success of any dietary healing protocol. When the release of toxins into the blood stream is stimulated, the liver must be able to take these up and detoxify them for elimination. A detoxification therapy, without facilitating the removal of toxins by the liver will accelerate the disease process, because the toxicity will not be removed and the liver will become more damaged. It is vital to keep the metabolism free of poison and to help the body to eliminate the poisonous substances, not least those from the tumour masses themselves.

In most degenerative disease the liver is damaged. In cancer the liver is not only damaged but also toxic. It is also an organ that is fully restorable. Much study has been undertaken on how the coffee enema facilitates toxin elimination by the liver and how useful it can be in the control of pain.

In the 1930s experiments at Göttingen University (undertaken by Heubner and Meyer, on the rectal administration of caffeine in animals), indicated dilatation of the bile ducts and increased flow of bile for elimination. Excretion of toxicity from the liver is governed by bile production and flow. Toxins are conjugated in the liver with bile, which enables its safe elimination. When the coffee enema is added to the detoxification can tolerate more vigorous cleansing. The coffee enema can be applied more frequently at times of flare-up and when the body is resorbing malignancies (necrotic tissue in the blood stream). Their use in the relief of pain is experienced in up to 90% of patients, and they can alleviate symptoms such as depression, confusion and nervous tension. Pain is often caused by circulating toxins irritating the nervous system. These toxins can also set up an inflammatory response, but through their detoxification and removal from the blood stream this inflammatory cycle is broken.

Further research in the 1970s and 80s by Wattenberg identified in mice experiments that the palmitates extracted from coffee increased the glutathione S transferase system - an enzyme system responsible for detoxifying carcinogens and free radicals in the liver and small intestine. Its activity was increased 600% in the liver and 700% in the small intestine. This is critical for the removal of serum toxins and to facilitate the removal of toxic cancer breakdown products (ammonia, toxin bound nitrogen - protein derivatives).

- Caffeine, theobromine and theophylline dilate bile ducts and cause increased bile flow (also counteract inflammation in the gut). Choleric.
- Palmitates increase glutathione S transferase. This increases the conjugation of toxic elements with bile for elimination. Essential in detoxifying. Bile is normally reabsorbed 9-10 times before making its way out via the colon. However, the enzyme enhancing ability of the coffee in the liver and small intestine does not allow reabsorption of the toxic bile. Most choleric agents do not ensure removal of toxins - only increase the bile flow.
- The litre of fluid dilutes the portal blood and the bile, stimulating a flushing. It also encourages peristalsis, which ensures the transit of toxic bile from the duodenum to the outside.
- The retention of the coffee enema for 15 mins ensures the cleansing of the blood five times. The entire blood circulation passes through the liver every three minutes.

Contra-indications:

- Patients with have renal, cardiac or respiratory failure should seek medical advice
- Bleeding and/or ulceration in the colon tract
- Hypertension, tachycardia
- Cardiac, respiratory or renal insufficiency
- diarrhoea

There are 3 types of enemas:

- The coffee enema
- The chamomile tea enema
- The castor oil treatment

The full-strength coffee enema is usually administered to most patients. The chamomile tea enema may be used in the weakened patient, or for the patient suffering from ulceration/bleeding in the large colon. Very often a half-strength coffee/chamomile tea enema is taken when the gut feels irritable, or if the patient is not able to tolerate the full strength enema and is in a weakened condition. can be administered if the patient can tolerate it. The castor oil treatment should be taken only under instruction as it is a very strong liver stimulant.

#### **Coffee concentrate (4 full-strength enemas)**

1 cup organic coffee  
1 litre distilled or Reverse Osmosis water.

Boil for 3 minutes and simmer for 20 minutes. Strain through a fine mesh (not filter papers) and make up the quantity with distilled water to 1 litre. Strained in this way will ensure that you retain some silt in the enema which is high in palmitates. Add distilled/RO water to make 1 litre. Keep refrigerated. To use at full strength, pour 250 mls into a pan and add 750 mls distilled water. Heat to body temperature and pour into the enema bucket. Administer according to instructions. To use at half strength, use only 125mls of the concentrate and prepare as above.

#### **Chamomile concentrate (4 enemas)**

1 cup organic chamomile flowers (dried)  
1 Litre distilled water

Simmer 30 minutes, strain and press. Add distilled water to make up to 1 Litre. Keep refrigerated.

**To make half-strength coffee and chamomile enema:** mix 500mls of the half-strength chamomile and 500mls of the coffee concentrates together which will give you 1 litre of concentrate. For each enema take 250mls of the concentrate and add 750mls of distilled water to make a litre. Warm in a pan to body temperature. Pour into the douche can kit, administer and retain as normal.

#### **ADMINISTRATION OF THE ENEMA**

Pour the enema, lukewarm or body temperature, into the enema bag or bucket, and either hang it or place it on a flat surface (make sure the nozzle end is shut off and the enema kit is not too high from the ground – 60–90cm is sufficient). Lie on your right side and place the catheter into the rectum, before releasing the flow. Insert the catheter about 10cm, or as comfortable as you can manage, as this will avoid uptake of the enema by the haemorrhoidal vein via the rectum, which will give a systemic effect. The bulk of the enema can then pass into the large colon and be absorbed by the mesenteric veins which deliver the coffee directly to the liver. Inject and retain for 15 minutes in the lying position. Pass the enema after 15 minutes. The bowels can continue operating independently even when taking the enemas, and start functioning on their own after the enemas are discontinued.

#### **CASTOR OIL TREATMENT**

Castor oil is not metabolised or absorbed. On an empty stomach it creates a huge stimulus to the liver and for the release of bile (fat in the duodenum stimulates the release of bile). It exploits the role of the bile in fat digestion. It has a far greater stimulatory effect than the coffee enema. In addition to the release of toxic bile it helps the toxins to clear the small intestine also. We're not just getting rid of toxins from the liver - we have to get them out of the body. Some of the toxic bile is reabsorbed in the small intestine but the castor oil will bind the bile and toxins and clear them from the system.

#### **Method:**

5.30 am                    20mls castor oil by mouth followed by a cup of coffee sweetened with sugar. The black coffee stimulates the secretion of stomach acids and peristalsis clearing the castor oil which is shunted through to the duodenum. The sugar maintains the energy requirements.

6.00 am            Take normal coffee enema  
10.00am           Take the castor oil enema.

*To make the enema:*

One prepared coffee enema  
40mls castor oil  
¼ - ½ tsp ox bile powder  
Vegetable soap (Castile)

Mix some soap into the coffee enema. Warm the castor oil in its bottle (place in pan of boiling water). Pour 40mls into a warm bowl and add the ox bile powder and the liquid soap. Mix thoroughly and add the prepared warm coffee enema, whisking as you go. Administer as you would the normal coffee enema. This enema is difficult to hold, so just do your best.

**Contra-indications**

- If you have had previous chemotherapy
- Extremely weakened liver – hepatitis, liver disease, liver metastases
- Ulcers/bleeding/inflammation – anywhere in the gastro-intestinal tract.

### ENEMA TIPS

Many patients at the beginning of the therapy experience problems in retaining enemas for the full 15 minutes. This occurs when the body is low in potassium and the muscles, which require potassium for healthy tone (contraction and relaxation), contract and spasm, either making retention impossible because of the strong peristaltic waves, or the enema clutches, so that the patient cannot release it. If the patient does retain the enema, the fluid will be absorbed into the circulation and passed via the kidneys.

- *Take a 0.5L Chamomile tea enema before the coffee enema. Do not retain. Chamomile will soothe and relax the muscles prior to your coffee enema and assist in the elimination of any bulk matter in the colon.*
- *Take a chamomile and coffee enema mixed (0.5L coffee:0.5L chamomile tea), or add some chamomile concentrate to the full-strength coffee enema.*
- *Take the enema in two smaller doses (this will take twice the time, as each enema must be retained for the full 15 minutes).*
- *Make sure the enema bucket is not placed too high. If the enema feeds into the rectum too quickly, this can set up counter spasms in the intestine.*
- *If you cannot release the enema - take another one back to back.*
- *Add 2 teaspoons (10ml) of the potassium compound solution to the enema. This should not be done for longer than a few days, as the solution can be an irritant.*
- *Add 100mls Aloe Vera to the enema when there is inflammation in the bowel*
- *Make your total day's coffee enema requirement at one go and keep as a concentrate in the refrigerator. Dilute before use*

## What Does the Program Entail?

There are four parts to the program: diet, vegetable juicing, enemas and medications. Depending on your case, the diet will be tailored to meet your healing needs. In general we are looking at a low-fat, low protein diet, high in nutrients from easily digested sources, such as vegetable juices and slow-cooked foods. The juicing regime will vary from patient to patient, but will involve freshly prepared juices from apples and specific vegetables taken throughout the day. The role of enemas has already been discussed, and again the number and strength of enemas will form an important part of your total prescription. Medications may be prescribed to boost the therapy, but these are recommended on an individual basis.

## THE DIET

As this is a diet therapy it is essential that all the foods should be easily digestible and of maximum nutritional value. It is also essential that the diet is wholly organic.

- Juicing - the bulk of the diet is raw but taken as juices which, if correctly prepared and fibre-free, allows maximum digestion and absorption. The juices are rich in living enzymes and nutrients which are readily accepted by the body cells. Choosing a wide variety of vegetables in the diet ensures a complete range of nutrient. Raw grated salads are also permitted
- Foods are cooked slowly at low temperatures. Vegetables prepared in this way are more digestible as slow cooking breaks down indigestible fibres and therefore these foods have more nutrient value to the patient. See cooking instructions later.
- Soaking and semi-germination of seeds (includes grains and legumes). For maximum digestibility and nutrient value, all seeds should be soaked for 12 hours, rinsed and drained, and then allowed to rest with a damp cloth covering, for 12 hours. The soaking inactivates the phytates, which would normally bind and inhibit absorption of minerals such as calcium, iron and zinc; while the "resting" phase allows the inactivation of enzymes in the seed which would normally inhibit their digestion.
- Bread proving using the sour dough method inactivates the phytates and enzymes within the cereal grain making this product more easily digested and richer in nutrient value. Yeast proving methods produce a relatively indigestible bread, with reduced nutrient value to the consumer

A dietary healing program must ultimately exclude foods which create a burden on the system, particularly those that "heat" the liver (proteins and fats), and foods that burden the digestion (damp-forming foods). The more compromised the digestion becomes, the greater the number of food intolerances. "Damp" foods include dairy and wheat, which for the strong digestion pose no problem. Those with digestive deficiency (and the very young/old) will experience symptoms and build-up of mucus with these foods. If the digestion becomes more compromised, then a greater range of foods will start to create similar problems. It is at this stage that all cereal grains and legumes may pose a problem. At the beginning of a dietary healing plan for those with cancer, these foods are removed, but the nutrients are still obtained from the 13 x 240mls juices daily. On a modified program of say 6 - 8 juices daily, some cereal grains and legumes need to be included, to a greater or lesser amount, depending on the degree of digestive insufficiency. Correct preparation of these foods becomes critical.

### **Protein**

- Excess protein in the diet is deeply dehydrating and causes mineral losses (acts as a diuretic). Protein does not build muscle. There is an absolute limit to the amount of protein the muscle can store and it will not take up protein unless there is muscle wasting through malnutrition. Excess protein when used for energy is a dirty fuel.
- Protein is known to be a growth factor for tumours
- Excess dietary protein inhibits the elimination of sodium and toxins via the kidneys

- A reduced protein diet is known to influence the immune system positively (increases the cell population that deals with tumours, TB, viruses, candida) and reduces the incidence of auto-immune disease.

### **Fats**

Fats heat and over-tax the liver. By removing fats from the diet, the liver is allowed to concentrate on its detoxification duties. Additionally, when we fry in fats the temperature of the food can reach 215°C as opposed to 100°C in water cooking. These high temperatures are very damaging to the proteins in food. They become denatured and their natural configuration may change to the point where the body can no longer identify it as a food. The more damaged the protein becomes, the more toxic it becomes in the system, and may even act as a poison. You must be aware that certain processing techniques such as those used in puffing cereals apply a very high temperature and a pressure of 1500 pounds/square inch. It is best to avoid any food which has been commercially processed, particularly where the food no longer resembles its natural state.

However, we do use organic, cold-pressed flaxseed oil, 10-20mls daily. This oil is a hydrating oil, unlike other oils which repel water. These oils, once embedded into the cell membrane will increase the uptake of oxygen into the cell, increase the energy capacity of the cell membrane, and help to regulate inflammation and allergic responses.

## **THE DIET RATIONALE**

### **Absolute requirements for a nutritional healing program**

- The diet must be non-toxic and organic
- The diet must not prove a burden to the body or the organs of elimination, particularly the liver and kidneys
- The diet must be easily digested, hence the instructions for the preparation of juices and cooking techniques must be adhered to
- Each meal must be freshly prepared
- The diet must restore the potassium status in the cells and stimulate detoxification from the cells, hence the bias towards the volume of vegetables both raw (salads and juices) and cooked in the diet
- Sodium (salt) must be excluded in order for the tissues to take up potassium and heal
- Protein must be reduced to a minimum in order for detoxification and sodium elimination to occur. Protein feeds tumour tissue and delays the healing in most chronic degenerative disease. Enough protein is derived from the diet for healing and tissue regeneration
- The patient must be encouraged to eat as much as possible of the allowed foods

### **Allowed Foods**

- Freshly prepared vegetable juices of 2 varieties; the apple and carrot juice and the green juice. You must not substitute any of the listed ingredients in the juices
- Raw fruits and vegetables
- Dried fruits, organic and un sulphured, such as prunes, apricots, raisins, sultanas, dates, figs, mango etc. They must be stewed before use
- Vegetables and fruit stewed in their own juice.
- Garlic, onions, chives and parsley may be used liberally
- Potatoes
- Oatmeal
- Rye bread, 2 slices daily (either sour dough or sprouted Rye bread, salt and fat free)
- Protein may be added in the form of skimmed milk cultured products and additional vegetable protein such as rice and legumes. This will be based on individual prescription
- Flaxseed oil – limited to 20mls daily
- Succanat sugar or organic honey – limited to 2 tsp/day. Molasses may be taken in place of the sugar or honey
- Herbs such as allspice, aniseed, bay leaves, coriander, dill, fennel, mace, marjoram, mint, rosemary, sage, saffron, tarragon, thyme, sorrel, summer savory may be used sparingly.
- Herb teas –organic chamomile and peppermint teas are allowed. Valerian tea may be used as a sedative. Essiac tea and Pau D'arco tea are also permitted

### **Prohibited Foods**

- All foods bottled, canned, refined or preserved in any way
- No berries (except red, black and white currants), pineapple, nuts, avocados and cucumbers. No sulphured dried fruit.
- No fats or oils, other than specific amounts of flaxseed oil. No butter, cheese or other dairy products other than specified above. No nuts, seeds or nut butters (tahini)
- Herbs – basil, oregano, chilli and other hot spices such as pepper, paprika
- No salt - all salt, even Celtic salt
- No grains or flours other than limited amounts of rye and oats
- No soy products. No sprouted legumes.
- No beverages other than distilled water (if desired) or peppermint or chamomile tea
- No water other than distilled or reverse osmosis
- No refined sugar
- No bicarbonate of soda (watch out for this product in your toothpaste)

## **THE DAILY MENU**

### **BREAKFAST**

Porridge made from oats and distilled water, cooked slowly over a low heat served with fresh or stewed fruit, or a dried fruit compote

### **LUNCH**

A small bowl of Hippocrates Soup  
Potato in some form – baked, mashed, or prepared as a potato salad  
Raw, grated vegetable salad  
Cooked vegetables  
Legumes/rice (if permitted)  
Serving of skimmed-milk yoghurt or no-fat, unsalted pot cheese – total 200g daily

### **EVENING MEAL**

As for lunch. The food must be prepared freshly, in other words no left overs, and the diet should be a varied as possible. Choose a wide range of vegetables for use in stews, casseroles and salads

## **THE JUICES**

Most patients suffering from chronic degenerative disease or cancer are nutritionally depleted and, as a consequence, usually suffer from poor digestive capacity. This poses a vicious cycle: the greater the chronic illness, the more the digestive capacity is impaired and the more nutritionally depleted the patient becomes. In order to heal, the patient needs maximum digestive capacity and absorption and a plentiful supply of nutrients. The amount of nutrients the patient requires involves copious amounts of organic vegetable produce, much more than even a healthy person with a vigorous digestion could cope with on a daily basis.

For a patient with cancer this may represent up to 3.5kg of vegetables and 3 kg of apples daily, to be juiced.

By juicing we ensure that the bulk of the diet is not only raw with living nutrients, but easily assimilated by the most weakened digestion. Additionally, the potassium-rich juices will flush the cells, drawing out sodium in exchange for potassium, and the healing process begins.

Providing you use the appropriate grinding and pressing mechanism in juice preparation (see equipment) you will extract only the nutrient and enzyme-rich juice, free of fibre which ordinarily taxes the digestive system and inhibits the direct absorption of nutrients/enzymes. So you will ensure that your uptake of nutrients is with the minimum digestive effort.

## **TYPES OF JUICE**

Juices are taken spaced throughout the day according to your prescription. Each juice is taken freshly prepared, although once making progress, you may keep some of your juices in a glass container or stainless steel flask. Potassium compound solution is frequently added to the juices.

Carrots are very detoxifying; in juice form they are able to draw toxins out of the cells. In agriculture they are seen to have the same capacity; farmers will crop carrots to "clean" the soil (another reason to beware of juicing commercial carrots). In traditional Chinese literature carrots are regarded as a liver stimulant, or supporting Liver Qi.

The green juices are tonifying and build the blood. They are rich in iron and magnesium, along with other trace elements not found in carrots. The patient requires a broad spectrum of nutrients and therefore the green juice becomes essential. Many patients are extremely deficient and would not make good their deficiencies without the green juice.

The addition of apples to the juices is critical. Green apples are the best for their high levels of malic acid and pectin. When the pulps of both the apple and vegetable are mixed together before pressing, the malic acid solubilizes and extracts a greater nutrient value than the vegetable would produce on its own. Additionally the pectin in apples is an immune-stimulant.

## **RECIPES**

In general, it takes double the amount of vegetable/apple matter to produce the amount of juice required; i.e. 500g of vegetable will produce 250mls of juice. If the vegetables are very juicy, then you may require less but if they are dry (as old carrots tend to be), then you may require more.

You must remember to core (not peel) the apples as the seeds contain quantities of enzyme inhibitors which may affect the digestion adversely.

### **THE CARROT AND APPLE JUICE**

Equal quantities of carrot and green apple to give 240mls (8ozs) juice

### **THE GREEN JUICE**

- 1 small wedge red cabbage
- 1/4 green capsicum
- 1 leaf endive
- 1 leaf chard/silver beet
- Beet tops (young inner leaves)
- 2 sprigs watercress
- large handful of cos, green or red leaf lettuce (not iceberg)
- 1 medium green apple, cored

NB: It is important to include as many of the above ingredients as possible. Do not substitute with other green vegetables when out of season, but use as many of the allowed ones as you can.

## **AVAILABILITY OF ORGANIC PRODUCE**

Vegetables and fruits (particularly carrots and green apples) are seasonal. This can pose a major problem. Apples are usually in short supply from January to February. You may be able to arrange to buy several cases of the apples before supplies run out and ask your retailer to store them for you in their cold room. The same can be done with carrots.

Availability of other produce is perhaps not so critical. At times you may not be able to get red cabbage or leeks, so you may have to go without. Do not substitute another vegetable say in the Hippocrates soup or the green juice; just use more of the permitted other varieties.

I recommend that if you have a patch of garden, or if your friends or family do, then grow your own greens. Plant at least 12 lettuces weekly (not iceberg) and have an ongoing supply of parsley, chard, beetroot, spinach, and if you can, green peppers. This will greatly alleviate your shopping

bill and reduce the amount of space required in the refrigerator. Storage of greens is always a problem. There is nothing like picking a fresh green from the garden and putting it through your juicer.

If you do need to store greens in the refrigerator then you may use the green vegetable storage bags certified by an organic body.

## THE MEDICATIONS

The aim of the therapy is to restore normal cell metabolism. In all chronic degenerative disease, including cancer, cells lose their function to a greater or lesser degree. Your individual prescription will depend upon your case. All medications are used to support the diet therapy, specifically by increasing the energy capacity of the cell and by increasing the rate of detoxification, both of which are essential to healing. Other minerals and vitamins are supplied by the food and juices consumed. B12 and liver capsules may also be prescribed. Below are indicated a range of the various medications used on a dietary healing program.

- Thyroid, Lugol's and the potassium compound solution act together, in concert, to increase the energy-capacity of the cell by stepping up its oxidative functions. Potassium not only encourages detoxification of sodium from the cell (sodium inhibits oxidation and perpetuates the disease cycle) but is also a key activator in the oxidative cycle hence it governs oxidation, energy production and the metabolism of the whole cell. Thyroid governs the overall energy metabolism of the body by stimulating replication of the cellular mitochondria (energy factories of the cell where oxygen is "burned" and ATP is formed).
- Co Q 10 and niacin (active B3) are both critical in the energy cycle. They both shuttle energy from the mitochondria and deliver it to oxygen.
- Digestive enzymes assist the digestion of the foods and the juices which is critical to a diet therapy. There is some evidence to show that the pancreatic enzymes will enter the body and help to "digest" not only tumour tissue but also pathogens and abnormal cells.

## What Equipment Will I Need?

You will need juicing equipment, a water purification system, and correct cooking utensils – and of course enema equipment!

### JUICING EQUIPMENT

The best method of juicing vegetables is a two-step process of grinding and pressing. Machines that do both steps in one are not suitable (centrifugal etc). Juices prepared through this two-step process are nutrient-rich, “living” and totally fibre-free.

**Procedure:** The vegetables and apples to be used are put through a grinding mechanism which reduces them to a pulp. The pulps are thoroughly mixed together and then placed in a juice cloth. The pulp is then pressed and the juice collected and drunk immediately.

**Nutrient value:** the procedure of thoroughly mixing the apple and vegetable pulps together allows the malic acid present in the apple pulp to extract and release more nutrients from the vegetable pulp. Patients who experiment with other methods of juicing fare less well. The nutrient value of juices prepared without the pressing of the pulp can be much less than the nutrient value of juices prepared in the correct way. The volume of juice from the given quantity of vegetables will also be significantly less.

**Enzymes:** The grinding and pressing process does not disturb the enzymes unlike centrifugal machines, which through their spinning action “kill” the enzymes. Juices prepared in this way will oxidize rapidly due to the loss of enzymes. Patients require the living nutrients and enzymes from the juices as these elements represent the “healing potential” of food. Patients obtain far superior results if they follow these procedures.

Once the juice is pressed, no matter what equipment you use, you will have a maximum of 30 minutes before the bulk of the enzymes are oxidized. These enzymes are not only essential to the digestibility of the juice (patients require the live enzymes to support their own weakened digestive system and taking stale juices will only compound bloating and gas), but are essential to the transport and rapid absorption of nutrients. Living enzymes “hold” the nutrients and in this state are readily accepted by the body tissues and cells.

**Digestibility:** It is not only important that the juices are replete with enzymes, but they must be totally fibre-free. On this therapy, with the amount of juices consumed, fibre taxes the digestion and would inhibit the direct absorption of nutrients. This would pose a great problem to the patient and increase bloating, flatulence and digestive discomfort. It is only by pressing the pulps through a juice cloth that you can be assured of a fibre-free juice.

Although many of the “trituration” machines such as the Green Power, Green Life, Oscar and Samson may boast a high yield (volume and nutrient value), these machines are still not recommended as a certain amount of fibre will remain in the juice and there is no opportunity to adequately mix the apple and vegetable pulps together. Although these machines may be perfectly adequate for most people, and they undoubtedly deliver a high quality juice, we cannot recommend these procedures for the reasons given above.

#### WHAT ARE MY OPTIONS?

You have 3 options: the Norwalk is the Rolls Royce of juicers and the machine will perform both steps, grinding the pulps and then pressing. It is the most expensive option.

Your next choice is to use 2 separate machines. The cheapest option is to use a Champion as a grinder (so you would not use a screen) and the juicy pulp is delivered from the screen outlet. Then you would mix the pulp, place in a juice cloth and press using the K&K Press.

The more expensive option is to purchase the K&K Grinder and use with the K&K Press.

## WATER PURIFICATION

The purity of the water that we use (including the washing of vegetables) is paramount. There are only two methods of water purification that we can recommend: distillation or reverse osmosis. These two processes will remove up to 99% of pollutants. Do not be misled by other filtering or purification systems that are designed primarily to remove or deal with bacteria, micro-organisms, unpleasant tastes and odours, as these will be inefficient at removing chemically harmful substances such as hormonally-active synthetic chemicals. These chemicals, derived from pesticides, fungicides, plastics and detergents, are implicated in the rise in hormonally sensitive cancers, infertility, immune dysfunction, thyroid suppression and adrenal dysfunction.

### REVERSE OSMOSIS

#### How does it work?

Water passes through an efficient pre-filter that removes the larger particles of dirt and debris. Then, the water is squeezed through microscopic pores in the reverse osmosis membrane eliminating up to 99% of the impurities. Finally, a carbon post filter removes objectionable tastes and odors to enhance the quality of your drinking water.

The various pre-filters will screen debris down to 1 micron and remove chlorine, heavy metals, dissolved gases, ammonia, VOCs, pesticides, cysts (crypto and siardia). They will not remove minerals, nitrates, sodium, or viruses and chemicals less than 1 micron. These filters need to be changed as per manufacturers recommendations (every 6 months – 2 years) in order to preserve the integrity and efficiency of the reverse osmosis membrane. The Reverse Osmosis membrane needs replacing between 2-5 years (see manufacturers instructions).

#### How efficient is it?

- The RO membrane will screen contaminants down to between 0.001 - 0.0006 microns with a microorganism rejection rate of 99.99% and 95-99% of inorganic contaminants such as heavy metals and chemicals.
- For every litre of water filtered, 2.5 litres of waste water is produced which can be used for other household activities
- It takes approximately 20 minutes to filter 5 litres of water
- The efficiency of the membrane depends on:
  - Water pressure (60-120psi is ideal, the higher the pressure, the more water produced).
  - Water temperature (76°F or 24°C)
  - TOTAL DISSOLVED SOLIDS (TDS). The higher the amount of dissolved contaminants in the water, the lower the quantity of water produced.
  - Protection and periodic cleaning of the RO membrane

## DISTILLATION

### How does it work?

Essentially distillation is a process of boiling water with the subsequent collection of the steam which condenses to form purified water. Water is heated to 100C which kills any micro-organisms present; volatile gases boil off and are discharged through a vent while the steam is captured in a stainless steel condenser where it is cooled and condensed back to pure water. The distilled water then passes through a charcoal filter where any remaining VOCs are removed. The distilled water then drains into a collection chamber. All contaminants are left behind in the boiling chamber.

### How efficient is it?

- Distillation will remove 99.9% of all contaminants. There is no wastage of water.
- Most of the distillation units will produce around 1.5L/hour
- They do use electricity and the cost is estimated at 8 cents/litre. (AU\$0.08/L)

Contrary to popular opinion, distilled water does not leach minerals from the body. Any water, drunk in large volumes will leach minerals from the body and distilled water is no different in this respect; nor does it have a more aggressive effect than other water within a biological system, such as the body.

## WATER IN THE HOME

You will need to be vigilant about water in the home used for showering, bathing and cleaning. If your water is chlorinated you will need to purchase a chlorine filter for your shower head and/or bath, and you will need to wear rubber gloves when washing the dishes or cleaning etc. You will also need to rinse your vegetables (once washed) in distilled or RO water. Many patients keep a bucket of distilled or RO handy to dunk their vegetables in for the final rinse!

Rain water: Remember that rain water is not pure water. It contains dissolved chemicals from the atmosphere as it condenses to form rain. Additionally it will leach contaminants from your tank and from the copper pipes in your home.

## COOKING UTENSILS

Cooking at low heat for a long period of time is essential to the success of this therapy. Foods prepared this way are more easily digested as the fibres have time to break down, and therefore have more nutrient value to the patient. Vegetables and fruits are cooked in their own juices, therefore it is important that saucepans, casseroles or baking dishes are sealed to prevent any loss of moisture from the food. Only minimal amounts of water are added to inhibit "sticking" in the initial stages. Cooking at a low temperatures ensures that the cells of the vegetables have time to gently heat without burning, and swell before they burst releasing their own juices and sugars. The vegetables and fruit will "stew" in this juice. Potatoes can either be baked or boiled. If you are casseroling your vegetables then make sure your baking dish has a tight fitting lid – *tip* you can help to "seal" the lid by laying greaseproof paper between the lid and the casserole.

The bulk of the cooked vegetables should be prepared in this manner. Occasionally you may wish to lightly steam a vegetable, but you must remember that you will lose a lot of the minerals in the cooking water and that vegetables prepared this way are less digestible. Later into the therapy, when the digestive tract is restored, this may pose less of a problem, and you may use any cooking water in other dishes. Obviously raw salads are the most difficult to digest, although important to the regime, so it is recommended that salad vegetables are finely grated.

Brown rice and lentils are added later into the therapy. For maximum digestibility and nutrient value, all seeds (includes all cereal grains and legumes) should be soaked for 12 hours, rinsed and drained, and then allowed to rest with a damp cloth covering, for 12 hours. The soaking inactivates the phytates which would normally bind and inhibit absorption of minerals such as calcium, iron and zinc; while the “resting” phase allows the inactivation of enzymes in the seed which would normally inhibit their digestion.

Use stainless steel saucepans with tight fitting lids so that no steam escapes. The water-less cookware is recommended and there are several brands available. These stainless steel saucepans are designed in such a way that heat is rapidly and evenly distributed from the base to the sides. These pans retain the heat making cooking at very low temperatures possible. There is no burning, no boiling and no stirring! You cover the pan and do not remove the lid until the food is cooked through (about 2 hours).

**Materials Allowed**

Stainless steel  
Glass  
Pyrex  
Enamel  
Earthenware  
Cast iron

**Materials Prohibited**

Aluminium  
Teflon  
Copper  
Lead glazes on pottery ware

- Simmer plates or heat diffusers are also recommended
- A stainless steel food mill or mouli is recommended for the preparation of the soups
  - Slow cookers are suitable if the container is of the permitted material

## ENEMA EQUIPMENT

There are a number of different enema kits on the market. They are usually referred to as Douche Can Kits. They can either be hung from a hook or can be placed on a flat surface. Either is suitable, although many prefer the flat-bottomed kits that allow you to stand them at a relatively low height (important for the beginner!). You will need one that has a minimum 1 litre capacity and if you are taking the castor oil treatment as part of your regime, then it is advisable to have 2 enema kits; 1 for the coffee enema and 1 for the castor oil enema.

The kit comes in sections; the douche bucket or bag (holding container), the tube, a stop cock (which will either be separate or fitted on to the tube), and a rectal tip. An example of one type of douche kit can be seen on <http://narang.com/instructions/douchebagset.html> or <http://narang.com/instructions/douhecanset.html>

I recommend purchasing a separate soft catheter (nelaton or silicon), which can be attached to the rectal tip. These catheters are about 25cm long and are easier to insert and retain than the shorter rectal tips. The catheter is especially useful if you have haemorrhoids which can “block” the end of the rectal tip inhibiting flow. These rectal catheters are available through your pharmacy.

# How Much Will it Cost?

## JUICING EQUIPMENT

Norwalk	@\$5,500.00-\$6,000.00
Champion Juicer	@\$ 570.00
K&K Grinder	@\$2,242.00
K&K Press	@\$ 990.00
Juice cloths (set of 5)	@\$ 58.30

## WATER PURIFICATION

<b>Distillation</b>	
Polar Bear Bench top unit (family size) manual (26-M)	@\$1,850.00
Polar Bear Automated unit (26-CT)	@\$2,499.00
Pure Magic (portable) <i>suitable for single person</i>	@\$ 799.00
Water Wizard (portable) <i>suitable for single person</i>	@\$ 525.00
Carbon for Polar Bear Units (will last 2 years)	@\$ 39.95
Weekly supply of water, 60 litres	@\$ 4.80
 Average yearly cost to produce your water and change the carbon	 @ \$ 270.00

*If you use solar energy, then the annual costs only include the replacement of carbon at \$20.00 per annum. The Polar Bear machines should last a life-time.*

<b>Reverse Osmosis</b>	
<i>(Usually requires a plumber to fit)</i>	
Wall mounted units	@\$399.00 - \$574.00
Under sink Units	@\$699.00 - \$850.00
Portable unit	@\$370.00
Faucet	@\$ 30.00
Filters – sediment filter, carbon block, activated carbon filter <i>(replace every 6-12 months)</i>	@\$ 90.00
RO membrane <i>(replace every 2 years)</i>	@\$139.00 –\$199.00
 Average yearly replacement costs for membrane and filters	 @\$160.00 - \$280.00.

*Efficiency does decline with use so it is critical that replacement of filters and membrane is well within the given recommended time-frame.*

## COOKING UTENSILS

0.95L saucepan with cover	@\$ 185.95
1.9L saucepan with cover	@\$ 229.95
2.85L saucepan with cover	@\$ 265.95
Large skillet with cover	@\$ 371.95

## ENEMA EQUIPMENT

Douche Can Kit	@\$30.00 - \$60.00
Nelaton/silicon Catheter	@\$ 1.80 - \$22.00

## Resources

Below you will find a list of resources mainly in Australia. If you find an additional outlet or suitable product, please let us know.

### IMPORTANT

If you are ordering from abroad, please access the following page:

[http://www.aqis.gov.au/icon/asp/ex\\_casecontent.asp?intNodId=391579&intCommodityId=13992&Types=none&WhichQuery=Go+to+full+text](http://www.aqis.gov.au/icon/asp/ex_casecontent.asp?intNodId=391579&intCommodityId=13992&Types=none&WhichQuery=Go+to+full+text)

Print and fax or e-mail the page to your supplier/exporter with instructions to place the form inside your parcel. This will inform the custom's officer of the conditions upon individual ordering. This should facilitate clearance by customs. It is recommended that you order needles and syringes locally as parcels containing these items may be held up for long periods. It is also recommended that the value of goods per parcel is below AU\$250.00 (approx US\$125.00) as this also indicates personal rather than commercial use. If necessary, instruct your supplier to send as two parcels.

### ENEMA EQUIPMENT

#### Any pharmacy which stocks surgical supplies:

- SurgiPack Douche Can Kit, 1L @ \$30.00

#### www.mediquiponline.com

- Indoplas nelaton catheter FG16 @ \$0.75
- 2L enema kit @ \$5.00  
(disposable – can be used more than once and good for traveling)

#### BUDGET SURGICAL PO BOX 156, BOTANY, NSW 2019

Tel: 02 97001488

- Douche Can Kit, 2L @ \$39.00
- Travel Douche @ \$20.00
- Nelaton Catheter size 16 @ \$ 1.80

#### INNER GLOW HEALTH PRODUCTS, 110 GOODWIN ST, TEWANTIN, QLD, 4565

Phone: 07 5449 0600 Fax: 07 5449 0900

- Douche Can 2L with silicone catheter @ \$55.00
- Silicone catheter @ \$22.00

#### Available from STATSA

fax 0015 52 664 680 2529: tel: 0018 52 664 680 1103 - will accept bankers draft, no credit.

- Enema Bucket @US\$ 4.00
- Enema Tube @US\$ 4.00
- Connector @US\$ 4.00

## VEGETABLE JUICING EQUIPMENT

### Champion Distributor for Australia:

Don Anderson 08 8752 1647

### Adelaide:

Mark Heard 08 8388 2210

**Inner Glow Health Products, 110 Goodwin St, Tewantin, QLD, 4565**

**Phone: 07 5449 0600 Fax: 07 5449 0900**

- |                   |             |
|-------------------|-------------|
| ▪ Champion Juicer | @\$ 570.00  |
| ▪ K&K Grinder     | @\$2,242.00 |
| ▪ K&K Press       | @\$ 990.00  |

[www.grainmills.com.au/health](http://www.grainmills.com.au/health)

Champion Juicers

### K&K Press and Shredder (grinder)

Phone: USA 0011 1 707 928 5970

### Norwalk Juicer

Phone: USA 0011 1 858 755 8423

## WATER PURIFICATION

### PURE WATER AUSTRALIA

<http://www.purewater-aus.com.au>

Tel: 1800 150 102

Address: PO Box 36  
Alexandria NSW 2015

#### Range of distillers

- |   |              |
|---|--------------|
| ▪ Polar Bear Bench top unit (family size) manual (26-M)     | @ \$1,850.00 |
| ▪ Polar Bear Automated unit (26-CT)                         | @ \$2,499.00 |
| ▪ Pure Magic (portable) <i>suitable for single person</i>   | @ \$ 799.00  |
| ▪ Water Wizard (portable) <i>suitable for single person</i> | @ \$ 525.00  |

#### Shower wise filters for bath and/or shower

@ \$ 149.00

(includes massage shower head)

- |  |            |
|--|------------|
| ▪ Replacement cartridge (lasts 1 year) | @ \$ 39.00 |
|--|------------|

### GOLDEN GLOW

<http://www.goldenglow.com.au>

Tel: 1300 36 36 56

Address: 15 Lisgar St.,  
Virginia QLD 4041

- |  |            |
|--|------------|
| ▪ Shower filter only (arm and head not included) | @ \$ 65.95 |
| ▪ Replacement cartridge (lasts 1-2 years)        | @ \$ 44.00 |

### CLEAN WATER TECHNOLOGIES

Tel: 02 9318 1820; Fax: 02 8399 0022

- |  |             |
|--|-------------|
| ▪ Ultima mini Classic water distiller                  | @\$1,199.00 |
| ▪ Ultima midi Classic water distiller (automated unit) | @\$2,502.00 |

## ORGANIC PRODUCE

Try the following web-sites for details of organic retailers in your area.

<http://www.goorganic.com.au>

<http://www.universalorganics.com.au>  
or phone (02) 9365 7668 for their Organics Directory

Alternatively, you may wish to contact the following organizations that may be able to help you with lists of retailers and/or growers in your area.

- National Association for Sustainable Agriculture Australia (NASAA): (08) 8370 8455
- Biological Farmers of Australia (BFA): (07) 4639 3755 [www.bfa.com.au](http://www.bfa.com.au)
- Organic Herb Growers of Australia (OHGA) (02) 6622 0100
- Organic Retailers and Growers Association of Australia (ORGAA) (03) 9737 9799
- Organic Food Chain (OFC) (07) 4637 2600

## AVAILABLE IN AUSTRALIA

### **QUEST FOR HEALTH: 1300 79 79 89**

- Dr. Vera's CoQ10 90 mg

### **NEWTON'S PHARMACY: 02 9267 7889**

- Lugol's ½ strength solution
- Potassium compound salts (equal mixture of potassium acetate, potassium monophosphate and potassium gluconate salts) - available in 1 kg
- Organic Chamomile tea @ \$44.00/kg
- Ascorbic Acid Powder

### **PARADISE GOLD ORGANIC COFFEE: 1800 600 654**

- Order their 2.5kg packs of medium roast ground coffee @\$22.00/kg

### **LIVING VALLEY SPRINGS: 07 5485 4344**

- Green Clay

### **RICHARD STENLAKE: 02 9387 3205**

WWW.STENLAKE.COM.AU

- Thyroid x 1 grain (you will require a GPs prescription for this product in Australia)

### **Hardware St Pharmacy 03 9670 2882 Fax 03 9670 9615**

399 Lonsdale St, Melbourne, 3000

- Natural Thyroid

### **NTP HEALTH PRODUCTS: 02 4997 2530; FAX 02 4997 0199**

PO Box 34, Tea Gardens, NSW 2324

- Palma Christie Castor Oil
- 35% food grade Hydrogen Peroxide
- Essiac Tea Blend

### **www.mediquiponline.com**

- Syringes, slip style, 5ml (disposable)
- Needles 21gauge and 25gauge
- Alcohol swabs x 200

### **FOOD GRADE HYDROGEN PEROXIDE**

<http://www.oxytherapy.com/h2o2sources/australia.html>

### **FLAXSEED OIL**

Stoney Creek Oil Products 03 5463 2340 Fax 03 5463 2553

145 Davies Road, Talbot, VIC 3371

[www.stoneycreekoil.com.au](http://www.stoneycreekoil.com.au)

(You may order 12 months supply and it will keep in the freezer).

**GRAPEFRUIT SEED EXTRACT**

www.nutribiotic.com.au

(07) 5494 0788

Order the liquid extract (Citricidal)

**ORGANIC BEE POLLEN & ROYAL JELLY PRODUCTS 08 9407 5577**

(Enquire for local outlet of Organic Bee Pollen & Royal Jelly products)

Tulip Honey Company

1890 Wanneroo Road

Neerabup

Western Australia 6031

Flaxseed oil – any reputable health shop (cold pressed/organic)

Castile soap – health shop

Castor oil – pharmacy (if doing castor oil treatment)

Essiac Tea – health shop

## AVAILABLE FROM CHANNEL ISLANDS

Available from [www.smart-drugs.com](http://www.smart-drugs.com) (will accept credit card)

00 11 44 870 151 4144

- Thyroid x 1 grain caps x 100
- Laetrile ampules and tablets 500mg

## AVAILABLE FROM MEXICO

**Available from STATSA**

fax 0015 52 664 680 2529: tel: 0018 52 664 680 1103 - will accept bankers draft, no credit. *All items for the Gerson Therapy are available from STATSA. Items below*

- Thyroid: 1/2 or 1 grain tablets
- crude liver injection
- B12 injection 1,000 mcg – 1 x 30cc bottle
- Laetrile ampules
- Laetrile tablets 500mg

*Although you can get enema buckets (Budget Surgical or Surgi Pack Douche Can kit) in Australia, STATSA also supply enema administration buckets, along with a connector and the enema tube.*

**Available from Cyto-pharma**

[www.cyto-pharm.com](http://www.cyto-pharm.com)

Fax: 0015 52 664 630 5847 Tel: 0018 52 664 630 5954

- Laetrile (oral and ampules)

## AVAILABLE FROM USA

### Available from The Key Company:

[www.thekeycompany.com](http://www.thekeycompany.com) (will accept credit transactions)

0011 1 314 965 6699

- potassium compound salts, 3 mix x 100g bottles
- pancreatin 325mg x 1,000 tabs
- Pancreatin 1,200mg x 1,000 tabs
- Niacin 50mg x 1,000 tabs (must not be complexed with calcium)
- Acidoll-pepsin capsules (100 or 1,000 caps in each bottle)
- Dessicated liver caps x 500mg (1,000 caps)
- Ox bile powder
- B12 injection 1,000 mcg – 1 x 30cc bottle (you need a prescription for this)

**Available from Life Support:** tel: 0011 1 209 572 2393; fax 0011 1 (209) 572 3922

[lifesupport@juno.com](mailto:lifesupport@juno.com)

- potassium compound salts, 100g bottles
- pancreatin 325mg x 1,000 tabs
- Pancreatin 1,200mg
- Niacin 50mg x 1,000 tabs (must not be complexed with calcium)
- Acidoll-pepsin capsules (100 caps in each bottle)
- Dessicated liver caps x 500mg (1,000 caps)
- Imugen
- Ox bile powder
- Potassium gluconate

**Available from ISHI:** fax: 0015 1 619 428 6095; tel: 0011 1 619 428 6085. Contact name: Ana Maria Orozco; e-mail: [anama@sbcglobal.net](mailto:anama@sbcglobal.net) (will accept credit card transactions)

**All items** for the program are available from here including the B12 injection, crude liver and thyroid medications - no prescription required! This is the best place to order from, and I would recommend obtaining all your medication supplies from here (other than needles and syringes).

## COOKWARE

The most reasonably priced waterless cookware is the Camelot Temp-Tone range. Their 18 piece cookware set is priced at @\$1,647.15 (discounts may apply) and this includes the saucepans listed below, a 5.7L Dutch Oven and high dome lid(\$402.95) plus casserole insert and egg poacher cups with rack.

**CAMELOT DISTRIBUTORS, 18-20 BRIDGE STREET, RYDALMERE, NSW 2116**

Tel: 02 9638 6244

- |                             |            |
|-----------------------------|------------|
| ▪ 0.95L saucepan with cover | @\$ 185.95 |
| ▪ 1.9L saucepan with cover  | @\$ 229.95 |
| ▪ 2.85L saucepan with cover | @\$ 265.95 |
| ▪ Large skillet with cover  | @\$ 371.95 |

## PERSONAL PRODUCTS

### **ENVIROCARE** (the same company as EnviroClean)

Of their range the “Sensitive Hair and Body Cleanser” is an acceptable body wash and shampoo. It is a potassium-based castile soap that contains no chemicals or perfumes.

### **WELEDA**

Their Calendula toothpaste contains no peppermint oil, sodium bicarbonate or fluoride and is suitable for the Gerson patient.

### **DR. BRONNER’S MAGIC SOAPS**

<http://www.drbronner.com>

These are pure castile soaps suitable for body wash and shampoo. Choose from the Hemp and Aloe Vera, Hemp and Almond Oil and Hemp and Tea Tree soaps.

### **HOUSE OF MISTRY**

<http://www.mistry.co.uk/>

This company produces organic shampoos, moisturizers, soaps – some of which are suitable for use on the Gerson Therapy. Visit their web-site for more details.

### **GENESIS ORGANICS**      [www.o-n-e.com.au](http://www.o-n-e.com.au)

441 South Rd, Moorabin, Vic 3189

Organic toothpaste

*Hair dyes, perfumes, makeup, lipsticks and deodorant/antiperspirants are not permitted on the therapy. Internal sanitary protection, such as tampons, are also not allowed.*

## HOME CLEANING PRODUCTS

### ENJO

Go to the ENJO web-site for details on their cleaning products

<http://www.enjo.com.au>

### ENVIROCLEAN (08) 9248 4688

These products are available throughout Australia through many retailers. They are free from petrochemicals, chlorine, sodium laurel sulphate, DEA, diazolidinyl urea, coal tar, glycol, formaldehyde, caustics and phosphates. Their range includes:

- Laundry powder and pre-soaker
- Laundry liquid
- Dish wash
- Vigor – all purpose cleaner
- Oven and Barbecue Cleaner
- Disinfectant
- Dishwasher Powder

### ECOVER PRODUCTS AVAILABLE FROM GOLDEN GLOW

<http://www.goldenglow.com.au>

Tel: 1300 36 36 56

- Natural Citrus Cleaner and Degreaser is an excellent product
- Natural Insect Repellent Strips

### CHEMIST

Hydrogen peroxide 35% x 800ml is available upon request. Dilute to a 3% solution and spray as a disinfectant on bathroom and kitchen surfaces.

### SUPERMARKET

Bi-carb of Soda – useful as a cleaning agent in the bathroom and kitchen. Gerson patients should wear rubber gloves if using this product.

## BOOKS

**Inner Glow Health Products, 110 Goodwin St, Tewantin, QLD, 4565**

**Phone: 07 5449 0600 Fax: 07 5449 0900**

- |  |          |
|--|----------|
| ▪ A Cancer Therapy, Results of Fifty Cases, Max Gerson   | \$ 47.00 |
| ▪ The Gerson Therapy Handbook  | \$ 47.00 |
| ▪ The Gerson Therapy, Charlotte Gerson and Morton Walker   | \$ 47.00 |
| ▪ Healing Incurable Illness, Vol 1 ,2 and 3<br>((\$39.00 each – 4 video tapes with Charlotte Gerson) | \$156.00 |

**Kathryn Alexander PO Box 259, Maleny, QLD 4552**

**Phone: 0414 702 520 or 07 5435 8138**

**[www.getalife.net.au](http://www.getalife.net.au)**

- |  |          |
|--|----------|
| ▪ The Principles of Detoxification, a double audio CD (2hrs) | \$ 33.00 |
|--|----------|